

# Corn Allergy Information

**Forms of Corn: Ripe forms:** corn flour, corn meal, corn oil, cornstarch, “Kremel”, “Linit”, corn sugars such as Cerelose, Dextrose, and Dyno, corn syrups such as Cartose, Glucose, Karo, Puretose, and Sweetose, Grits.

**Unripe forms:** Fresh corn, canned, frozen, roasting ears, fritters, & succotash.

## **Common Foods that may contain corn:**

Some breakfast cereals such as Corn Flakes, Cheerios, and Kix, margarine, grits, hominy, corn chips, corn tortillas, canned soups, peanut butter, various meats (cold cuts, ham, hotdogs, sausage), breaded or fried foods, cheese, chili, chop suey, chow mein, cheese spreads, fish sticks, succotash, pork & beans, creamed vegetables, graham crackers, baking mixes, pancakes (certain mixes), pancake syrups, English muffins, tacos, tamales, Polenta, gravy, salad dressings, canned or frozen fruits sweetened with corn syrups, dates & other confections, ice creams, sherberts, chocolate milk, milk shakes, soy milks, eggnog, American wines, whiskey, gin, beer, ale, carbonated beverages such as Coca-Cola, 7-up, etc., lemonade, instant coffees, powdered sugar, jam, jelly, candies, Ketchup, chewing gum, sauces, white distilled vinegar, MSG, baking powder, cake yeast, bleached flour, Bisquik biscuit mix, doughnuts, bacon, cookies, frostings, Jello, any gelatin desserts, grape juice, bologna, Frankfurters, milk in paper cartons, peanut butter, canned peas or beans, preserves, pudding, Similac, soy bean milk, instant teas, vanilla, distilled vinegar, zest.

## **Other Household items that may contain corn:**

Adhesives, such as envelopes, stamps, stickers, tape, cough syrups, bath and body powders, starch for ironing, talcums, cooking fumes from corn, fumes from popcorn, plastic food wrappers, paper plates, cups, boxes—only if wet food or drink in it, Zest soap, vitamins, some toothpastes.

**Recommended products free of corn: Baby Foods:** Burroughs-Wellcome’s “Dexin”. Swift’s canned meats for babies. **Baking powders and yeasts:** “Red Star” dry yeast, Walker’s “Ditex” baking powder **Chocolate bars:** Hershey’s, Baker’s, and C.A.C. **Cocoas:** Hershey’s and Baker’s **Fruits:** All fresh fruits, and Cellu-Juice and water packed, Dole Pineapple and Pineapple juices, Welch’s orange juice and tomato juice.

**Meats:** only fresh meats. **Paper cups and plates:** “Dixie” cups (for cold drinks only) “Savaday” and “Chinet” paper plates.

**\*\*Remember to eliminate corn & corn products from your environment. Remember that corn may be a cause of allergic symptoms as the result of ingestion, inhalation, or contact. Always read labels carefully!**