



Take Back Your Health
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 A Health Ministry of the Philadelphia 7th Day
 Adventist Church, Burlington, NC

Good2MeGood4Me:

Taste and See: More Umami for Me

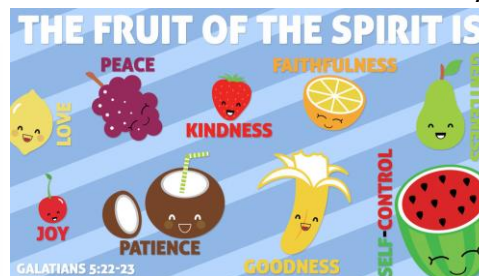
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*Taste and see
 that the Lord is
 good!*

Psalm 34.8



Remember the old tongue maps that supposedly displayed the areas of the tongue that sensed different tastes. Well they are all wrong. There are actually 5 different tastes that our entire tongue can perceive: Sweet, Sour, Salty, Bitter and Umami. What is umami? Umami is a Japanese word meaning “delicious” or “tastiness.” Umami is the taste of savory, “meaty” flavor discovered by a Japanese chemist named Kikunae Ikeda in 1908. The main component he found responsible is the amino acid glutamate. He isolated glutamate, patented it and died a very rich man.

Wait, isn't glutamate in MSG and .bad for me? Monosodium glutamate is a flavor enhancer deemed safe by the FDA and EFSA. However, several people are sensitive to MSG. After consumption, they experience sweating, headaches, tingling/burning in face and neck, rapid heartbeat and nausea.

Well NEVER FEAR- God has you covered as there are several foods that naturally contain more umami flavor due to higher NATURAL content of glutamate.

MORE GOOD NEWS! A recent study by scientists at Beth Israel Deaconess Medical Center found that when test subjects ate a high umami flavor broth before eating, their brains showed higher activity in the parts of the brain involved with appetite self-control, especially in the female subjects at risk for obesity. So more umami means I can have better self-control. Well sign me up. What foods naturally contain more umami flavor? How do I find MSG in ingredient lists?

Food	Amount Glutamate (milligrams)
Dried Shitake mushrooms	1,060
Fresh Shitake mushrooms	70
Soy Sauce	1090
Parmesan Cheese	1,200
Potato chips	102
Ripe Tomatoes	246
Fish sauce	1383
Kombu seaweed broth	2048

Other names for MSG
monopotassium glutamate
glutamic acid
autolyzed yeast extract
calcium caseinate
sodium caseinate
Flavor enhancer E621
FAJI-NO-MOTO
Accent
disodium guanylate or inosinate

The European Food Safety Authority (EFSA) lists an acceptable daily intake (ADI) of added glutamate enhancers to 30 mg/kg body weight per day. The US Food and Drug Administration (FDA) also accepts 30mg/kg body weight per day (~2 grams/day for 145lb male). In the US the FDA lists MSG as GRAS (generally recognized as safe) status. For those sensitive to MSG, a lower limit is recommended.

I personally have migraine headaches as I am sensitive to too much MSG; so I tend to watch ingredients and ask questions. I have been seeking natural umami flavor enhancers that are easy to use, easy to find, affordable and most of all taste good.

Another umami easy to use vegan items is **AQUAFABA**. Aquafaba is simply canned chickpea water. Chefs found that whipping cooked chickpea water makes a great egg white substitute in desserts. There are numerous recipes online for Aquafaba for making pancakes, vegan mayonnaise, muffins, pies, etc. Try the vegan cornbread sample at potluck today and give your feedback. **Note:** 3 TBSP Aquafaba = 1 egg. (I get ½ to ¾ cup per can of chickpeas/garbanzo beans.

G L E D F D F C Q S J S L Z R S
 A A M S O Q V D A W E X D T M Y
 B T R G E V V V A L I O O O W E
 A E U B I E O E F T L R O N T A
 F M C T O R H C G M A R G G A S
 A O S U Y N O C O A H E U U S T
 U U Y T A N Z A M S N T M E T E
 Q B L R T S E O U P O E A C E X
 A A I R K P H M B D I E M S G T
 S G O T K Y E S S E A W E E D R
 D L O C T K F K I Y A S Y X C A
 S D I G A E B T N F L N Z P P C
 U H R T I P R O V A L F S Q U T
 C A I O P E T A M A T U L G D H
 S H R E N E E S U M A M I M A X
 S R U O S M A K Y H N L J N J G

AQUAFABA
 BITTER
 CHEESE
 CHICKPEA
 FDA
 FISH SAUCE
 FLAVOR
 GARBANZO BEANS
 GLUTAMATE
 GOOD
 G.R.A.S.
 MEAT
 MSG
 RENEE'S UMAMI MAX
 SALTY
 SAVORY
 SEAWEED
 SELF CONTROL
 SHITAKE MUSHROOMS
 SOUR
 SWEET
 TASTE
 TONGUE
 UGOD
 UMAMI
 VEGAN
 YEAST EXTRACT

Need a natural vegan flavor enhancer/broth that is super easy to make? **Put some R.U.M. in it!**

R.U.M = Renee's Umami Max vegan seasoning

1. Drain a can of chickpeas
2. Save the liquid and marinate the dried shitake mushrooms in this liquid in the refrigerator for 2-3 days
3. Drain the mushrooms and use this fabulous R.U.M. vegan seasoning full of umami flavor for vegetables, soups, etc.
4. I like to freeze in small containers in 2-3 TBSP sizes. *NOTE: If using plastic containers choose polypropylene (PP) plastic containers suitable for freezing; recycling code #5 such *Rubbermaid EasyFind Lids series*, ice cube trays with recycling code #5 or silicone ice cube trays
5. Save the rehydrated mushrooms and blend to make a great addition to oatmeal burgers or use in your favorite spaghetti sauce

How to make Aquafaba

1. Drain a can of chickpeas
2. Whip until it forms white foamy peaks. This can take 6-12 minutes. Use a hand mixer NOT a blender.
3. Add as a vegan egg white replacement for meringues, or egg replacement for muffins, pancakes, cornbread, etc.



References

Neurocognitive effects of umami: association with eating behavior and food choice. [Magerowski G¹](#), et al [Neuropsychopharmacology](#). 2018 Mar 30. doi: 10.1038/s41386-018-0044-6.