

## Corn-Free Diet

If you feel frustrated and helpless due to food allergies, you are not alone. Up to 60% of Americans have shown signs of food allergy at one time or another. About 10% of food allergy sufferers exhibit symptoms serious enough to see a doctor. Food allergy typically does not appear overnight. In susceptible people, allergies to foods eaten regularly (if not daily) progress over time. Because allergy onset is subtle, identifying offending foods can be difficult and often requires trial diets. Once the food has been identified, the patient may incorporate acceptable substitutes in his or her diet and avoid the food completely.

Nearly any type of food can cause allergy, but cow's milk, eggs, fish, shellfish, nuts, corn, cereal grains, chocolate,

Citrus fruits, peanuts and soy products most commonly provoke reactions. Because many foods come from related plant and animal species, which contain cross-reacting substances, a person may suffer allergic reaction from a food he has never eaten. The website [www.dpcAlaSTAT.com](http://www.dpcAlaSTAT.com) provides information on specific allergens, peak pollination seasons, and allergen cross-reactivity.

The following diet excludes all corn and corn products, including:

Corn syrup  
 Corn oil  
 Corn meal  
 Cornstarch  
 Vegetable oil  
 Maize  
 Popcorn  
 Grits  
 Hominy  
 Corn sugars (dextrose, Dyno, Cerelose, Puretose, Sweetose)  
 Margarine

To eliminate corn completely, you must read all labels before you purchase commercially prepared food. Also be aware that paper containers such as boxes, cups, plates, and milk cartons may contain corn, and the inner surface of plastic food wrappers may be coated with cornstarch.

Types and Amounts of Food	Include	Omit
Soups As desired	Broth, homemade soups prepared without corn	Vegetable soup  Commercial Soups*
Meat and Meat substitutes 2-3 servings (5 oz total)	Beef, lamb, liver, pork, veal, chicken, turkey, fish, cheese, eggs, dried beans or peas	Peanut butter*, cold cuts*, ham*, wieners*, sausage*, breaded or fried foods*, Cheese*, cheese spreads*, chili*, chop suey*, chow mein*, fish sticks*
Potato and potato substitutes 1 or more servings (¼ cup each)	White or sweet potatoes, macaroni, noodles, rice, spaghetti	Coated rice, Potatoes or rice fried in corn oil
Vegetables 2 or more servings (¼ cup each)	All except corn (include 1 dark green or deep yellow vegetable daily for a source of vitamin A)	Corn, hominy, mixed vegetables*, succotash, Harvard beets, canned vegetables*, pork and beans*, creamed vegetables*
Breads	White or whole grain bread,	Any bread containing

3 or more servings	provided corn meal is not used in the baking process, saltine crackers	cornmeal or dusted with cornmeal, graham crackers, baking powder biscuits, baking mixes, corn fritters, pancakes*, English muffins, tacos, tamales, tortillas
Cereal 1 or more servings (½ cup)	Cooked or ready to eat cereals made from wheat, rye, oats, barley, rice	Corn Flakes, Corn cereals, grits, hominy, pre-sweetened cereals*, polenta
Fats	Butter, cream, soy, oil, safflower oil, peanut oil	Corn oil, vegetable oil*, gravy*, shortening*, bacon*, margarine*, salad dressing
Fruits and Fruit juices 2 or more servings (4 oz juice) (¼ cup fruit each)	Fresh fruits or juices, unsweetened fruit juices (include 1 serving citrus fruit or juice daily for a source of vitamin C)	Canned or frozen fruit juices with “sugar added”, dates, confection sugar
Desserts In moderation	Homemade cakes, cookies, pies, artificially sweetened gelatin	Ice cream*, sherbet*, gelatin*, cakes*, cookies*, pies*, pastries*, puddings*, frosting*
Milk 3 or more servings (8 oz each)	Homemade, low fat, skim milk, evaporated milk, non fat dry milk powder, buttermilk, Neo-Mull Soy®	Chocolate milks*, milkshakes*, soy milks*, eggnog*
Beverages	Water as desired, tea, coffee, diet soda	American wines*, whiskey, gin, carbonated beverages*, 7-up®, Coca-Cola®, ale, beer, instant coffee*, lemonade*

\*May be used if corn free status verified by the manufacturer

Brand names are used for clarification only and do not constitute an endorsement.

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