

This list is modified from the Corn-Free Diet published in the Pediatric Nutrition Handbook by the Academy of Nutrition and Dietetics.

Avoid these items:

- Baking powder (if contains corn starch)
- Corn (whole kernel, etc. – avoid all types)
- Corn flour
- Corn meal
- Corn grits
- Corn malt
- Corn starch
- Corn oil that is expeller pressed, cold pressed or extruded
- Grits
- Flaked milled corn
- Hominy
- Maize
- Maltodextrins
- Polenta
- Popcorn
- Treacle

Corn is sometimes found in:

- Modified food starch
- Vegetable gum
- Vegetable starch

Read the label. If it is made from corn, do not use it. If it does not list the source, do not use the product until you call the manufacturer for more information. It is important to find out if there is corn in these items. If there is, do not use it in food that will be given to your child. If it is made from a source other than corn, it is okay to use.

Okay to include:

- Aspartame
- Corn oil (unless expeller pressed, cold pressed or extruded)
- Corn sugar
- Corn sweeteners
- Corn syrups
- Corn syrup solids
- Dextrin
- Dextrose
- Fructose
- Glucose
- Golden syrup
- Lactic acid
- Sorbitol
- Xanthan gum

*Note: If this is a new corn allergy diagnosis, review this information with your Allergist before following the diet.

This list was approved for food allergy patients followed at Children's Wisconsin. It was based on information from Dr. Stephen Taylor, Director of Food Allergy Research and Resource Program.

Corn-Free Diet Baking Tips

Corn-Free Baking Powder Recipe

Mix together the following ingredients. Use in place of baking powder in your recipe.

- 1/3 cup baking soda
- 2/3 cup cream of tartar
- 2/3 cup arrowroot starch

Commercial Corn-Free Baking Powders:

- Ener-G Baking Powder: <http://www.ener-g.com/>
- Featherweight Baking Powder:
http://hainpurefoods.com/products/product.php?prod_id=1842

Corn-Free Powdered (Confectioners) Sugar Recipe

In a coffee grinder, blend together 1 tablespoon potato starch and 1 cup sugar. Blend until it is not grainy. It may need to be blended twice.

If you have other questions, contact your dietitian.