

Legumes:	All prepared with allowed ingredients Plain tofu Peanut butter	Legume dishes containing corn.
Fruit:	All pure fruit and fruit juices	All fruit dishes containing corn
Meat, Poultry & Fish:	All plain, fresh, frozen or canned meat, poultry or fish Those prepared with allowed grain crumbs or batters Plain deli meats such as roast turkey, chicken, ham etc. All eggs prepared without maize.	Meats which may contain corn: battered or breaded meats, croquettes, lubeon meats, meat loaves, patties, sausages, spreads, pate, stuffing, wieners, processed meats <i>Specific foods</i> Meat (lunch meat) Sausage Wieners
Nuts & Seeds:	All plain nuts and seeds	Those containing restricted grains, MSG, HVP, TVP, HPP.
Fats & Oils:	Butter Margarine made with allowed grains All pure vegetable, nut, seed and fish oils, including olive, sunflower, safflower, canola, avocado, soy, peanut, sesame, mustard and walnut oils. Lard and meat drippings Peanut and other pure nut and seed butters.	Corn oil Salad dressings and sauces made with corn Gravy thickened with corn flour <i>Specific foods</i> Corn oil Dressing
Spices & Herbs:	All plain herbs and spices	Seasoning containing restricted grains
Miscellaneous:		Golden syrup <i>Specific foods</i> Bourbon Chips and extruded snacks Chocolate substitute Corn syrup / Corn sugar / Dextrose Gin Granola Gravy Hot milk puddings Pudding / Dessert Pudding / Dessert mix Sauce Snack food Succotash Sweets / Candy Taco chips

Whiskey / Whisky

Unreferenced Sources / Other:

Baking powder (some brands use potato starch instead of corn starch)
Cake mixes (some)
Cookies (some)
Corn-flakes
Doughnuts (some)
Instant coffee
Meat sandwich spreads
Pancake mixes (some)
Pie crusts (some)
Pudding (commercial)
Tacos

DEXTROSE AND SYRUPS

(made from corn/maize is usually allergen free)
Caramel coloring
Cereals (pre-sweetened)
Cola and other drinks (use corn syrup, cane or beet sugar)
Frozen orange juice
Fruit dessert
Confectioners sugar
Jellies (commercial)
Jams (commercial)
Invert sugar
Invert syrup
Malt (can be made from corn, barley and rice)
Corn sugars
Glucose (may be corn sugar)
Sorbitol (produced from the breakdown of Dextrose)
Sports drinks
Sweetened fruit
Sweeteners made from corn
Sweets / Candy

STARCHES

(to thicken sauces, may be made from corn/maize, and is usually allergen free)
Candied fruit
Canned fruit
Evaporated milk
Ice cream
Infant formulas
Sherbet
Some Yoghurt (especially flavoured yoghurt)
Tomato sauce (Ketchup)

OTHER

(the allergenic component is usually not present)
Adhesives: on stamps and envelopes, labels
Alcoholic beverages, especially sweet wines
Corn alcohol
Corn extract
Corn starch (food starch, modified corn starch)
Dextrin (thickening agent)
Fructose
Glucosyl delta lactone (GDL, additive in

cured meats)
Gluten
High fructose corn syrup
Hydrolysed corn
Hydrolysed corn protein
Hydrolysed plant protein(HPP)
Hydrolysed vegetable protein (HVP)
Lactic acid
Malt syrup
Monosodium glutamate (MSG, flavour enhancer)
Maltodextrin (thickening agent)
Paper cups and plates
Plastic food wrappers (some)
Soap (some)
Stamps
Stickers
Tape
Textured vegetable protein (TVP)
Vegetable starch and gum
Vinegar
Xanthan gum (thickener)
Zein (Yellow powder used in textile fibers, plastic and paper coating)

PHARMACEUTICALS (may be allergen free)

Capsules, Ointments, Suppositories,
Vitamins, Tablet or pill medicine

INHALANTS (may be allergen free)

Bath powder, Body powder

Ingredient terms to avoid on labels

Corn
Corn alcohol
Corn chips
Corn flakes
Corn flour
Corn oil
Corn protein
Corn sugar
Corn sweetener
Corn syrup
Cornmeal
Cornstarch
High fructose corn syrup
Hominy
Hydrolyzed corn protein
Maize
Polenta
Popcorn
Zein

Label Alerts

CHECK LABELS ON ALL PROCESSED FOODS - if a food label is absent, unclear or vague it is best to avoid it. Read all labels, even familiar brands, as manufacturers may change suppliers or ingredients.

See <http://AAIAlergy.net> - Food Alerts, and, <http://www.safetyalerts.com>

Substitutes

SWEETENERS: