

Corn Free Diet

A corn-free diet removes not only products made primarily from corn, but also avoids foods containing ingredients derived from corn. People allergic to corn also should avoid non-food items containing corn derivatives, such as some medicines and adhesives.

Most people who are allergic to corn are allergic to the protein in corn. Corn oil poses little risk of causing an allergic reaction because processing removes almost all the protein; however, people who are highly sensitive to corn should avoid corn oil, too.

To avoid corn and corn products ask about ingredients at restaurants and others' homes, read food labels, and become familiar with the technical or scientific terms for corn. The following list is not complete. Consult with a healthcare professional before making any significant changes to your diet.

Beverages to avoid:

- Coffee Rich
- Evaporated milk
- Frozen orange juice (except Minute Maid)
- Gin, whiskey, any alcoholic beverage or soft drink containing malt, malt syrup, or malt extract
- Hawaiian Punch
- Hi-C
- Infant formulas, some (Enfamil, Modilac, and Similac)
- Instant coffee
- Mott's Apple Juice

Fruits to avoid:

- Candied fruits, canned fruits, and dried fruits that contain corn syrup or HFCS
- Frozen and sweetened fruits that contain corn syrup or HFCS
- Fruit desserts that contain corn syrup or HFCS

Dairy to avoid:

- Ice cream and sherbets that contain corn syrup or HFCS
- Flavored yogurts that contain corn syrup or HFCS

Vegetables to avoid:

- Corn
- Hominy
- Ketchup that contains corn syrup or HFCS
- Succotash

Baking ingredients to avoid:

Baking powders, most (corn-free baking powders are available that use arrowroot powder or potato starch instead of cornstarch)
Carmel colouring (may contain corn syrup)
Cornstarch
Cornmeal
Vanilla extract (many brands contain corn syrup; some brands do not)
Yeast (except Red Star dry yeast)

Baked goods to avoid:

Commercial backed goods that contain corn syrup or HFCS
Biscuits, Bisquick, and pancake mixes that contain corn syrup
Granola bars and cookies that contain corn syrup or HFCS
Modified cornstarch
Pie crusts and cake mixes that contain corn syrup or HFCS

Cereals to avoid:

Cereals listing corn, corn syrup, or HFCS on labels
Corn flakes
Grits
Pre-sweetened cereals (most)

Sweeteners to avoid:

Confectioners sugar (many brands contain cornstarch; some do not)
"Corn sugar"
Corn syrup
Dextrose (iodized table salt contains dextrose)
"Fruit sugar"
Glucose
Golden syrup
High fructose corn syrup
"Invert sugar," "invert syrup"
Malt, malt syrup, and malt extract
Sucrose labeled "from corn"
Treacle

Desserts and snacks to avoid:

Candy, frostings, and carob desserts that contain corn syrup or HFCS
Fritos
Graham crackers
Jellies, jams, and peanut butter that contain corn syrup or HFCS
Jello
Marshmallows
Popcorn
Products containing xanthan gum
Puddings that contain corn syrup or HFCS

Meats to avoid:

Bacon and cooked meats in gravies that contain corn syrup or HFCS
Cured ham, sausages, and wieners that contain corn syrup, HFCS, or glucono-delta lactone (GDL)
Luncheon meats and sandwich spreads that contain corn syrup or HFCS

Medicines to avoid:

Dextrose is common in IV solutions.
Most solid or liquid medicines and dietary supplements contain cornstarch. Inquire to the manufacturer, because excipients (additional ingredients) may not necessarily appear on the label.

Miscellaneous products to avoid:

Bath or body powder (may contain corn starch)
Corn oil is used in emollient creams and toothpastes.
Corn syrup is often used as a texturizer and carrying agent in cosmetics.
Envelopes, labels, stickers, stamps, and tape may contain corn.
Plastic wrap, paper cups and plates can be coated with corn oil.
Some plastic food wrappers contain corn.
Sorbitol in oral hygiene products (mouthwash and toothpaste) is commercially produced from corn.
Zest soap

Best bets

The following foods are good replacements for corn in the diet:

Barley
Buckwheat
Millet
Oats
Potatoes
Rice
Rye
Spelt (a type of wheat)
Sweet potatoes
Wheat

Replacing medicines and other products that contain corn-derived ingredients may require advice from a pharmacist or other knowledgeable professionals

Other Resources:

The Allergy Self-Help Cookbook: Over 350 Natural Food Recipes, Free of All Common Food Allergens by Marjorie Hurt-Jones, Emmaus, PA: Rodale Press, 2001.

The Food Allergy Network (information on food allergies, label reading, food preparation, and management and education programs)
www.foodallergy.org

American Academy of Allergy, Asthma and Immunology
www.aaaai.org

International Food Information Council Foundation
www.ific.org/