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Corn Avoidance Diet Plan

What To Avoid--Corn and foods containing corn. There are many additives that are derived from corn. Corn derivatives can be found in everything from body powder to shampoo. (CHECK LABELS)

Website with complete list:

<http://www.cornallergens.com/list/corn-allergen-list.php>

Corn Must Be GMO Free!

Corn Allergen List

- **Foods**
 - **Corn flour**
 - Corn oil, corn oil margarine
 - **Corn, popcorn, cornmeal, corn chips, grits**
 - Cornstarch
- **Sweeteners:**
 - Crystalline dextrose
 - Crystalline fructose
 - Dextrin
 - Dextrose (also found in IV solutions)
 - Dextrose anything (such as monohydrate or anhydrous)
 - Starch: Corn starch, Modified corn, modified food
 - **Corn syrup, corn syrup solids**
 - **Corn sweetener, corn sugar**
 - **Fructose**
 - Glucose
 - Glucose syrup (also found in IV solutions)
 - High fructose corn syrup
- **Additives:**
 - Citric acid
 - Corn extract
 - Hydrolyzed corn
 - Hydrolyzed corn protein
 - Maize
 - Maltodextrin
 - Pectin
 - Polydextrose
 - Zein