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Corn Allergy

There are 3 modes of exposure to be aware of

- Inhalation (fumes from cooking, starched clothes and body powders).
- Contact (starched clothing, corn adhesive)
- Ingestant (corn products).

Below are some general guidelines that you can follow:

1. Avoid obvious sources of dietary corn
2. Read food labels
3. Avoid baking powder
4. Avoid breads, cookies, cereals, and commercial desserts
5. Avoid gravy and sauces and syrup
6. Luncheon meats also may contain corn products
7. Most processed foods contain some type of corn products