

Corn Allergens

Not everything on this list will contain corn. It is that they can contain corn, and therefore may need to be avoided or used cautiously.

The items identified with an asterisk * are the most common items that may not always contain corn or be derived from corn. Use caution!

- Acetic acid
- Alcohol
- Alpha tocopherol
- Artificial flavorings
- Artificial sweeteners
- Ascorbates
- Ascorbic acid
- Aspartame (artificial sweetener)
- Astaxanthin
- Baking powder
- Barley malt*
- Bleached flour*
- Blended sugar (sugaridextrose)
- Brown sugar*
- Calcium citrate
- Calcium fumarate
- Calcium gluconate
- Calcium lactate
- Calcium magnesium acetate (CMA)
- Calcium stearate
- Calcium stearoyl lactylate
- Caramel and caramel color
- Carbonmethylcellulose sodium
- Cellulose microcrystalline
- Cellulose, methyl
- Cellulose, powdered
- Cetearyl glucoside
- Choline chloride
- Citric acid*
- Citrus cloud emulsion (CCS)
- Coco glycerides
- Confectioner's sugar
- Corn alcohol, corn gluten
- Corn extract
- Corn flour
- Corn oil, corn oil margarine
- Corn starch
- Corn sweetener, corn sugar
- Corn syrup, corn syrup solids
- Corn, popcorn, cornmeal
- Cornstarch
- Crosscarmellose sodium
- Crystalline dextrose
- Crystalline fructose
- Cyclodextrin
- Datum (a dough conditioner)
- Decyl glucoside
- Decyl polyglucose
- Dextrin
- Dextrose (also found in IV solutions)
- Dextrose anything (such as monohydrate or anhydrous)
- D-Gluconic acid
- Distilled white vinegar
- Drying agent
- Erythorbic acid
- Erythritol
- Ethanol
- Ethocel 20
- Ethycellulose
- Ethylene
- Ethyl acetate

- Ethyl alcohol
- Ethyl lactate
- Ethyl malitol
- Fibersol-2
- Flavorings*
- Food starch
- Fructose*
- Fruit juice concentrate*
- Fumaric acid
- Germ/germ meal
- Gluconate
- Gluconic acid
- Glucon delta-lactone
- Gluconolactone
- Glucosamine
- Glucose*
- Glucose syrup* (also found in IV solutions)
- Glutamate
- Gluten
- Gluten feed/meal
- Glycerides
- Glycerin*
- Glycerol
- Golden syrup
- Grits
- High fructose corn syrup
- Hominy
- Honey*
- Hydrolyzed corn
- Hydrolyzed corn protein
- Hydrolyzed vegetable protein
- Hydroxypropyl methylcellulose
- Hydroxypropyl methylcellulose phthalate (HPMCP)
- Inositol
- Invert syrup or sugar
- Iodized salt
- Lactate
- Lactic acid*
- Lauryl glucoside
- Lecithin
- Linoleic acid
- Lysine
- Magnesium fumarate
- Maize
- Malic acid
- Malonic acid
- Malt syrup from corn
- Malt, malt extract
- Maltitol
- Maltodextrin
- Maltol
- Maltose
- Mannitol
- Methyl gluceth
- Methyl glucose
- Methyl glucoside
- Methylcellulose
- Microcrystalline cellulose
- Modified cellulose gum
- Modified corn starch
- Modified food starch
- Molasses* (corn syrup may be present, know your product)
- Mono and di glycerides
- Monosodium glutamate
- MSG
- Natural flavorings*
- Olestra/Olean
- Polenta
- Polydextrose
- Polylactic acid (PLA)
- Polysorbates* (e.g. polysorbate 80)

- Polyvinyl acetate
- Potassium citrate
- Potassium fumarate
- Potassium gluconate
- Powdered sugar
- Pregelatinized starch
- Propionic acid
- Propylene glycol*
- Propylene glycolmonostearate*
- Saccharin
- Salt (iodized salt)
- Semolina (unless from wheat)
- Simethicone
- Sodium carboxymethylcellulose
- Sodium citrate
- Sodium erythorbate
- Sodium fumarate
- Sodium lactate
- Sodium starch glycolate
- Sodium stearoyl fumarate
- Sorbate
- Sorbic acid
- Sorbitan
- Sorbitan monooleate
- Sorbitan tri-oleate
- Sorbitol
- Sorghum* (not all is bad; the syrup and/or grain CAN be mixed with corn)
- Splenda (artificial sweetener)
- Starch (any kind that's not specified)
- Stearic acid
- Stearoyls
- Sucralose (artificial sweetener)
- Sucrose
- Sugar* (not identified as cane or beet)
- Threonine
- Tocopherol (vitamin E)
- Treacle (aka golden syrup)
- Triethyl citrate
- Unmodified starch
- Vanilla, natural flavoring
- Vanilla, pure or extract
- Vanillin
- Vegetable anything that's not specific
- Vinegar, distilled white
- Vinyl acetate
- Vitamin C* and Vitamin E*
- Vitamins*
- Xanthan gum
- Xylitol
- Yeast*
- Zea mays
- Zein