



CORN-FREE GUIDE

Living without corn...

You might have noticed an uncomfortable feeling soon after ingesting corn or a processed food/meal containing corn. This could be because your body is currently sensitive to corn or not digesting it well.

You may have been experiencing adverse symptoms such as skin rashes, coughing, hot flashes/sweating, increased heartbeat, dizziness and/or a headache which, based on your corn zoomer results, can be associated with an intolerance to corn.

It is completely normal to feel overwhelmed when you attempt to eliminate corn from your diet. Great advice for starting out is to learn first all the names that corn goes by, and remove any suspicious foods from your pantry. Please refer to the last two pages of this handout for hidden sources and alternative names for corn.

You can work with a Vibrant Dietitian to identify the most obvious sources of corn to take out of your diet first or less obvious sources if you have already removed the main sources.

The ultimate goal of working with your health care practitioner and dietitian is to heal your gut, so it can more comfortably digest corn and corn based foods.







If you already avoid gluten and/or wheat...

If you know by experience or have done previous testing to identify gluten sensitivity and/or celiac disease, you may also be reactive to corn.

This is because corn has a similar protein structure to gliadin- a protein found in wheat to be associated with celiac disease and NCGS (non celiac, gluten sensitivity). Because corn has been the most common alternative to wheat in grain based gluten-free foods, this can be problematic for wheat sensitive individuals who are on a gluten-free diet but not on a corn-free diet. Be sure to work with your Vibrant dietitian toward a diet that is free of gluten/wheat and corn if you are sensitive to both.











Work with your Vibrant Dietitian to Learn:

-  A custom plan to replace corn-containing foods you may already be consuming regularly
-  What foods naturally contain corn
-  What foods commonly have corn and corn products added to them
-  What foods might contain hidden sources of corn
-  Label reading techniques to identify corn-free foods
-  Practical strategies to avoid cross contamination






Tips for Dining Out:

-  Be prepared and research the menu online before you arrive
-  Explain your corn-free needs to your server
-  When in doubt, always opt for whole, single foods as opposed to mixed foods. An example of this would be asking for a baked potato, unseasoned rice or unseasoned pasta, quinoa, etc. in addition to a plain piece of grilled fish, poultry or red meat/pork/game meats. Use one -ingredient condiments provided by the restaurant or that you bring into an establishment.
-  Be careful of alcoholic drinks which could contain corn syrup or be made from corn based alcohol
-  Sauces and soups are often thickened with cornstarch and breadings/coatings typically contain cornmeal, cornstarch, corn flour, etc. Opt for foods that are cooked alone with little or no condiments/seasoning.
-  Ask for your own condiments to season the food you get at a restaurant such as lemon juice, olive oil, vinegar, whole butter. Be wary of margarines, salad dressings and sauces which could contain corn or corn products.
-  Try to avoid packaged foods and fast food as they are the most highly processed types of foods.
-  Most gluten free packaged foods such as pretzels, pasta and crackers are made with corn or a corn by-product. Carefully search on-line or in the store for gluten free products that are also corn free. Some websites exist to direct consumers to products containing corn such as: <http://corn-freefoods.blogspot.com/>



Tips for Cooking:

-  Use tapioca starch, arrowroot starch or potato starch instead of corn starch
-  Cook with olive oil, coconut oil instead of corn oil
-  Use maple syrup, coconut sugar and/or honey instead of corn syrup



Additional Resources:

BOOK



Celeste's Best Gluten-Free, Allergen-Free Recipes: Over 250 Recipes Free of Gluten, Wheat, Dairy, Casein, Soy, Corn, Nuts and Yeast - Celeste Clevenger (Author)

Cookbook and Survival Guide: For the Corn-Intolerant and Corn-Allergic by Laurel Lee Steele PA-C (Author), Merelee Knott (Author), Stephen A. Tilles M.D. (Foreword)

Great websites for tips and resources for avoiding corn - these websites contain long lists of corn based foods and products and are worth checking out if you have a more severe reaction to corn:

 Cornallergygirl.com

 Cornfreecommunity.com

 Inthelightofknowledge.com



Support Groups on the Internet:

The following links are to groups with knowledgeable members to help you avoid as much corn as possible and to help you get back to your healthiest self.

Delphi Forums: Avoiding Corn
Corn Allergy & Intolerance Group - Facebook

Sources of corn



Corn flour	Corn extract	Corn syrup	Corn flakes
Corn fritters	Hominy	Corn syrup solids	Corn sweetener
Corn oil	Hydrolyzed corn	Corn	Grits
Corn meal	Hydrolyzed corn protein	Popcorn	Taco shells
Corn puffs cereal	Maize	Corn meal	Vegetable oil
Corn starch	Modified corn starch	Corn alcohol	Zea mays
Corn sugar	Polenta	Cornstarch	Zein
Corn chips	Tamales	Corn flour	
Corn gluten	High fructose corn syrup	Corn tortillas	



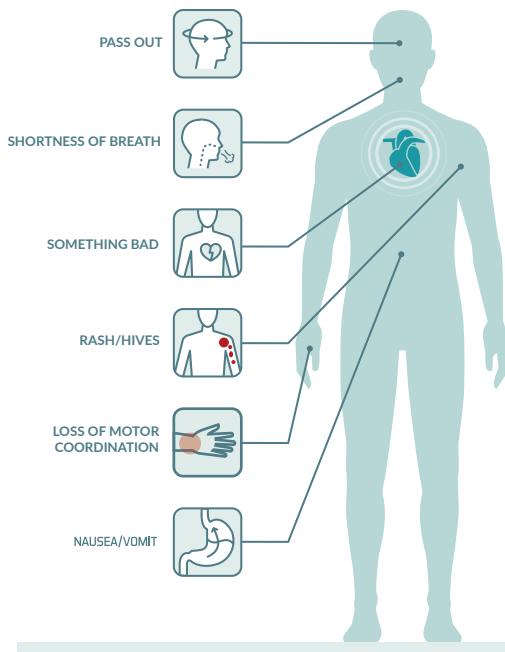
These Items May Contain Corn from Corn & Vegetable Oils, Corn Starch and Corn Syrup:













Commercial soups	Frozen vegetables	Canned fruit	Jams and jellies
Peanut butter	Canned vegetables	Frozen fruit	Candies
Cold cuts and deli meats	Succotash	Dates	Catsup
Ham	Pork and beans	Ice cream	Chewing gums
Hotdogs	Creamed vegetables	Sherbet	Sauces
Sausages	Bread	Chocolate milk	White distilled vinegar
Breaded or fried foods	Graham crackers	Milk shakes	Monosodium glutamate
Cheese	Baking mixes	Soy milks	Baking powder
Chili	Pancakes	Eggnog	Cake yeast
Chop suey	Pancake syrup	Whiskey, beer, American wines and ale	Bleached flour
Chow mein	English muffins	Carbonated beverages such as soda	Gelatin capsules
Cheese spreads	Gravy	Lemonade	
Fish sticks	Salad dressing		
Instant coffees	Powdered sugar		



There is A Difference Between Corn Allergy and Corn Sensitivity:

Up to 4% of adults in the United States have a harmful food allergy. Be aware of the symptoms of a type 1 hypersensitivity reaction (found on a different immune system test-IgE antibodies) that can signal a severe allergic reaction which can include:



-  Tight, hoarse, trouble breathing/swallowing
-  Shortness of breath, wheezing, repetitive cough
-  Significant swelling of the tongue, lips
-  Becoming pale, blue, faint, having a weak pulse, being dizzy
-  Rash/hives over more than 25% of the body
-  Widespread redness/flushing
-  Loss of consciousness (including feelings of excessive sleepiness that you just can't fight- getting to lay down before you pass out still counts as passing out!)
-  Loss of motor coordination
-  Extreme swelling of the eyes, lips, or anywhere else in the body
-  Prolonged and or painful diarrhea/intestinal cramping
-  Prolonged vomiting
-  Feeling something bad is about to happen, anxiety, confusion

References:

1. [cornallergygirl.com; https://www.foodallergy.org/sites/default/files/2018-04/FARE-Food-Allergy-Facts-Statistics.pdf](https://www.foodallergy.org/sites/default/files/2018-04/FARE-Food-Allergy-Facts-Statistics.pdf)
2. <https://thehealthyapple.com/corn-free-how-to/#>