

## Eating Corn-Free at UMass



### Questions or concerns

Please ask the cashier to radio the manager so they can assist immediately.

### Deep-Fried Products

Avoid deep fried items as the deep fryer may be contaminated with corn from various products cooked in the same fryer.

### Sushi

If you have a contact corn allergy, please let the managers know in 1 hour in advance because it may require the chefs to prepare new rice and ingredients which takes over 30 minutes.

### Vegan Desserts

Vegan desserts that contain margarine and vanilla have natural flavors derived from corn. Items at the Bake Shop have been produced on the same line as corn. However, equipment in the Bake Shop is cleaned and sanitized between uses.

### Retail Dining

Disposable utensils and cups that are compostable are made with corn/cornstarch.

### Pizza

Check menu identifiers as some locations add cornmeal to the base of pizzas (for example, Roots, Berkshire and Franklin Dining Commons).

Please note that cooking does not destroy allergens.

Many soft drinks, purchased sauces, and processed food contain high fructose corn syrup.

## Hidden Corn Ingredients

- Baking Powder\*
- Some Cereals
- Confectioner's (Powdered) Sugar
- DATEM
- Dextrin or Maltodextrin
- Dextrose, Glucose, or Fructose
- Golden Syrup (Treacle)
- Glucona Delta Lactone
- High-Fructose Corn Syrup
- Hominy, Grits
- Invert Sugar, Invert Syrup
- Malt, malt syrup, malt extract
- Modified Food Starch (may be corn)
- Maize
- Mono and Diglycerides
- Monosodium Glutamate (MSG)
- Polenta
- Sorbitol
- Starch, Food Starch
- Sucrose (May Derive from Corn)
- Vanilla Extract
- Vegetable Oil (May be Corn)
- Xanthan Gum
- Zein

\*Do not confuse with baking soda. Baking Powder contains a mixture of leavening agents and a moisture-absorber such as corn starch.

Thank you to Julia Salomon, MS, RD for giving permission to reprint this material.