



Corn is commonly found in the following:

- Alcohol: wines, whiskey, gin, beer, ale
 - Baking mixes and powder
 - Bleached flour
 - Breaded or fried foods
 - Breakfast cereals
 - Cakes and candies
 - Fruits (canned and frozen)
 - Vegetables (Canned and Frozen)
 - Carbonated beverages
 - Cheese and Cheese spreads
 - Chewing gums
 - Chili
 - Chocolate milk
 - Chips
 - Corn oil
 - Corn syrup, high-fructose corn syrup (HFCS)
 - Cornmeal
 - Cornstarch
 - Creamed vegetables
 - Dates
 - Eggnog
 - English muffins
 - Fish sticks
 - Fried potatoes
 - Fried rice
 - Fruit drinks
 - Graham crackers
 - Gravy
 - Grits
 - Hominy
 - Ice creams and Sherbets
 - Instant coffees
 - Jams and jellies
 - Ketchup
 - Lemonade mixes
 - Margarine
 - Marshmallows
 - Mustard
 - Pancakes
 - Peanut butter
 - Popcorn
 - Pork and beans
 - Powdered sugar
 - Salad dressings
 - Sauces
 - Shampoo
 - Soy milk
 - Syrups
 - Tacos
 - Tortillas
 - Vanilla extract
 - Various meats (cold cuts such as bologna, ham, hot dogs, sausages, bacon)
 - Vegetable oil
 - Vegetable soups
 - White distilled vinegar
 - Yogurt
- *** Dish Soap, Toothpaste, Straws

The following terms may also indicate the presence of corn:

- Dextrose
- Hydrolyzed Protein
- Maltose
- Maltodextrin
- Dextrin
- Modified Food Starch
- Maize
- Sorbitol
- Fructose