

AVOIDING CORN

There's no doubt about it, corn seems to be in EVERYTHING. But avoiding processed foods and products will take away the majority of your exposure to corn. Some people find they aren't as sensitive to corn-derived ingredients (like in medication or some food preservatives) but here's the list of ingredients derived from corn as well as other names for corn.

- Cellulose, microcrystalline
- Cellulose, powdered
- Cetearyl glucoside
- Choline chloride
- Citric acid
- Citrus cloud emulsion (CCS)
- Cocoglycerides
- Confectioners' sugar
- Corn oil
- Corn sweetened
- Corn sugar
- Corn syrup
- Corn syrup solids
- Cornmeal
- Cornstarch
- Crosscarmellose sodium
- Crystalline dextrose
- Crystalline fructose
- Cyclodextrin
- Datum (dough conditioner)
- Decyl glucoside
- Decyl polyglucose
- Dextrin
- Dextrose
- (found in IV solutions)
- Dextrose anything (monohydrate or anhydrous)
- d-Gluconic acid
- Distilled white vinegar
- Drying agent
- Erythorbic acid
- Erythritol
- Ethanol
- Ethocel 20
- Ethylcellulose
- Ethyl acetate
- Ethyl alcohol
- Ethyl lactate
- Ethyl maltol
- Ethylene
- Fibersol-2
- Flavorings
- Food starch
- Fructose
- Fruit juice concentrate
- Fumaric acid
- Germ/germ meal
- Gluconate
- Gluconic acid
- Glucono delta-lactone
- Gluconolactone
- Glucosamine
- Glucose
- Glucose syrup
(found in IV solutions)
- Glutamate
- Gluten
- Gluten feed/meal
- Glycerides
- Glycerin
- Glycerol
- Golden syrup
- Grits
- Hominy
- Honey
- Hydrolyzed corn
- Hydrolyzed corn protein
- Hydrolyzed vegetable protein
- Hydroxypropyl methylcellulose
- Hydroxypropyl methylcellulose pthalate (HPMCP)
- Inositol
- Invert syrup of sugar
- Lactate
- Lactic acid
- Lauryl glucoside
- Lecithin
- Linoleic acid
- Lysine
- Magnesium fumarate
- Maize
- Malic acid
- Malonic acid

- Malt syrup from corn
- Malt, malt extract
- Maltitol
- Maltodextrin
- Maltol
- Maltose
- Mannitol
- Margarine
- Methyl gluceth
- Methyl glucose
- Methyl glucoside
- Methylcellulose
- Modified cellulose gum
- Modified cornstarch
- Modified food starch
- Molasses (corn syrup may be present)
- Mono and diglycerides
- Monosodium glutamate (MSG)
- Monostearate
- Natural flavorings
- Olestra /Olean
- Polenta
- Polydextrose
- Polylactic acid (PLA)
- Polysorbates (polysorbate 80)
- Polyvinyl acetate
- Potassium citrate
- Potassium fumarate
- Potassium gluconate
- Powdered sugar
- Pregelatinized starch
- Propionic acid
- Propylene glycol
- Saccharin
- Salt (iodized)
- Semolina (unless from wheat)
- Simethicone
- Sodium carboxymethylcellulose
- Sodium citrate
- Sodium erythorbate
- Sodium fumarate
- Sodium lactate
- Sodium starch glycolate
- Sodium stearoyl fumarate • Sorbate
- Sorbic acid
- Sorbitan
- Sorbitan monooleate

- Sorbitan triolate
- Sorbitol
- Sorghum (syrup and/ or grain may be mixed with corn)
- Splenda (artificial sweetener)
- Starch
- Stearic acid
- Stearoyls
- Sucralose (artificial sweetener)
- Sucrose
- Sugar
- Talc
- Threonine
- Tocopherol (Vitamin E) • Treacle
- Triethyl citrate
- Unmodified starch
- Vanilla, natural flavoring • Vanilla, pure or extract
- Vannilin
- Vinegar, distilled white • Vinyl acetate
- Vitamin C
- Vitamin E
- Vitamin supplements
- Xanthan gum
- Xylitol
- Yeast
- Zea mays
- Zein

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