

CORN

CORN Allergies

The standard way of diagnosing food allergies is eliminating suspected foods from the diet for several weeks. If the symptoms ease, foods are reintroduced individually on a rotary diversified diet schedule. This process is very difficult, but the results are well worth it. In most cases, the allergic food may be reintroduced into the diet successfully using the rotary diversified diet. To begin your elimination diet, corn must be avoided in all forms.

THREE FORMS OF CORN:

1. Fresh Corn – canned, frozen, roasting ear, fritters, succotash.
2. Dried Corn – corn flour, corn meal, cornstarch, grits hominy, parched corn, popcorn.
3. Refined Corn- corn flakes, corn oil, corn sugars, corn syrups, glucose, dextrose.

MODES OF EXPOSURE

Inhalant exposure:

- a. Fumes from cooking corn.
- b. Ironing starched clothes.
- c. Body powders and bath powders.

Contact exposure:

- a. Starched clothing.
- b. Corn adhesives.

Ingestant exposure:

- a. Corn products.
- b. Foods containing corn products.

ALTERNATIVES TO CORN

Corn-free cooking can be accomplished by using only fresh, non-packaged fruits, vegetables, meats or the use of home-canned foods where only beet or cane sugar have been used. Wesson Oil (soy), Kraft Cottonseed Oil, olive oil, pure safflower oil, butter, or pork lard may be used as cooking oils. Water packed foods may be used. Avoid powdered milk. Use bottled milk instead. Arrowroot may be substituted in equal parts in recipes calling for cornstarch.

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FOODS WHICH MAY CONTAIN CORN:

Adhesives	Gelatin capsules	Pastries
Envelopes, Stamps,	Gelatin dessert	Peanut butters
Stickers, Tapes	Glucose products	Peas, canned
Ale	Graham crackers	Pickles
Aspirin & Other tablets	Grape juice	Pies, creamed
Bacon	Gravies	Pork & Beans*
Baking Mixes	Grits	Powdered Sugar
Baking powders	Gums, chewing	Preserves
Bath Powder		
Batters for frying	Gin	Puddings
Beers	Ginger Ale	Ravioli
Bleached wheat flours*	Hams- cured, tenderized	Root Beer
Bourbon & other whiskies	Harvard beets	Salad dressings*
Bread and pastries	Holiday type stickers	Sandwich spreads
Breath sprays & drops	Ices	Sauces for:
Cakes	Ice Creams*	Sundaes, Meats, Fish
Candy	Inhalants	Vegetables
Canned foods	Bath powders	Sausages, cooked
Carbonated beverages	Body powder	table ready
Catsups	Fumes of cooking corn	Sherbets
Cereals, many processed	Hairsprays*	Soft drinks
Cheeses	Popcorn	Spaghetti*
Chili - all forms	Starch	Soups, canned
Chop Suey	Starch, while ironing	Sugar, powdered
Chow Mein	Talcum	Syrups: Cartose,
Coffee, instant		Glucose, "Karo"
Colas	Jams	"Sweetose
Cookies	Jellies	Tablets*
Confectioner's sugar	"Jell-O"	Teas, instant
Corn Flakes	Ketchup	Tooth paste
Cram pies	Laxatives*	Tortillas
Cream puffs	Leavening agents	Vanilla
Cups, paper	Baking Powders, yeasts	Vegetables, canned
Dates, confection	Lemonade	creamed, frozen*
Deep fat frying mixtures	Life Savers	String Beans, Peas
Dentifrices	Liquors	Vinegar, distilled
Dextrose	Margarines &	Vitamins
	Shortenings	Waffles
Egg Nog	Meats, processed & cold cuts	
Excipients or diluents in	Bacon, Bologna	Whiskies
Capsules, Lozenges,	Cooked with gravies	"Scotch"* & Bourbon
Ointments,	Lunch ham, meat pies	American brandies,
Suppositories	Wieners, (Frankfurters)	Apple and Grape
Tablets, Vitamins	Milk, in paper cartons	Wines, American
Fish, prepared & processed	Monosodium glutamate	Dessert
Flour, bleached*	Noodles*	Fortified
Foods, fried	Paper containers	Sparkling
French dressing	Boxes, Cups, Plates	
Frostings	Oils: deep frying	
Fruits: canned, frozen, juice,		

*Some brands are corn free

** Small amounts of corn is permitted without reporting its presence.