



# Corn-Free Diet

Patient and Family Education

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**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 1 $\frac{1}{4}$  tsp. cream of tartar and  $\frac{1}{2}$  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  |
|-------------------------------|--|---|
| <b>Breads and Grains</b>      | 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 |
| <b>Starches</b>               | Potatoes, sweet potatoes, pasta  | Rice coated with cornstarch, sauces made with cornstarch, prepackaged mixes with grains and sauce   |
| <b>Vegetables</b>             | 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   |
| <b>Fruits</b>                 | 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   |
| <b>Milk and Milk Products</b> | Milk; cheese; plain yogurt; Infant formulas (Enfamil, Similac, Nestle Good Start soy)        | Sweetened yogurt, sweetened condensed milk, chocolate milk, cheese spread, ice cream, puddings  |
| <b>Meat and Meat Products</b> | 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   |
| <b>Snack Foods</b>            | Potato chips, pretzels   | Popcorn   |
| <b>Fats and Oils</b>          | 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   |
|----------------------------------|--|--|
| <b>Desserts and Sweets</b>       | 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 |
| <b>Seasonings and Condiments</b> | Most spices and seasonings, salt                                 | Catsup, chop suey, barbecue sauce, distilled vinegar, monosodium glutamate, spaghetti sauce  |
| <b>Beverages</b>                 | 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   |
| <b>Miscellaneous</b>             | 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](mailto:www.Faan@foodallergy.org)  
(The Food Allergy & Anaphylaxis Network)
  - [www.aaaai.org](http://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.

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