



### **How to Read a Label for a CORN-FREE DIET**

Check food labels and products for the following foods that indicate the presence of corn protein. Check with your physician before eliminating all sources of corn from your diet.

#### **Label Reading:**

Fresh, canned or creamed corn	baking powder	dextrose
Hominy or corn grits	corn syrup	fructose
Maize	cornstarch	alcohol
Cornmeal	modified food starch	vegetable gum
Popcorn	dextrin	sorbitol
Corn flour	maltodextrins	vinegar
Corn sugar		

#### **Substitutions and Dietary Management:**

Corn products are found in many foods, drugs and even hygiene aids. Cornmeal is used to dust baking pans and containers and will adhere to baked products, such as French bread and English muffins. Mexican foods commonly contain corn in tortillas, chips, tamales and other dishes. Syrups for canned fruits may contain corn. Baking powders and luncheon meat products should be checked for corn.

#### **Alternatives:**

Corn oil is a pure product that does not contain the corn protein; it is acceptable for use by the corn-allergic individual. Corn-free baking powder is available for your baking needs. Other sugars such as honey, cane sugar and maple syrup may be substituted for corn syrup. Home cooking is the best alternative for the frustrated shopper in the avoidance of corn-containing foods. Label reading is imperative for a corn-free diet.

Reprinted from FOOD ALLERGIES, Dobler, MS, RD, The American Dietetic Association

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