



EARS, NOSE & THROAT  ALLERGY THERAPY  FACIAL PLASTIC SURGERY

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CORN ALLERGY INFORMATION

1. No soft drinks except for club soda with lemon and lime, or sweetened with pure NutraSweet or saccharin.
2. Use only apple cider vinegar if not allergic to yeast.
3. No dry roasted nuts.
4. No sherry, port wine, rum, whiskey, bourbon, or grain alcohol.
5. No sorbitol, maltose, sucrose, glucose, dextrose, or fructose that is derived from corn.
6. Use sea salt or ocean salt only.
7. No cured meats, ham, or bacon unless maple sugar cured or hickory smoked.
8. No hard candies except pure maple sugar candy.
9. Avoid vegetable oils that contain corn oil.
10. Use lard, butter, Wesson, safflower, cottonseed, peanut, olive, and palm or canola oils.
11. All canned foods should be water-packed or packed in their own juices.
12. Use pure butter or Diet Parkay.
13. Substitute $\frac{1}{4}$ teaspoon Cream of Tartar and $\frac{1}{2}$ teaspoon Baking soda for 1 teaspoon Baking powder.
14. No commercial dry cereals except puffed rice.
15. Use only unsweetened juices.
16. Use pure natural honey with no added corn syrup.
17. Use pure maple syrup with no added corn syrup.
18. No jams, jellies unless homemade with sugar or sweetened fruit juices.
19. May use Gold Medal flour or unbleached, unenriched wheat flour, rice, soy, or arrowroot flours.
20. No commercial breads or pastries.
21. No commercially sweetened, breaded, or fried foods.
22. No commercially prepared sauces or gravies.
23. No instant tea or coffee drink preparations.
24. No processed cheese.
25. Use only natural potato chips with sea salt or unsalted.
26. No ketchup or barbecue sauces.
27. No corn, cornbread, corn syrup, cornstarch, corn cereals, or corn oil.