

## SOME FOOD ITEMS THAT DO NOT HAVE CORN

Rice Chex	Kettle chips (plain)
Shredded Wheat	LaChoy Chow Mein Noodles
Malt-o-Meal	Rice Cakes
Canned fruit in lite juice	Potato starch
Pita chips	Cottage cheese
Stone wheat crackers	Olive oil
Pure maple syrup	Soy Sauce (Kikkoman)
Mozzarella cheese	Parmesan cheese
Cane sugar	Mott's applesauce
Pepperidge farm goldfish crackers	
White rice	Egg noodles
Wheat pastas	Baked potatoes
Beans	Sloppy Joes
Raisins	Fruits & vegetables
Nuts	Granola

There are more out there, you just have to hunt for them . . .

## CORN IS WHERE!?!?

### Non food places where corn is hidden

- Adhesives (envelopes, labels, stickers, tapes, stamps)
- Bath & Body powder
- Baby formulas
- Paper & food containers (cups & plates)
- Vitamins
- Toothpastes
- Soaps & dishwashing soaps
- Breath sprays
- Suntan lotions

## CORN AS FILLERS IN MEDICATIONS

Numerous medications, vitamins & suppositories contain corn starch or corn syrup. The following are free of corn: Adult free liquid Tylenol, Alka-Seltzer, ES Excedrin, Sudafed Plus & Naprosyn 500mg (the 250mg and 375mg Naprosyn tabs have corn)

## VARIETIES OF SUGAR

- **White sugar** - sugar is known by many names, including sucrose, table sugar, cane sugar, beet sugar, grape sugar, refined sugar, or granulated sugar. It is derived from the juice of sugar cane and sugar beets.
- **Brown sugar** - Brown sugar is made by adding molasses to white sugar.
- **Confectioner's sugar**, or powdered sugar, is made by pulverizing white sugar. It also contains *cornstarch* to prevent the formation of lumps
- **Corn syrup** - (e.g., Karo® syrup) is a highly-refined, quickly-absorbed light colored syrup derived from corn. Also known as high-fructose corn syrup (HFCS), it is intensely sweet and inexpensive. It is manufactured by changing the glucose in cornstarch to fructose. HFCS is a major source of sugar in processed foods. It is added to canned and frozen fruit, soft drinks, juices, and a great many other packaged foods.
- **Dextrose** - is a form of glucose produced from cornstarch. It is commonly used in food production.
- **Molasses** - is thick, dark syrup produced during beet sugar refinement. It has a strong, bittersweet flavor.

## THE HARD TRUTH

Because you have a corn allergy you will have to cook and prepare EVERYTHING using NO packaged foods. Corn is processed and is in numerous prepared and frozen foods. You will also need to make your own bread, as you will find corn is in most breads. It is tough, but not impossible.

## BAKING TIPS

- Get rid of baking powder. It has cornstarch in it. Featherweight Baking Powder, is made with potato starch.
- Make your own vanilla. Buy a 750ml of potato Vodka, stick 2 vanilla beans in it and let it sit for 1-2 months.
- Corn syrup substitution: 1 cup of corn syrup = 1 cup sugar plus ¼ cup of liquid (water or whatever other liquid is also called for in the recipe).
- Powdered sugar: 1 Tbsp. of potato starch to 1 cup sugar. Blend in a coffee grinder until it's not too grainy.

## SUBSTITUTES FOR CORN (SUGAR, CORNSTARCH & BAKING POWDER)

**Sweeteners:** Fruit juice, honey, beet sugar (molasses), cane sugar, maple syrup

**Thickeners:** Rice starch, potato starch, tapioca, wheat starch

### **Leavening agents:**

1 tsp. baking powder = ¼ tsp. baking soda  
+ ½ tsp. cream of tartar

## YOGURT TIP

### ***Make your own flavored yogurt!***

Buy plain yogurt and mix in baby food. The majority of baby foods are single ingredients.

## CORN ALLERGENS AS INGREDIENTS

Keep this in mind when you are reading labels: the items on the list may not all be corn. For instance, citric acid is not always from corn, it can also be from fruit. However, it is not specified on the label so you don't know its origin. Natural flavorings and starch are other ingredients where this rule applies.

Malt, malt syrup & malt extract is a germinated grain, often barley. But it can be any grain, such as corn & rice. They are much cheaper than barley and so unspecified malt is probably barley. Malt appears in alcoholic beverages, soft drinks, chocolate and breakfast cereals, among other places.

Vegetable-anything! Unless you know exactly what the vegetables are, you should be suspicious of any ingredient with vegetable in the name, including: vegetable oil, vegetable broth, vegetable protein, vegetable shortening, hydrolyzed vegetable protein, and vegetable mono- & di-glycerides.

## I SCREAM, YOU SCREAM, WE ALL SCREAM FOR ICE CREAM!!!

- Many flavors of **Breyers'** original ice cream contain no corn products. It is not true for their yogurt and their newer "Breyers Homemade" ice cream. However, always read the labels.
- **Ben & Jerry's** ice cream varies according to flavor. The following are corn free: Butter Pecan, Coconut Almond Fudge Chip, Coffee Crunch, New York Super Fudge Chunk, Strawberry, Vanilla, Vanilla Chocolate Chunk.
- **Haagen-Dazs** Coffee, Strawberry or Chocolate are corn free. Also, their chocolate covered ice cream bars are corn free.

## NOTES & SHOPPING LIST

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# CORN (FACTS)



- Corn leaves contain large amounts of sugar and were used as "chewing gum" by the Indians years ago.
- Corn always has an even number of rows on each ear.
- The U.S. produces 40% of the world corn crop.
- Corn is an ingredient in more than 3,000 grocery products.

## WHERE IS CORN HIDDEN?

Alcoholic beverages	Soft drinks
Cereals	Candy
Deep-fried foods	Canned fruit
Chewing gum	Frozen fruit
Tortillas	Frozen vegetables
Puddings	Ice Cream
Instant coffee	Sherbet
Gravies	Jam & Jelly
Icings	Bacon
Peanut butter	Bologna
Powdered sugar	Sausages
Pies	Processed meats
Sauces	Jello
Baking powder	Bakery products
Chocolate	Syrups
Caramels	Grits
Cough drops	Salad dressings
Artificial sweeteners	Baking mixes
Breads	Catsups
Hams	Hominy
Milk in paper cartons	Graham crackers
Rice mixes & instant rice	Vanilla extract
Fruit juices (some)	Fritos
Dried Fruits (sweetened)	Margarines
Tomato products	Yogurts
Pickles	Sour cream
Teas	Soft drinks



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