

From salt to hand sanitizer, corn is in everything. What would life without it look like?

When Christine Robinson was first diagnosed with a corn allergy 17 years ago, she remembers thinking, “No more popcorn, no more tacos. I can do this.”

Then she tried to put salt on her tomatoes. (Table salt has dextrose, a sugar derived from corn.) She tried drinking bottled iced tea. (It contains citric acid, which often comes from mold grown in corn-derived sugar.) She tried bottled water. (Added minerals in some brands can be processed with a corn derivative.) She ultimately gave up on supermarket meat (sprayed with lactic acid from fermented corn sugars)....[and] milk (added vitamins processed with corn derivatives). And that’s not even getting to all the processed foods....which are or contain derivatives of corn.

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Most of the 14.6 billion bushels of corn grown in the U.S. are not destined to be eaten on the cob. Rather, as @SwiftOnSecurity observed in a [viral corn thread](#), the plant is a raw source of useful starches that are ubiquitous in the supply chain. It’s not just food.... navigating the hospital with a corn allergy can be particularly harrowing. Corn can lurk in the hand sanitizer (made from corn ethanol), pills (made with corn starch as filler), and IV solutions (made with dextrose).

Read full, original article: [What Life Is Like When Corn Is off the Table](#)