

ENT & Audiology Associates
Allergy Department

FOOD CONTACT LIST: CORN

Corn may be found in the following:

Baking mixes (biscuit, pie crust), baking powders
Cornmeal batters (fried foods)
Soft drinks, candy (corn syrup)
Corn oil (used in frying chips, other foods)
Salad dressing, sandwich spreads
Cakes, cookies (corn sugar)
Cream pies, cream puffs, pudding (cornstarch for thickening)
Corn flakes
Cornmeal, corn flour
Corn chips
Tortillas, enchiladas, tamales
Canned fruits (corn syrup)
Ice cream (cornstarch, corn sugar)
Bourbon, other whiskeys
Popcorn
Grits, hominy, succotash
Corn (fresh, frozen, on the cob, canned)