
Corn-Free Diet

Corn sensitivity can result in skin rashes and asthma-like symptoms. Corn appears as a hidden allergen in foods that rely on cornstarch, corn meal and corn syrup as thickeners and sweeteners. Ingredients like dextrose can be made from corn as can maltodextrin, caramel and malt syrup. Corn can also be found in the adhesive in envelopes, stamps and stickers, in plastic wrap, paper cups and paper plates. Corn is also used to process aspirin, ointments, vitamins and toiletry items.

Ingredients and foods to avoid:

- Dextrose
- Dextrin and maltodextrin
- Caramel flavoring
- Corn syrup
- Fructose
- Invert syrup sugar
- Cornstarch
- Food starch, modified food starch, vegetable gum or starch
- Malt, malt syrup or malt extract
- Mono- and diglycerides
- Monosodium glutamate
- Marshmallows
- Vanilla extract
- Xanthan gum
- Emollient creams
- Toothpastes
- Cosmetics
- Adhesives on envelopes, stamps
- Aspirin
- Laxatives
- Common brand name vitamins
- Bath powders

Ingredients and foods allowed after thorough check of manufacturer's label:

- Potato starch
- 100% pure maple syrup, can syrup or beet sugars
- Sucrose or sweeteners like maple or beet
- Canned sugar, maple syrups, agave nectar
- Corn-free powdered sugar from Miss Roben's
- Corn-free baking powder by Feather Weight
- Ground vanilla bean powder
- Guar gum

- Non-allergenic toothpastes
- Self-stick envelopes, stamps
- Alternative pain relievers
- Natural laxatives
- Allergen free vitamins
- All-talc powders

For more information:

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www.fankids.org (for kids)

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