

Identifying CORN

Alcoholic beverages, especially sweet wines
Baking powder (can contain cornstarch)
Corn alcohol, extract, flour, meal, oil, starch,
syrup (and syrup solids)
Corn sweetener
Dextrose
Dextrin
Flavorings (can contain corn syrup)
Food starch
Fructose
Glucose
Gluten
Grits
High fructose corn syrup
Hydrolyzed corn
Hydrolyzed corn protein
Hominy
Maize
Maltodextrin or maltodextrose
Malt syrup
Modified corn starch
modified food starch
Partially hydrolyzed corn oil
Powdered sugar
Vegetable gum
Vegetable starch
Vitamin C

Non food items:

Plastic wrap, paper cups and plates can be coated with corn oil. Adhesive on stamps and envelopes may contain corn.

This list was compiled from several sources, including "5 Years Without Food, The Food Allergy Survivors Guide" by Nicolette Dumke, and from postings to the FAST Food Allergy listserv and POFKA.

the following **may** also contain corn:

anything with un-identified vegetable sources
caramel color (often caramelized corn sugar)
dextrose
enriched flour (usually not labeled that it contains a corn based baking powder, but usually does contain undisclosed sources of corn)
Invert Syrup
lecithin (can be corn, egg or soy)
Mono and Di-glycerides
monosodium glutamate
natural flavoring
Sodium Lactate
sodiumstearoyl-2-lactylate
Soribitol
starch
sucrose
sugar (can be corn, cane or beet)
vanilla (many liquid spices are suspended in alcohol)
vegetable glycerin
vegetable oil
vegetable protein (usually labeled as, hydrolyzed veg. Protein)
vinegar
xanthan gum (cultured on corn)
yeast (most yeast contains corn or wheat)

Non food items:

paper cups, and cardboard food containers containing liquid are often coated with corn starch
envelopes, stamps and stickers contain corn sweeteners
most glues, and some paints contain corn products
playdough