**Corn Allergy**

Many patients (or their families) with corn allergies tend to have or have a predisposition to the following:

* Diabetes.
* Big joint arthritis (hip or knee replacements).
* Asthma.
* Airborne allergies.
* Stroke.

Corn is in many food items, often in the form of corn syrup! This is an allergy that will take practice to learn what foods to avoid. It is very important to read all labels. Actually by avoiding corn you will eliminate many of the typically unhealthy things in the Standard American Diet (S.A.D.).

**Avoid:**

**Corn**

* Corn bread or any multi-grain bread
* Read the label of all dry cereals carefully
* Mexican foods- corn chips, taco shells, nachos, corn tortillas
* Popcorn, grits, hominy, masa
* Corn-on-the-cob, creamed corn, whole kernel
* Hush puppies

**Corn Oil**

* Check all baked goods-sometimes called vegetable oil
* Some shortenings (Spectrum non-hydrogenated is OK)
* Sauteed foods
* Non-stick sprays (Pam)
* Some crackers
* Margarines (any reasons to avoid hydrogenated fats is a good one!)

**Corn Starch**

* Most commercial puddings
* Chinese foods-as a thickener
* Japanese tempura is often cornstarch based
* Some baked products- check baking powder for 'cereal' additives (Featherweight or Hain group is OK)
* Many cosmetics including baby powder and lip stick

**Corn Syrup or High Fructose Corn Syrup**

* Soft drinks
* Most bread, crackers, croutons, cookies (may also be called modified food starch)
* Many dry cereals
* Many pre-made desserts including ice cream
* Jams, jellies, and peanut butter
* Some salad dressings
* Catsup, pickles, relish, spaghetti sauces, and most barbeque sauces
* Most candies, mints, and chewing gum
* Chinese sauces- mandarin orange sauce, oyster sauce, duck sauce
* Canned fruit, especially pie fillings
* Most yogurt
* Processed meats including hot dogs
* Some cheeses especially Neufchatel