the ELIMINATION DIET



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

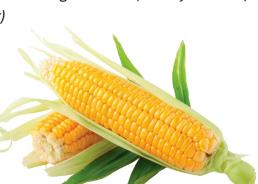
CORN DERIVATIVES

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)