

SOME FOOD ITEMS THAT DO NOT HAVE CORN

Rice Chex	Kettle chips (plain)
Shredded Wheat	LaChoy Chow Mein Noodles
Malt-o-Meal	Rice Cakes
Canned fruit in lite juice	Potato starch
Pita chips	Cottage cheese
Stone wheat crackers	Olive oil
Pure maple syrup	Soy Sauce (Kikkoman)
Mozzarella cheese	Parmesan cheese
Cane sugar	Mott's applesauce
Pepperidge farm goldfish crackers	
White rice	Egg noodles
Wheat pastas	Baked potatoes
Beans	Sloppy Joes
Raisins	Fruits & vegetables
Nuts	Granola

There are more out there, you just have to hunt for them . . .

CORN IS WHERE!?!?!?

Non food places where corn is hidden

- Adhesives (envelopes, labels, stickers, tapes, stamps)
- Bath & Body powder
- Baby formulas
- Paper & food containers (cups & plates)
- Vitamins
- Toothpastes
- Soaps & dishwashing soaps
- Breath sprays
- Suntan lotions

CORN AS FILLERS IN MEDICATIONS

Numerous medications, vitamins & suppositories contain corn starch or corn syrup. The following are free of corn: Adult free liquid Tylenol, Alka-Seltzer, ES Excedrin, Sudafed Plus & Naprosyn 500mg (the 250mg and 375mg Naprosyn tabs have corn)

VARIETIES OF SUGAR

- **White sugar** - sugar is known by many names, including sucrose, table sugar, cane sugar, beet sugar, grape sugar, refined sugar, or granulated sugar. It is derived from the juice of sugar cane and sugar beets.
- **Brown sugar** - Brown sugar is made by adding molasses to white sugar.
- **Confectioner's sugar**, or powdered sugar, is made by pulverizing white sugar. It also contains *cornstarch* to prevent the formation of lumps
- **Corn syrup** - (e.g., Karo® syrup) is a highly-refined, quickly-absorbed light colored syrup derived from corn. Also known as high-fructose corn syrup (HFCS), it is intensely sweet and inexpensive. It is manufactured by changing the glucose in cornstarch to fructose. HFCS is a major source of sugar in processed foods. It is added to canned and frozen fruit, soft drinks, juices, and a great many other packaged foods.
- **Dextrose** - is a form of glucose produced from cornstarch. It is commonly used in food production.
- **Molasses** - is thick, dark syrup produced during beet sugar refinement. It has a strong, bittersweet flavor.

THE HARD TRUTH

Because you have a corn allergy you will have to cook and prepare EVERYTHING using NO packaged foods. Corn is processed and is in numerous prepared and frozen foods. You will also need to make your own bread, as you will find corn is in most breads. It is tough, but not impossible.

BAKING TIPS

- Get rid of baking powder. It has cornstarch in it. Featherweight Baking Powder, is made with potato starch.
- Make your own vanilla. Buy a 750ml of potato Vodka, stick 2 vanilla beans in it and let it sit for 1-2 months.
- Corn syrup substitution: 1 cup of corn syrup = 1 cup sugar plus ¼ cup of liquid (water or whatever other liquid is also called for in the recipe).
- Powdered sugar: 1 Tbsp. of potato starch to 1 cup sugar. Blend in a coffee grinder until it's not too grainy.

SUBSTITUTES FOR CORN (SUGAR, CORNSTARCH & BAKING POWDER)

Sweeteners: Fruit juice, honey, beet sugar (molasses), cane sugar, maple syrup

Thickeners: Rice starch, potato starch, tapioca, wheat starch

Leavening agents:

1 tsp. baking powder = ¼ tsp. baking soda
+ ½ tsp. cream of tartar

YOGURT TIP

Make your own flavored yogurt!

Buy plain yogurt and mix in baby food. The majority of baby foods are single ingredients.

