

Eating Corn-Free at UMass



Questions or concerns

Please ask the cashier to call a member of the management staff so they can assist immediately.

Deep-Fried Products

Avoid deep fried items as the deep fryer may have come in contact with corn from various products cooked in the same fryer.

Sushi

The surimi crab in the California roll contains corn. The vinegar in the sushi rice contains corn syrup. Let the management staff of the dining commons know you want sushi at least an hour in advance and can have the chefs prepare new rice and ingredients to assure no cross contact.

Desserts

Desserts that contain margarine and vanilla have natural flavors derived from corn. All 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.

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 Allergy

Please inform the dietitians/management staff if you have an airborne allergy to corn. The dietitians can be reached at 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.

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.

Please note that cooking does not destroy allergens.