



## CORN - FREE DIET

**If there is a sensitivity to foods containing corn or derived from corn avoid the following:**

Corn or maize oil	Soy sauce	Corn flour
Cornflakes	Pie fillings	Sweetcorn
Ales and Beers	Chewing gum	Cookies
Aspirin and other tablets	Stuffing	Candies
Baking mixes (readymade)	Glucose in jams	Instant Coffee
Margarine with corn oil	Corn bread	Custard
Peanut butter	Tortillas	Glucose syrup
Salad dressings	Gravy mixes and cubes	Sandwich spreads
Beans and peas from cans	Imitation cream	Quick whips
Sauce mixes	Corn snacks	Ice Cream
Crisps (some brands)	Sausages	Popcorn
Instant teas	Creamed soups	

### **Other items derived from corn:**

Adhesives on stamps and envelopes	Talcum powder
Lining of cans for vegetables	Toothpaste
Lining of paper plates and dishes	Laundry starch