



Corn-Free Diet

Patient and Family Education

This teaching sheet contains general information only. Your child's doctor or a member of your child's health care team will talk with you about specific care for your child.

What foods contain corn?

Corn and corn products are commonly found in our diets, especially as sweeteners and starch.

What items on a food label contain corn?

Corn	Hominy
Corn flour	Maize
Cornmeal	Popcorn
Grits	Masa
Baking powder	Gum (vegetable)
Corn oil	High fructose corn syrup
Corn syrup solids	Powdered sugar
Cornstarch (mazena)	Starch (food, vegetable, modified food starch)
Corn sugar	Sorbitol
Corn sweetener	Vinegar
Corn alcohol	Vegetable gum
Dextrose	Maltodextrins
Dextrin	Modified gum starch

What can I use instead of corn?

Aspartame	Potato starch
Fruit juices, unsweetened	Tapioca
Honey	Wheat starch
Beet or cane sugar	Soda
Maple syrup	Cream of tartar
Rice starch	

What can I use to substitute for corn-derived products?

- Baking powder: 1 tsp. baking powder can be replaced with 1¹/₄ tsp. cream of tartar and 1/2 tsp. baking soda
- Corn oil: coconut, olive, sunflower, safflower, butter
- Corn syrup: molasses, sorghum, honey
- Cornstarch: potato, arrowroot, rice, all-purpose flour to thicken gravy
- Powdered sugar: substitute with white granulated sugar mixed in blender until powdery

Can my child's diet be nutritious without corn?

Yes. Corn provides niacin, riboflavin and thiamin. These nutrients can be obtained by other food sources and eating a well-balanced diet that is corn-free.

In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.

Corn-Free Diet, continued

A word of caution:

Food manufacturers may change the ingredients in the product without warning. It is a good idea to ***always*** read the product label before consuming the product. It is much easier to prevent a food-allergic reaction than to treat one.

What foods can my child eat?

FOOD GROUPS	FOODS ALLOWED	FOODS TO AVOID
Breads and Grains	White or whole grain bread made without cornmeal, corn-free enriched and whole grain cereals	Graham crackers, corn bread, corn chips, corn tortillas, bread, cereal, or crackers containing corn, or corn products such as corn syrup, cornmeal, and cornstarch, corn muffins, English muffins, waffles, grits, hominy, cornflakes, most sweetened cereals
Starches	Potatoes, sweet potatoes, pasta	Rice coated with cornstarch, sauces made with cornstarch, prepackaged mixes with grains and sauce
Vegetables	Fresh, frozen or canned vegetables except for those in excluded	Canned, creamed, mixed, and Oriental-style vegetables containing corn sweetener or starch, pickled in vinegar, corn, hominy, succotash, popcorn, maize, pickles
Fruits	Fresh and frozen fruit, canned fruit packed in water or fruit juice	Canned, frozen or juice packed with “sugar added” or heavy or light syrup
Milk and Milk Products	Milk; cheese; plain yogurt; Infant formulas (Enfamil, Similac, Nestle Good Start soy)	Sweetened yogurt, sweetened condensed milk, chocolate milk, cheese spread, ice cream, puddings
Meat and Meat Products	Plain beef, poultry, fish, lamb, tuna, nuts (raw or roasted), eggs	Processed or cured meats, bacon, luncheon meats, hot dogs, ham (cured or tenderized), sausage, canned meats with gravy, cornmeal breaded meats or fish, some sandwich spreads, peanut butter, egg substitutes
Snack Foods	Potato chips, pretzels	Popcorn
Fats and Oils	Butter, margarine, vegetable oil, salad dressings	Corn oil, salad dressing with corn oil (unlikely to be sensitive to oils), corn oil margarine, salad dressing thickened with cornstarch, mayonnaise

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Corn-Free Diet, continued

FOOD GROUPS	FOODS ALLOWED	FOODS TO AVOID
Desserts and Sweets	Corn-free cookies, cake or candy, sugar, honey, lactose, maltose	Commercially prepared with corn products: cakes, cookies, fruit or cream pies, pancakes, pie crusts, pudding, frosting, gelatin, non-dairy toppings, graham crackers, anything with high fructose corn syrup (HFCS), dextrose, fructose, candies made with imitation maple syrup, jams, jellies, or preserves; puddings, ice cream, jelly, jams, doughnuts, confectioners sugar, ice cream, sherbet, candied fruit
Seasonings and Condiments	Most spices and seasonings, salt	Catsup, chop suey, barbecue sauce, distilled vinegar, monosodium glutamate, spaghetti sauce
Beverages	Milk, coffee, tea, fruit juice	Fruit drinks, carbonated beverages, some alcoholic drinks, grape juice, instant coffee and tea, soy milk, milk substitutes, coffee creamers, eggnog; ale, beer, whiskey, bourbon, vodka, gin, wine
Miscellaneous	Baking soda, cream of tartar	Pickles, tacos made with corn tortillas, Chinese food, distilled vinegar, medications in a syrup, liquid or capsules, baby foods, chewing gum, leavening agents, yeast, vanillin, caramel coloring

What are some resources on corn-free diet?

- Books
 - The Parent's Guide to Food Allergies* by Marianne S. Barber
 - Caring for the Child with Severe Food Allergies* by Lisa Cipriano Collins, M.A., M.F.T.
- Internet Web Sites
 - www.Faan@foodallergy.org
(The Food Allergy & Anaphylaxis Network)
 - www.aaaai.org
(American Academy of Allergy, Asthma & Immunology)

Who should I call if I have questions about my child's corn-free diet?

Call your child's nutritionist or your child's doctor.

In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.