

Corn Allergy

Controversy exists about whether or not “corn allergy” even exists. Many experts believe that it is actually a “corn intolerance.” In fact, this is the official stance of the Food Allergy and Anaphylaxis Network (FAAN). The US Food and Drug Administration also does not consider corn as an allergen. Most allergists state that they have never had any interaction with a patient suffering from a corn allergy. However, others believe that it is an allergen in rare instances, because corn is a protein. To diagnose a food allergy, a skin or radioallergosorbent test (RAST) is followed by a food challenge or an elimination diet.

Foods containing corn or corn products

Corn/corn products are found in many foods. It is important to carefully and consistently review labels to look for products that contain corn. These foods must likely contain corn:

- Alcohol, including bourbon, blended scotch, and some beers
- Cereals
- Chocolate milk
- Baked goods
- Candies
- Canned fruits
- Confectioners’ sugar
- Ice cream
- Jams and jellies
- Pickles
- Tartar sauce
- Deli meats
- Processed meats, including hot dogs
- Egg substitutes
- Peanut butter
- Sodas and other bottled beverages
- Fruit drinks and sweetened fruit juices
- Taco shells
- Packaged potatoes
- Pasta products
- Polenta
- Frozen pancakes
- Frozen waffles
- Frozen breads
- Canned or dried soups
- Margarines
- Salad dressings
- Caramel and vanilla extracts
- Spaghetti sauce
- Ketchup

- Powdered coffee creamers
- Teas
- Yeast
- Snack foods
- Syrups
- Flavored yogurt
- Processed fried foods, such as fish sticks, potato puffs, French fries, etc
- Some produce (some produce is coated with a corn-based wax)

Ingredients to avoid

The following ingredients do not definitely contain corn, but are likely to. For instance, malt sometimes is made from barley, but sometimes it is made from corn. Corn oil has caused a reaction in a few people, but it is rare. Ingredients to avoid include:

- Acetic acid
- Ascorbic acid
- Baking powder
- Bleached flour
- Caramel coloring or flavoring
- Citric acid
- Corn
- Corn alcohol
- Corn flour
- Corn meal
- Cornstarch
- Corn sweetener
- Corn syrup
- Corn syrup solids
- Crystalline fructose
- Dextrin
- Dextrose
- Food starch
- Fructose
- Golden syrup
- Grain alcohol
- Grits
- Hominy
- Inositol
- Invert sugar
- Lysine
- Maize
- Malt
- Maltodextrins
- Masa

- Modified food starch
- Modified gum starch
- Monosodium glutamine
- Olestra/Olean[®]
- Polydextrose
- Popcorn
- Sorbitol
- Treacle
- Vanilla extract
- Vegetable monoglycerides or diglycerides
- Vegetable gum
- Vegetable protein
- Vegetable starch
- Vinegar
- Xanthan gum

Other products to look at

People with severe corn allergy also need to look at the ingredients of:

- Toothpaste
- Baby powder
- Stickers and envelopes you need to lick
- Hair spray
- Deodorants
- Makeup
- Perfumes
- Play dough
- Medications, including aspirin and medications in time-release capsules
- Cleaning solutions
- Dryer sheets
- Contact lens solution
- Body lotions
- Paper cups and plates, etc

References and recommended readings

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