

# 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 1 hour in advance because it may require the chefs to prepare new rice and ingredients which takes over 30 minutes. The surimi (crab meat) in the California roll contains corn. The vinegar in the sushi rice contain corn syrup.

## 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.

## To-Go Containers

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

## Natural Flavor & Spices

We are asking our vendors to see if the natural flavors & spices contain corn. Information is updated as we receive it.

Please note that cooking does not destroy allergens.

## Airborne Sensitivity

Please inform the dietitians/management staff if you have an airborne sensitivity to corn. The Dietitians can be reached at [dietitian@umass.edu](mailto:dietitian@umass.edu) or you can make an appointment here: <https://umassdining.com/nutrition/book-appointment>

Many soft drinks, purchased sauces, and processed food may contain high fructose corn syrup. The web and app have a full list of ingredients.

## 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.

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