



# village health clinic

naturopathic medicine & midwifery care

## Corn Elimination

Corn allergies are becoming more common, yet still aren't considered to be one of the top 8. A corn allergy may manifest in hives and severe allergic reactions, or may manifest in headaches and stomachaches.

Here is a list of ingredients to watch for:

- Corn (fresh, canned, creamed, frozen, oil, popped, caramel, tortillas, etc.)
- Baking powder
- Caramel color (can be made from corn syrup)
- Confectioners sugar
- Cornmeal
- Cornstarch (may also be called food starch)
- Corn syrup
- Dextrin, Dextrose
- Fructose
- Maize
- Maltodextrins, Sorbitol, Mannitol
- Vanilla extract (can be made with corn syrup)

Other possible hidden sources of corn are medicines and ointments. Read labels always and don't be afraid to call the manufacturer to inquire about the possibility of corn!