Avoiding Corn

Corn Products

- Corn
- Corn chips
- Corn flakes
- Corn flour
- Corn fritters
- Corn gluten
- Cornmeal
- Corn oil or margarine made from corn oil
- Corn puff cereal
- Cornstarch
- Corn sugar (dextrose, Dyno, Cerelose, Puretose, Sweetose, and glucose are all possibilities)
- Corn sweetener
- Corn syrup
- Corn syrup solids
- Corn tortillas
- Grits
- Hominy
- Maize
- Polenta
- Popcorn
- Taco shells
- Tortilla chips

Corn Derivatives

- Artificial flavoring
- Artificial sweeteners
- Caramel, caramel color
- Dextrose
- Food starch
- Fructose
- Glucose
- High fructose corn syrup
- Hydrolyzed corn
- Hydrolyzed corn protein
- Hydrolyzed vegetable protein
- Maltodextrin
- Xanthan gum

Ingredients Likely to Contain Corn

- American wines
- Whiskey, gin, beer, ale
- Baking powder
- Breaded or fried foods
- Breads (often dusted with cornmeal)
- Brown sugar (ok if no caramel color added)
- Confectioner's sugar
- English muffins

Ingredients Likely to Contain Corn (Cont'd)

- Fruit juice concentrate
- Golden syrup
- Graham crackers
- Honey (may contain high fructose corn syrup)
- Ice cream, sherbets
- Iodized salt
- Infant formulas
- Meats such as cold cuts, ham, hot dogs
- Molasses (some brands have added corn syrup)
- Pancake syrups
- Sweetened peanut butters (may use corn syrup as a sweetener)
- Powdered sugar
- Salad dressings
- Packaged sauces
- Starch (any kind that's not specified on the label)
- Succotash
- Sugar not identified as cane or beet
- Talc
- Tamales
- Vegetable oils (often contain some corn oil

NOTES