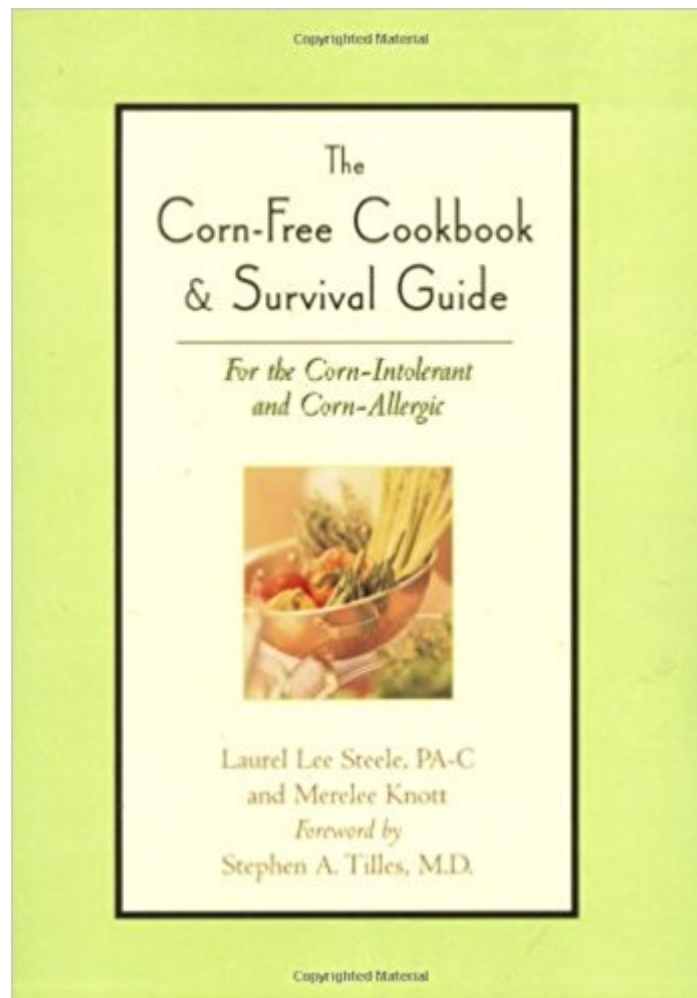




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# Corn-Free Cookbook And Survival Guide: For The Corn-Intolerant And Corn-Allergic



## Synopsis

The authors present more than 150 corn-free recipes with many variations for differences of taste. They also teach the survival skills people need when they must avoid corn, including how to read labels quickly, easily and accurately.

## Book Information

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## Customer Reviews

Laurel Lee Steele is a physician's assistant and allergy specialist in a clinic specializing in food allergies and intolerances. Merelee Knott is a freelance writer with years of experience in cooking for people with food restrictions. Both women live in Richmond, Washington.

Parts of this book are amazing and super helpful. The list of ingredients to avoid seems right on, as far as I can tell. And I love having recipes for things like making my own baking powder, since that's hard to find corn free. BUT... in some of the recipes, things that are near impossible to find corn free are used. One example, a recipe calls for a can of chicken. I haven't found corn free canned chicken yet (between the chemicals used to preserve, the salt and/or broth... it just hasn't happened). I know enough now that I can substitute chicken I cook myself, but it is dangerous territory, especially if someone is extremely sensitive to corny ingredients. If you're purchasing this book because you're new to a corn allergy diagnosis, I advise you to proceed cautiously. (I also advise searching "Corn Allergy Girl" for a lot of great allergen information.)

This cookbook with corn-free recipes has been so helpful to me already! I was recently diagnosed

with several food allergies, in addition to finding out that I had a corn intolerance and was supposed to stop eating corn and all corn derivatives (you wouldn't believe how many of the foods we take for granted contain them!) I quickly realized that I was going to have to start making food from scratch and was VERY overwhelmed - when I discovered the Corn-Free Cookbook & Survival Guide I felt so much relief. It has a lot of great recipes to start out with and the list of corn derivatives in the back of the cookbook has been the most valuable thing of all! I take it with me when I go to the grocery store and have made copies of it for my family so that they have a better idea of things I can eat, especially if they are cooking a meal for a family gathering. It has made explaining my corn intolerance to people much easier and makes my life easier too. This doesn't have every recipe you'd ever want, but for someone who just found out they shouldn't eat corn anymore, it is an amazing help and great resource to have on hand.

Corn allergy is very common, but is totally ignored by the establishment. Corn is a cheap commodity and used extensively in our food supply, and many food additives, and even drugs are made from it. Corn is also used in processing and packaging of foods and non-foods. And as a filler in most medicines. It is not labeled as corn, in most cases. Corn is not included in the Big Eight allergy foods that are required to be labeled, so people who are allergic to corn, are on their own. The Corn-Free Cookbook & Survival Guide is very helpful for people who are trying to avoid corn. It is especially helpful for people who are newly diagnosed, or have a child who has been. There is no help for them from the agencies that deal with the Big Eight food allergens, so this book can be a lifesaver for the newly corn allergic. Corn is probably the hardest of all food allergens to avoid, because it is hidden in so many food products, and non-food products. I highly recommend this book. It is well written, with good information, resources, and many good recipes and tips.

Not bad, gives you a huge list of foods or ingredients that are derived from corn. Book is basically a recipe book, I'm also gluten and dairy free so I need to be creative with recipes. I was hoping for a list of brands that were corn free. It's such a challenge to find corn free items.

My daughter and I have corn allergies. Fine and dandy. Hers got worse, and she had gotten into the habit of eating different stuff than her Mommy (she is 3) like graham crackers. Anyhow, this week it got bad enough all that stuff had to go. We are taking her off all the common allergic foods, and corn of course in all forms. Not easy, no. But, I've done it for awhile. First thing is a trip to the whole foods section of the grocery store. Then an hour away to a specialized grocery store. And, lots of fresh

ingredients. I found that many canned products don't contain it (tomatoes, green beans, etc), but some of their frozen counterparts do. And, any spices, condiments, are suspect. Caramel coloring is corn based, baking soda, baking powder, vanilla and many others can contain corn starch, corn syrup, etc. But, there are brands out there that do not add it in (usually the price tag is higher). Breads of all types are hard, but some don't add it. For me, the real challenge is being sure this is her only food she is allergic to. It is easier to do for yourself. Not so easy to keep a kid from asking people at playdates or playgroups, or school to trade snacks, etc. And, one thing I have learned from my own food allergies. Teach your kids what the food looks like. If they don't know, and go to a party with a mixed nuts bowl, they have no idea about peanuts, cashews, etc. And, one nut can do them in if that is their allergy. Kids can't avoid a food they are allergic to if they don't know what it is in or what it looks like. But, this book, and many others that deal with food allergies are a great way to get started. We are going to be doing a LOT of reading in this book this time around. And, I suspect we won't find ketchup premade (she loves the stuff), so the recipe in it for that will be super helpful.

Having a corn allergy as an adult, going corn free was hard at first, because corn is pretty much in everything. However, it is getting a bit easier as the years go by. We make a lot of stuff from scratch at home just to be safe. It gives lots of corn free recipes in this book (main meals, desserts, breads, casseroles, soups, and many more recipes). It also has a section in the book for Survival Guide (reading labels, shopping and meal planning, going out to social events or eating out, etc...) A nice resource to have on hand for recipes and more.

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