Glutamic acid is perhaps the most widely distributed amino acid in nature, found in practically all foods either in the combined form making up proteins and peptides or as a free amino acid. Owing to its flavor enhancing properties it can be found in widely varying amounts in foods. The purpose of this study was to assess the consumption of total glutamic acid in Brazil's Northeast and Southeast regions, which differ both economically and socially. Data from the Consumer Expenditure Survey - POF 2008-2009, Brazilian Institute of Geography and Statistics (IBGE), were used to build a database. The sample consisted of 34,003 study subjects (13,569 households), of at least 10 years of age. Foods whose composition did not include glutamic acid (corn preparations, light/diet products, honey and molasses) were not considered. Mean per-capita intake was 22.99 g/day and 25.01 g/day for the Northeast and Southeast regions, respectively. In both cases, the food item that most contributed was the beans. In 2002/2003, total in-home per-capita availability (not intake) reached 12.22 g/day and 15.40 g/day, correspondingly. Further research could determine the extent of such an increase that was due to changes in food habits, and how much proceeded from the adoption of different methodologies in the two surveys.