

# Why Corn and Corn Products Are Problematic for Children with Special Needs

Corn and corn-derived products can be problematic for children with special needs due to their potential to contribute to inflammation, digestive issues, and behavioral changes, especially in those with sensitivities or intolerances. Furthermore, a significant portion of corn is genetically modified (GMO), which may pose additional concerns regarding pesticide exposure and long-term health effects. Corn is often hidden in many processed foods under various names, making it difficult for parents to fully avoid it in their child's diet. Below is a comprehensive list of common areas where corn can be found and the different names it may go by on food labels.

## Hidden Names for Corn and Corn-Derived Ingredients

### Sweeteners and Additives

- Corn syrup
- Corn syrup solids
- Glucose syrup
- Fructose
- Sorbitol
- Mannitol
- Malt syrup
- Maltitol
- Maltose
- Caramel color (often made from corn syrup)
- Polydextrose

### Thickeners and Stabilizers

- Corn starch
- Modified corn starch
- Vegetable starch (if unspecified, often derived from corn)
- Vegetable protein (may come from corn)
- Hydrolyzed vegetable protein (HVP)

### Acids and Preservatives

- Citric acid
- Ascorbic acid (Vitamin C, often derived from corn)
- Lactic acid
- Sodium citrate

### Enzymes and Other Products

- Alpha-tocopherol (Vitamin E, sometimes corn-derived)
- Ethanol (often corn-based in food processing)
- Baking powder (may contain cornstarch as an anti-caking agent)
- Dextrin
- Maltodextrin
- Monosodium glutamate (MSG, may contain corn-derived ingredients)

### Hidden Sources of Corn

Corn can also be found in:

- Artificial and natural flavorings
- Bouillon cubes
- Powdered sugar (often mixed with cornstarch)
- Chewing gum
- Processed meats (used as fillers or binders)