

# Corn Allergies

## Avoid:

### 1. Corn

- Corn Bread or any multi-grain bread
- read the label of all dry cereals carefully
- Mexican food - corn chips, taco shells, nachos, corn tortillas
- popcorn, grits, hominy, mesa
- corn-on-the-cob, cream corn, whole kernels
- hush puppies

### 2. Corn Oil

- Check all baked goods- sometimes called vegetable oil
- Some shortenings (Spectrum non-hydrogenated is OK)
- Sautéed Foods
- Non-stick Spray
- 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 OK
- Many cosmetics including baby powder and lipstick
- -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 called modified food starch)
- Many dried cereals
- Many pre-made desserts including ice cream
- Jams, Jellies, Peanut Butters
- Some Salads dressings
- Catsup, pickles, relish, spaghetti sauces and most barbeque sauces
- Canned fruit especially pie fillings
- Most Yogurts
- Processed meats including hotdogs
- Some cheeses especially Neufchatel

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