

# CORN ALLERGY

## AVOID:

### 1. Corn

- Corn bread or any multi-grain bread
- Read the label of all dry cereals carefully
- Mexican foods – corn chips, taco shells, nachos, corn tortillas
- Popcorn, grits, hominy, masa
- Corn-on-the-cob, creamed corn, whole kernel
- Hush puppies

### 2. Corn oil

- Check all baked goods-sometimes called vegetable oil
- Some shortenings (Spectrum non-hydrogenated is O.K.)
- Sautéed foods
- Non-stick sprays (Pam)
- Some crackers
- Margarines (any reason to avoid hydrogenated fats is a good one!)

### 3. Cornstarch

- Most commercial puddings
- Chinese foods-as a thickener
- Japanese tempura is often cornstarch based
- Some baked products – check baking powder for ‘cereal’ additives
- (Featherweight by Hain group is O.K.)
- Many cosmetics including baby powder and lip stick
- Salt (cornstarch is sometimes added to reduce caking)

### 4. Corn syrup or high fructose corn syrup

- Soft drinks
- Most bread, crackers, croutons, cookies (may also be call modified food starch)
- Many dry cereals
- Many pre-made desserts including ice cream
- Jams, jellies, peanut butter
- Some salad dressings
- Catsup, pickles, relish, spaghetti sauces and most barbeque sauces
- Most candies, mints and chewing gum
- Chinese sauces - mandarin orange sauce, oyster sauce, duck sauce
- Canned fruit especially pie fillings
- Most yogurt
- Processed meats including hot dogs
- Some cheeses especially Neufchatel

Corn syrup is a cheaper sweetener than many alternatives. Health food stores often will have corn free varieties but expect to pay a little more. Corn allergic people have a wonderful opportunity to increase the overall quality of food in their diet.