

NORTH KITSAP EAR, NOSE AND THROAT

KITSAP ALLERGY CARE

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FOOD ALLERGIES / INGREDIENTS TO AVOID

CORN ALLERGY

Ingredients to Avoid:

- Acetic acid
- Alcohol
- Alpha tocopherol
- Artificial flavorings
- Artificial sweeteners
- Ascorbates
- Ascorbic acid
- Aspartame (Artificial sweetener)
- Astaxanthin
- Baking powder
- Barley malt\* (generally OK, but can be contaminated)
- Bleached flour\*
- Blended sugar (sugaridextrose)
- Brown sugar\* (generally OK if no caramel color)
- Calcium citrate
- Calcium fumarate
- Calcium gluconate
- Calcium lactate
- Calcium magnesium acetate (CMA)
- Calcium stearate
- Calcium stearoyl lactylate
- Caramel and caramel color
- Carbonmethylcellulose sodium
- Cellulose microcrystalline
- Cellulose, methyl
- Cellulose, powdered
- Cetearyl glucoside
- Choline chloride
- Citric acid\*
- Citrus cloud emulsion (CCS)
- Coco glycerides (cocoglycerides)
- Confectioners' sugar
- Corn alcohol, corn gluten
- Corn extract
- Corn flour
- Corn oil, corn oil margarine
- Hydroxypropyl methylcellulose pthalate (HPMCP)
- Inositol
- Invert syrup or sugar
- Iodized salt
- Lactate
- Lactic acid\*
- Lauryl glucoside
- Lecithin
- Linoleic acid
- Lysine
- Magnesium citrate
- Magnesium fumarate
- Magnesium stearate
- Maize
- Malic acid
- Malonic acid
- Malt syrup from corn
- Malt, malt extract
- Maltitol
- Maltodextrin
- Maltol
- Maltose
- Mannitol
- Methyl gluceth
- Methyl glucose
- Methyl glucoside
- Methylcellulose
- Microcrystalline cellulose
- Modified cellulose gum
- Modified corn starch
- Modified food starch
- Molasses\* (corn syrup may be present; know your product)
- Mono- and di- glycerides
- Monosodium glutamate
- MSG
- Natural flavorings\*

- Corn starch
- Corn sweetener, corn sugar
- Corn syrup, corn syrup solids
- Corn, popcorn, cornmeal
- Cornstarch, cornflour
- Crosscarmellose sodium
- Crystalline dextrose
- Crystalline fructose
- Cyclodextrin
- DATUM (a dough conditioner)
- Decyl glucoside
- Decyl polyglucose
- Dextrin
- Dextrose (also found in IV solutions)
- Dextrose anything (such as monohydrate or anhydrous)
- d-Gluconic acid
- Distilled white vinegar
- Drying agent
- Erythorbic acid
- Erythritol
- Ethanol
- Ethocel 20
- Ethylcellulose
- Ethylene
- Ethyl acetate
- Ethyl alcohol
- Ethyl lactate
- Ethyl maltol
- Fibersol-2
- Flavorings\*
- Food starch
- Fructose\*
- Fruit juice concentrate\*
- Fumaric acid
- Germ/germ meal
- Gluconate
- Gluconic acid
- Glucono delta-lactone
- Gluconolactone
- Glucosamine
- Glucose\*
- Glucose syrup\* (also found in IV solutions)
- Glutamate
- Gluten
- Olestra/Olean
- Polenta
- Polydextrose
- Polylactic acid (PLA)
- Polysorbates\* (e.g. Polysorbate 80)
- Polyvinyl acetate
- Potassium citrate
- Potassium fumarate
- Potassium gluconate
- Powdered sugar
- Pregelatinized starch
- Propionic acid
- Propylene glycol\*
- Propylene glycol monostearate\*
- Saccharin
- Salt (iodized salt)
- Semolina (unless from wheat)
- Simethicone
- Sodium carboxymethylcellulose
- Sodium citrate
- Sodium erythorbate
- Sodium fumarate
- Sodium lactate
- Sodium starch glycolate
- Sodium stearoyl fumarate
- Sorbate
- Sorbic acid
- Sorbitan\* (anything)
- Sorbitol
- Sorghum\* (not all is bad; the syrup and/or grain CAN be mixed with corn)
- Splenda (Artificial sweetener)
- Starch (any kind that's not specified)
- Stearic acid
- Stearoyls
- Sucralose (Artificial sweetener)
- Sucrose
- Sugar\* (not identified as cane or beet)
- Threonine
- Tocopherol (vitamin E)
- Treacle (aka golden syrup)
- Triethyl citrate
- Unmodified starch
- Vanilla, natural flavoring
- Vanilla, pure or extract

- Gluten feed/meal
- Glycerides
- Glycerin\*
- Glycerol
- Golden syrup
- Grits
- High fructose corn syrup
- Hominy
- Honey\*
- Hydrolyzed corn
- Hydrolyzed corn protein
- Hydrolyzed vegetable protein
- Hydroxypropyl methylcellulose
- Vanillin
- Vegetable anything that's not specific\*
- Vinegar, distilled white
- Vinyl acetate
- Vitamin C\* and Vitamin E\*
- Vitamins\*
- Xanthan gum
- Xylitol
- Yeast\*
- Zea mays
- Zein

#### Foods Commonly Containing Corn:

All labels should be read closely for products containing corn or corn products. The following is a list of foods that may contain corn (not an exhaustive list):

- Corn syrup
- Corn oil
- Corn meal
- Cornstarch
- Vegetable oil
- Maize
- Popcorn
- Grits
- Hominy
- Corn sugars (dextrose, Dyno, Cerelose, Puretose, Sweetose, glucose)
- Margarine
- Corn chips (Tortilla chips, Fritos)
- Corn fritters
- Breakfast cereals (such as corn flakes)
- Corn tortillas
- Cheese
- Chili
- Chop suey
- Chow mein
- Cheese spreads
- Fish sticks
- Fried potatoes or fried rice (if corn oil is used)
- Mixed vegetables (frozen, canned)
- Succotash
- Pork and beans
- Creamed vegetables
- Breads dusted with corn meal
- Graham crackers

- Baking mixes
- Pancakes (certain mixes)
- Pancake syrups
- English muffins
- Tacos
- Tamales
- Polenta
- Gravy (thickened with corn starch, for instance)
- Salad dressings
- Canned or frozen fruits sweetened with corn syrup
- Dates and other fruit confections
- Ice creams, sherbets
- Chocolate milk, milk shakes, soy milks, eggnog
- American wines, whiskey, gin, beer, ale
- Carbonated beverages such as Coca-Cola, 7-Up, etc
- Lemonade
- Instant coffees
- Powdered sugar
- Jams and jellies
- Candies
- Catsup
- Chewing gums
- Sauces
- White distilled vinegar
- Monosodium glutamate
- Baking powder
- Cake yeast
- Bleached flour
- Gelatin capsules
- Vegetable soup
- Commercial soups
- Peanut butter
- Various meats (cold cuts, ham, hotdogs, sausages)
- Breaded or fried foods

Helpful websites for food allergies:

<http://www.foodallergy.org/home>

<http://www.niaid.nih.gov/topics/foodAllergy/Pages/default.aspx>

<http://www.mayoclinic.com/health/food-allergy/DS00082>

<http://home.allergicchild.com/allergies>

Helpful websites for corn allergies:

<http://allergictocorn.com/index.html>

<http://cornfreecommunity.com/2013/07/corn-allergy-101-information-for-beginners/>