

BIBLICAL KOSHER GUIDELINES

1. Avoid pork, shellfish, and creeping things, referred to as "Traif." This means fish should have fins and scales.
2. Avoid MSG, or ingredients that are other names for MSG. Some sources of MSG actually contain Pork enzymes. Always read ingredients list before you buy. See chart.
3. Be aware of "hidden" pork byproducts: (Again, read ingredients list.)
 - ✧ When buying anything with cheese or anything with a cheese flavoring, you have to look for is something called "rennet" that is found in cheese products. Rennet usually consists of enzymes that are made from pork. Some cheeses say "vegetable rennet" and those are okay.
 - ✧ Many of the Frito Lay and other brands are making their chips and snack foods with rennet that contains pork enzymes, as well as most of the Doritos and the Cheetos too.
 - ✧ Some of the organic and whole food snacks make a point to not use animal rennet in their foods, but watch out for the cheese.
 - ✧ Watch out for lard (made from pig fat) in prepared pie crusts, cookies, cakes, non-kosher gelatin, marshmallows, oriental sauces, gravies, etc. Read the labels.

Some hidden sources of MSG. These ingredients ALWAYS contain MSG:

Glutamate, Glutamic acid, Monosodium glutamate, Textured protein, Hydrolyzed protein, Monopotassium glutamate, Calcium caseinate, Sodium caseinate, Gelatin, Yeast extract, Yeast food, Autolyzed yeast

These ingredients OFTEN contain MSG or create MSG during processing:

Flavors & Flavorings, Seasonings, Natural flavors and flavorings, Natural pork flavoring, natural beef flavoring, Natural chicken flavoring, Soy sauce, Soy protein isolate, Soy protein, Bouillon, Broth, Malt extract, Malt flavoring, Barley malt, Whey protein, Carrageenan, Maltodextrin, Pectin, Enzymes, Protease, Corn starch, Citric acid, Powdered milk, anything Protein fortified, anything Enzyme modified, anything Ultra-pasteurized

Some unexpected sources of MSG:

Salad dressings, Frozen meals, Packaged and restaurant soups, Cheese, Reduced fat milk, Chewing gum, Ice cream, Cookies, Vitamin enriched foods, Beverages, Candy, Cigarettes, Medications, I.V. Materials, Supplements, particularly minerals.