



Corn Sensitivity

MODE OF EXPOSURE

Corn may cause allergic symptoms as the result of ingestion, inhalation or contact. Common inhalant sources are the fumes of popping corn and the steam of boiling corn on the cob. Other exposure may include body powders, bath powders and ironing starched clothes. Occasionally, corn is a cause of trouble as an inhalant when all other sources of corn are tolerated.

FORMS OF CORN

In some instances, there is a difference in the effect of exposure to the different forms of corn. Sometimes one is able to eat unripe corn without having symptoms but will have a reaction if he/she uses any of the ripe forms or products containing ripe corn fractions such as sugar, starch or oil. Variations in sensitization to corn, depending on modes of exposure and forms of corn are relative differences only.

Ripe Forms of Corn

Corn flakes, corn flour, corn meal, corn oil, Mazola, corn starch, Kremel, Linit, corn sugars, Cerelose, Dextrose, Dyno, corn syrups, Cartose, glucose, Karo, Puretose, Multodextrin, Sweetose, grits, hominy, parched corn, popped corn

Unripe Forms of Corn

Fresh corn, canned, frozen, roasting ears, fritters, succotash

CONTACTS WITH CORN

Corn is used or may be used in a great variety of foods. In fact, it is used in more forms and in the preparation of more kinds of foods than any other single edible product. You cannot accept the words of untrained persons concerning the presence or absence of corn without specifying by name each of the kinds of ripe corn that may be used. For instance, you must ascertain the following information: First, if any corn sugar, corn syrup or corn starch is used in the bread or ice cream you wish to use. Second, if there are any corn sugars or syrups used in the baker's breads and pastries. Third, oatmeal and/or buckwheat that are spread over the hearth before the roll is laid out to be baked. This contact with corn can be eliminated by cutting off the bottom quarter of the crust. **DO NOT TRY TO SCRAPE IT OFF!**

RECOMMENDED PRODUCTS FREE OF CORN

Baby Foods: Burroughs-Wellcome's "Dexin", Swift's canned meats for babies

Baking Powders & Yeasts: "Red Star" dry yeast, Walker's "Dite" baking powder

Chocolate Bars: Baker's, Hershey's and C.A.C.

Cocoas: Hershey's and Baker's

Fruits: All fresh fruits and Cellu – juice and water packed: Dole pineapple and pineapple juice; Welch's orange juice and tomato juice

Meats: All fresh meat; Wilson's ham and bacon; Hormel's canned meats; Campbell's pork and beans

Paper Cups & Plates: "Dixie" cups (for cold drinks ONLY); "Savaday" and "Chinet" paper plates.

Pharmaceuticals: Vitamin B: Upjohns' "Cyrobeta"; Vitamin C: Abbott's "Cecon"; Antihistamines: Lilly's "Histadyl" capsules, Searle's "Hydryllin"; Common Drugs: Upjohns "Abergic" line of drugs

Vegetables: All fresh vegetables

OBVIOUS SOURCES OF CORN

- Corn flakes
- Corn flour
- Corn meal
- Corn oil
- Cornstarch
- Corn sugars
- Corn syrup
- Grits
- Hominy
- Popcorn
- Fresh corn
- Canned or frozen corn
- Succotash

HIDDEN SOURCES OF CORN

- Adhesives: envelopes, stickers, stamps and tape
- Aspirin
- Bacon
- Baking mixes
- Baking powder
- Beverages, i.e., Hi-C
- Bologna
- Breads and pastries
- Candy

- Catsup
- Cheerios
- Chili
- Chop Suey
- Coffee (instant)
- Confectioners sugar
- Custard
- Dates
- Deep fat frying oils
- Liquids for gelatin, capsules, lozenges, suppositories, tablets
- Flour, bleached
- Fried foods
- Fritos
- Frosting
- Some fruit juice especially grape
- Fruits
- Graham crackers
- Gravies
- Ham
- Jam
- Jellies
- Liquor
- Milk in paper cartons
- Oleo margarine
- Pabulum
- Paper containers (when wet)
- Peanut butter
- Pies, cream
- Plastic food wrap
- Pop Tarts
- Powdered sugar
- Puddings
- Salad dressing
- Salt (seasoned)
- Sandwich spread
- Sausages
- Sherbets
- Similac

- Soups
- Soybean milk (contain NO corn-Soyalac)
- Tea (instant)
- Toothpaste
- Tortillas
- Vegetables especially beets, canned
- Peas and beans
- Vinegar
- Vitamins
- Wieners
- Yeast
- Zest