



## INGREDIENTS THAT CONTAIN CORN

### CORN PRODUCTS

Corn  
 Corn chips  
 Corn flakes  
 Corn flour  
 Corn fritters  
 Corn gluten  
 Corn meal  
 Corn oil – corn oil margarine  
 Corn puffs cereal  
 Corn starch  
 Corn sugar  
*(dextrose, Dyno, Cerelose, Puretose, Sweetose, glucose are all possibilities)*  
 Corn sweetener, corn sugar  
 Corn syrup  
 Corn syrup solids  
 Corn tortillas  
 Corn, popcorn, cornmeal  
 Cornstarch, cornflour  
 Grits  
 Hominy  
 Polenta  
 Popcorn  
 Taco shells  
 Maize  
 Zea mays

### CORN DERIVATIVES

Artificial flavorings  
 Artificial sweeteners  
 Caramel and caramel color  
 Dextrose  
 Food starch  
 Fructose  
 Glucose  
 Glucose syrup  
*(also found in IV solutions)*  
 High fructose corn syrup  
 Hydrolyzed corn  
 Hydrolyzed corn protein  
 Hydrolyzed vegetable protein  
 Modified corn starch  
 Natural flavorings  
 Xanthan gum  
 Zein *(corn protein)*

### INGREDIENTS LIKELY TO CONTAIN CORN

American wines  
 Whiskey, Gin, Beer, Ale  
 Baking powder  
 Breaded or fried foods  
 Breads dusted with cornmeal  
 Brown sugar  
*(generally OK if no caramel color)*  
 Confectioners sugar  
 English muffins  
 Fruit juice concentrate  
 Golden syrup  
 Graham crackers  
 Honey  
*(may contain high fructose corn syrup)*

Ice creams, sherbets  
 Iodized salt  
 Infant formulas  
 Meats  
*(cold cuts, ham, hot dogs, sausages)*  
 Molasses  
*(corn syrup may be present; know your product)*  
 Pancake syrups  
*corn syrup may be present; know your product)*  
 Peanut butter  
*(may contain high fructose corn syrup)*  
 Powdered sugar  
 Salad dressings  
 Sauces  
 Semolina *(unless from wheat)*  
 Starch  
*(any kind that's not specified)*  
 Succotash  
 Sugar  
*(not identified as cane or beet)*  
 Talc  
 Tamales *(wrapped in corn husk)*  
 Treacle *(aka golden syrup)*  
 Vegetable oil *(made from corn)*

