

## Corn-derived food and products:

The items in this list can each be derived from corn. Some of them can also be derived from other sources besides corn. For example, citric acid can be derived from fruit as well as corn.

Acetic acid	Ethanol	Maltol
Alcohol	Ethocel 20	Maltose
Alpha tocopherol	Ethylcellulose	Mannitol
Artificial flavorings	Ethylene	Methyl gluceth
Artificial sweeteners	Ethyl acetate	Methyl glucose
Ascorbates	Ethyl alcohol	Methyl glucoside
Ascorbic acid	Ethyl maltol	Methylcellulose
Baking powder	Flavorings	Microcrystalline cellulose
Barley malt	Food starch	Modified cellulose gum
Bleached flour	Fructose	Modified corn starch
Blended sugar (sugaridextrose)	Fruit juice concentrate	Modified food starch
Brown sugar	Fumaric acid	Molasses (corn syrup may be present; know your product)
Calcium citrate	Germ/germ meal	Mono and di glycerides
Calcium fumarate	Gluconate	Monosodium glutamate
Calcium gluconate	Gluconic acid	MSG
Calcium lactate	Glucono delta-lactone	Natural flavorings
Calcium magnesium acetate (CMA)	Gluconolactone	Olestra/Olean
Calcium stearate	Glucosamine	Polenta
Calcium stearoyl lactylate	Glucose	Polydextrose
Caramel and caramel color	Glucose syrup (also found in IV solutions)	Polylactic acid (PLA)
Carbonmethylcellulose sodium	Glutamate	Polysorbates (e.g. Polysorbate 80)
Cellulose microcrystalline	Gluten	Polyvinyl acetate
Cellulose, methyl	Gluten feed/meal	Potassium citrate
Cellulose, powdered	Glycerides	Potassium fumarate
Cetearyl glucoside	Glycerin	Potassium gluconate
Choline chloride	Glycerol	Powdered sugar
Citric acid	Golden syrup	Pregelatinized starch
Citrus cloud emulsion (CCS)	Grits	Propionic acid
Coco glycerides (cocoglycerides)	High fructose corn syrup	Propylene glycol
Confectioners sugar	Hominy	Propylene glycol monostearate
Corn alcohol, corn gluten	Honey	Saccharin
Corn extract	Hydrolyzed corn	Salt (iodized salt)
Corn flour	Hydrolyzed corn protein	Simethicone
Corn oil, corn oil margarine	Hydrolyzed vegetable protein	Sodium carboxymethylcellulose
Corn starch	Hydroxypropyl methylcellulose	Sodium citrate
Corn sweetener, corn sugar	Hydroxypropyl methylcellulose pthalate (HPMCP)	Sodium erythorbate
Corn syrup, corn syrup solids	Inositol	Sodium fumarate
Corn, popcorn, cornmeal	Invert syrup or sugar	Sodium lactate
Cornstarch, cornflour	Iodized salt	Sodium starch glycolate
Crosscarmellose sodium	Lactate	Sodium stearoyl fumarate
Crystalline fructose	Lactic acid	Sorbate
Cyclodextrin	Lauryl glucoside	Sorbic acid
Decyl glucoside	Lecithin	Sorbitan
Decyl polyglucose	Linoleic acid	Sorbitan monooleate
Dextrin	Lysine	Sorbitan tri-oleate
Dextrose (also found in IV solutions)	Magnesium fumarate	Sorbitol
Dextrose anything (such as monohydrate or anhydrous)	Maize	Sorghum (not all is bad; the syrup and/or grain CAN be mixed with corn)
d-Gluconic acid	Malic acid	Starch (any kind that's not specified)
Distilled white vinegar	Malonic acid	Stearic acid
Drying agent	Malt syrup from corn (barley malt is fine)	Stearoyls
Erythorbic acid	Malt, malt extract	Sucrose
Erythritol	Maltitol	
	Maltodextrin	

Sugar (not identified as cane or beet)  
Tocopherol (vitamin E)  
Treacle (aka golden syrup)  
Triethyl citrate  
Unmodified starch  
Vanilla, natural flavoring  
Vanilla, pure or extract  
Vanillin  
Vegetable anything that's not specific  
Vinegar, distilled white  
Vinyl acetate  
Vitamin C and Vitamin E  
Vitamins  
Xanthan gum  
Xylitol  
Yeast  
Zea mays  
Zein

## **OTHER PRODUCTS THAT MAY CONTAIN CORN**

Adhesives and gummed papers (envelopes, stamps, stickers, tapes)  
Body powders  
Bounce dryer sheets  
Breath spray and candies  
Chicken  
Coffee, instant  
Condiments (mustard, mayonnaise, ketchup)  
Contact lens solutions  
Cream  
Dairy products (cottage cheese, cheese, sour cream)  
Fresh fruit/vegetables that are coated with wax (which can be derived from corn)  
Frozen fruit (blueberries, cranberries)  
Frozen vegetables  
Hair products (spray, mousse and gels)  
Herbal Essence products  
Lotion (including those that contain Vitamin E)  
Margarine  
Meat products (hot dogs, sausage)  
Orange juice (the frozen kinds appear to be okay)  
Paper containers (boxes, cups, plates)  
Peanut butter  
Pickles  
Pork  
Ricotta cheese  
Salad dressings  
Soaps and dishwashing detergents  
Suntan lotions  
Teas  
Tomato products  
Toothpaste  
Tuna fish