



University of Michigan
Food Allergy Center

Corn Allergy Helpful Hints

Corn Allergy: You have been diagnosed with a corn allergy. The only treatment is to strictly avoid corn and all food products that contain corn protein as an ingredient.

Label reading tips: Any of the following foods or ingredients listed on the label indicates the presence of corn and must be avoided.

- Corn
- Cornmeal
- Corn flour
- Corn bran
- Corn bread
- Corn chips
- Cheetos®
- Grits
- Hominy
- Hydrolyzed corn protein
- Hydrolyzed corn
- Maize
- Masa
- Polenta
- Popcorn
- Taco
- Tostada shells

Other products that may contain corn:

Multigrain breads, cookies, snack chips, cheese puffs

Usually safe to consume:

- Cornstarch
- Corn syrup, corn syrup solids
- High fructose corn syrup
- Baking powder
- Corn oil
- Modified food starch
- Maltodextrin
- Vegetable gum

- Vegetable starch
- Corn alcohol

Cooking Tips: The following can be used as sweeteners, thickeners, and leavening agents:

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

Disclaimer: This document contains information and/or instructional materials developed by the University of Michigan Health System (UMHS) for the typical patient with your condition. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan.

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