

# Eating Corn-Free at UMass



## Questions or Concerns

Please ask the cashier to call the manager 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. Let the managers know you want sushi the meal before so they can have the chefs prepare your sushi to avoid cross contact.

## Desserts

Desserts that contain margarine and artificial 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 product production.

## 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](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 corn syrup. Please use UMass Dining website or app to filter “Corn” so it can be avoided.

## 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.

\*This is not a full list of hidden corn ingredients.

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