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## Corn Allergies

Fortunately, a true allergy to corn is rare. Corn elimination diets are very difficult to manage because corn and corn products are prevalent in a majority of our food products, primarily as corn sweeteners or cornstarch. The following tables list words that may indicate the presence of corn in a product, which should thus be avoided on a corn-restricted diet. **Corn oil is not on this list.** In the processing of corn oil, the allergenic portion (protein) is removed; therefore the oil is considered safe for corn-sensitive patients. A small study challenging documented corn-allergic patients with corn oil, corn sugar, and corn syrup provoked no reaction, whereas a blinded challenge with cornstarch did provoke one reaction.

### Label Ingredients That Indicate the Presence of Corn Protein

- Corn
- Cornmeal
- Corn sweetener
- Corn syrup solids
- Baking powder
- Hominy
- Corn flour
- Corn starch
- Maize
- Corn alcohol
- Grits

### Label Ingredients That *May* Indicate the Presence of Corn Protein

- Food starch
- Vegetable gum
- Modified food starch
- Vegetable starch