

CAN CORN BE LURKING IN SOMETHING NOT LABELED AS CORN?

Corn can be very useful if you are trying to gain weight or add fat your your muscle but should be avoided if you are trying to repair your metabolism. Especially, if you have allergies or suffer from any form of inflammation. Unfortunately, corn can be lurking in your foods and can not even be called corn. Use this quick list to clean out your corn exposure:

- Acetic acid
- Alcohol
- Alpha tocopherol
- Artificial flavorings
- Artificial sweeteners
- Ascorbates
- Ascorbic acid
- Aspartame (Artificial sweetener)
- Astaxanthin
- Baking powder
- Barley malt* (generally OK, but can be contaminated)
- Bleached flour
- Blended sugar (sugaridextrose)
- Brown sugar* (generally OK if no caramel color)
- Calcium citrate
- Calcium fumarate
- Calcium gluconate
- Calcium lactate
- Calcium magnesium acetate (CMA)
- Calcium stearate
- Calcium stearoyl lactylate
- Caramel and caramel color
- Carbonmethylcellulose sodium
- Cellulose microcrystalline
- Cellulose, methyl
- Cellulose, powdered
- Cetearyl glucoside
- Choline chloride
- Citric acid
- Citrus cloud emulsion (CCS)
- Coco glycerides (cocoglycerides)
- Confectioners sugar
- Corn alcohol, corn gluten
- Corn extract
- Corn flour
- Corn oil, corn oil margarine
- Corn starch
- Corn sweetener, corn sugar
- Corn syrup, corn syrup solids
- Corn, popcorn, cornmeal
- Cornstarch, cornflour
- Crosscarmellose sodium
- Crystalline dextrose
- Crystalline fructose
- Cyclodextrin
- DATUM (a dough conditioner)
- Decyl glucoside
- Magnesium stearate
- Maize
- Malic acid
- Malonic acid
- Malt syrup from corn
- Malt, malt extract
- Maltitol
- Maltodextrin
- Maltol
- Maltose
- Mannitol
- Methyl gluceth
- Methyl glucose
- Methyl glucoside
- Methylcellulose
- Microcrystalline cellulose
- Modified cellulose gum
- Modified corn starch
- Modified food starch
- Molasses (corn syrup may be present; know your product)
- Mono- and di- glycerides
- Monosodium glutamate
- MSG
- Natural flavorings*
- Olestra/Olean
- Polenta
- Polydextrose
- Polylactic acid (PLA)
- Polysorbates (e.g. Polysorbate 80)
- Polyvinyl acetate
- Potassium citrate
- Potassium fumarate
- Potassium gluconate

- Powdered sugar
- Pregelatinized starch
- Propionic acid
- Propylene glycol
- Propylene glycol monostearate*
- Saccharin
- Salt (iodized salt)
- Semolina (unless from wheat)
- Simethicone
- Sodium carboxymethylcellulose
- Sodium citrate
- Sodium erythorbate
- Sodium fumarate
- Sodium lactate
- Sodium starch glycolate
- Sodium stearoyl fumarate
- Sorbate
- Sorbic acid
- Sorbitan (anything)
- Sorbitol
- Sorghum (not all is bad; the syrup and/or grain
CAN be mixed with corn)
- Splenda (Artificial sweetener)
- Starch (any kind that's not specified)
- Stearic acid
- Stearoyls
- Sucralose (Artificial sweetener)
- Sucrose
- Sugar (not identified as cane or beet)
- Threonine
- 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 (if not labeled as birch)
- Yeast
- Zea mays
- Zein