

Canada Products No Added MSG

The information provided pertains only to products made and distributed in Canada. Products sold in other countries under similar brands may be made using slightly different recipes and ingredients to accommodate local needs and preferences.

Monosodium Glutamate (MSG) is commonly used in many foods as a flavour enhancer. Some people report sensitivity to MSG and prefer to avoid foods containing MSG. Any Frito Lay Canada products containing MSG will list MSG in the ingredient statement. The Frito Lay Canada products included here **do not** contain MSG.

Click on the brand logo for specific products.

Last updated January 8, 2025



BAKEN-ETS®

BAKEN-ETS® Traditional Fried Pork Skins



CHEETOS®

CHEETOS® Puffs White Cheddar Cheese Flavoured Snacks

CHEETOS® Simply Crunchy White Cheddar Cheese Flavoured Snacks

CHEETOS® Simply Puffs White Cheddar Cheese Flavoured Snacks



CHESTER'S® Snacks

CHESTER'S® Corn Twists Snacks



CRACKER JACK® Popcorn

CRACKER JACK® Original Caramel Coated Popcorn & Peanuts



Dips and Salsas

- TOSTITOS® Cheesy Dip
- TOSTITOS® Extra Hot Salsa
- TOSTITOS® Hot Salsa
- TOSTITOS® Mango Salsa
- TOSTITOS® Medium Salsa
- TOSTITOS® Mild Salsa
- TOSTITOS® Roasted Garlic Salsa



DORITOS® Tortilla Chips

- DORITOS® Simply Organic White Cheddar Naturally Flavored Tortilla Chips



FRITOS® Corn Chips

- FRITOS® Original Corn Chips



HOSTESS®

- HOSTESS® HICKORY STICKS® Salt & Vinegar Flavoured Potato Sticks



KURKURE®

- KURKURE® Chilli Chatka Flavoured Snacks
- KURKURE® Masala Munch Flavoured Snacks



LAY'S® Potato Chips

LAY'S® Cheddar Jalapeno Flavored Potato Chips
LAY'S® China Cucumber Flavoured Potato Chips
LAY'S® Classic Potato Chips
LAY'S® Cream & Onion Ridged Flavoured Potato Chips
LAY'S® Creamy Cheddar Flavoured Potato Chips
LAY'S® Hot 'n Sweet Chilli Flavoured Potato Chips
LAY'S® Lightly Salted Potato Chips
LAY'S® Lightly Salted Bar-B-Q Flavoured Potato Chips
LAY'S® Magic Masala Ridged Flavoured Potato Chips
LAY'S® Oven Baked BBQ Flavoured Potato Crisps
LAY'S® Oven Baked Original Potato Crisps
LAY'S® Oven Baked Sour Cream & Onion Flavoured Potato Crisps
LAY'S® Poppables® Honey BBQ Flavoured Potato Snacks
LAY'S® Poppables® Sea Salt Potato Snacks
LAY'S® Poppables® Sea Salt & Vinegar Flavoured Potato Snacks
LAY'S® Poppables® Sour Cream & Chive Flavoured Potato Snacks
LAY'S® Poppables® White Cheddar Flavoured Potato Snacks
LAY'S® Salt & Vinegar Flavoured Potato Chips
LAY'S® STAX® Original Potato Crisps
LAY'S® Tomato Tango Flavoured Potato Chips
LAY'S® Wavy Cheddar & Sour Cream Flavoured Potato Chips
LAY'S® Wavy Hickory BBQ Flavoured Potato Chips
LAY'S® Wavy Lightly Salted Potato Chips
LAY'S® Wavy Old Fashioned Ketchup Flavoured Potato Chips
LAY'S® Wavy Original Potato Chips
LAY'S® Wavy Salt & Vinegar Flavoured Potato Chips
LAY'S® White Cheddar Flavoured Potato Chips



MISS VICKIE'S®

MISS VICKIE'S® All Dressed Kettle Cooked Flavoured Potato Chips
MISS VICKIE'S® Applewood Smoked BBQ Kettle Cooked Flavoured Potato Chips
MISS VICKIE'S® Honey Dijon Flavoured Kettle Cooked Potato Chips
MISS VICKIE'S® Jalapeno Kettle Cooked Flavoured Potato Chips
MISS VICKIE'S® Lime & Black Pepper Kettle Cooked Flavoured Potato Chips
MISS VICKIE'S® Original Recipe Kettle Cooked Potato Chips
MISS VICKIE'S® Sea Salt & Malt Vinegar Kettle Cooked Flavoured Potato Chips
MISS VICKIE'S® Spicy Dill Pickle Kettle Cooked Flavoured Potato Chips
MISS VICKIE'S® Sweet Chili & Sour Cream Kettle Cooked Flavoured Potato Chips
MISS VICKIE'S® Sweet Southern BBQ Kettle Cooked Flavoured Potato Chips
MISS VICKIE'S® Unsalted Kettle Cooked Potato Chips



MUNCHOS®

MUNCHOS® Original Potato Crisps



NUT HARVEST®

MUNCHIES® Honey Roasted Flavour Peanuts
MUNCHIES® Honey Sweet Trail Mix
MUNCHIES® Nuts & Chocolate Trail Mix
MUNCHIES® Nuts & Fruit Trail Mix
MUNCHIES® Salted Peanuts
NUT HARVEST® Deluxe Mixed Nuts
NUT HARVEST® In Shell Pistachios
NUT HARVEST® Lightly Roasted Almonds
NUT HARVEST® Sea Salted Whole Cashews
SPITZ® Cracked Pepper Flavour Sunflower Seeds
SPITZ® Salted Pumpkin Seeds
SPITZ® Salted Sunflower Seeds



ROLD GOLD® Pretzels

ROLD GOLD® Classic Dipped Tiny Twist Fudge Coated Pretzels
ROLD GOLD® Classic Style Original Stick Pretzels
ROLD GOLD® Classic Style Original Thin Pretzels
ROLD GOLD® Classic Style Original Tiny Twist Pretzels



RUFFLES® Potato Chips

RUFFLES® Au Gratin Flavoured Potato Chips
RUFFLES® Lightly Salted Potato Chips
RUFFLES® Regular Potato Chips
RUFFLES® Salt & Vinegar Flavoured Potato Chips
RUFFLES® Simply Sea Salted Potato Chips



SMARTFOOD® Popcorn

SMARTFOOD® Flamin' Hot® White Cheddar Flavoured Popcorn
SMARTFOOD® Jalapeno & Cheddar Flavoured Popcorn
SMARTFOOD® Kettle Corn Sweet & Salty Seasoned Popcorn
SMARTFOOD® Movie Night Butter Flavour Seasoned Popcorn
SMARTFOOD® Simply Sea Salt Seasoned Popcorn
SMARTFOOD® Simply White Cheddar Flavour Seasoned Popcorn
SMARTFOOD® Sour Cream & Onion Flavored Popcorn
SMARTFOOD® Sweet & Salty Caramel Flavored Popcorn
SMARTFOOD® White Cheddar Cheese Flavour Seasoned Popcorn



STACY'S® Snacks

STACY'S® Fire Roasted Jalapeno Flavour Pita Chips
STACY'S® Multigrain Pita Chips
STACY'S® Organic Simply Naked Pita Chips
STACY'S® Parmesan, Garlic & Herb Flavour Pita Chips
STACY'S® Simply Naked™ Pita Chips



SUNCHIPS® Whole Grain Snacks

SUNCHIPS® Black Bean Southwestern Queso Flavored Whole Grain and Black Bean Snacks
SUNCHIPS® Black Bean Spicy Jalapeno Flavored Whole Grain and Black Bean Snacks
SUNCHIPS® French Onion Flavoured Multigrain Snacks
SUNCHIPS® Garden Salsa Flavoured Multigrain Chips
SUNCHIPS® Harvest Cheddar® Flavoured Multigrain Chips
SUNCHIPS® Minis Garden Salsa Flavored Whole Grain Snacks Canister
SUNCHIPS® Minis Harvest Cheddar Flavored Whole Grains Snacks Canister



TOSTITOS® Tortilla Chips

TOSTITOS® Cantina Thin & Crispy Tortilla Chips
TOSTITOS® Gold Tortilla Chips
TOSTITOS® Hearty Dippers Tortilla Chips
TOSTITOS® Hint of Spicy Queso Flavoured Tortilla Chips
TOSTITOS® Low Sodium Rounds Tortilla Chips

TOSTITOS® Multigrain Rounds Tortilla Chips
TOSTITOS® Multigrain Scoops Tortilla Chips
TOSTITOS® Restaurant Style Tortilla Chips
TOSTITOS® Restaurant Style Hint of Jalapeno Flavoured Tortilla Chips
TOSTITOS® Restaurant Style Hint of Lime Flavoured Tortilla Chips
TOSTITOS® Rounds Tortilla Chips
TOSTITOS® Scoops!® Tortilla Chips
TOSTITOS® Simply Organic Blue Corn Tortilla Chips
TOSTITOS® Simply Organic Yellow Corn Tortilla Chips
TOSTITOS® Strips Tortilla Chips