

Penn State Hershey Children's Hospital

Caring for your Child's Nutrition

Corn Allergy

Your child has been diagnosed with a corn allergy. The only treatment is to avoid all food products that contain corn or a corn derivative as an ingredient.

Corn is not considered a major allergen since allergic reactions to corn are rare. Full disclosure of all corn containing ingredients on a product label is not required. Reactions to corn can occur from both raw and cooked corn.

Before you buy any food product, **always read the entire food label** to make sure the product is safe. Remember that manufacturers may change ingredients and food preparation methods at any time. If not sure if the product contains corn, try to contact the manufacturer.

Cooking Tips to Replace Corn in Recipes

The following can be used as sweeteners, thickeners, and leavening agents instead of corn-containing products:

Fruit juice
Honey
Beet or cane sugar
Maple syrup
Cream of tartar
Potato Starch
Rice Starch
Tapioca
Wheat Starch

Avoid Cross Contamination in the Kitchen

It is critical to avoid potential sources of cross contamination in the kitchen. Cross contact or cross contamination occurs when a safe food for a person with food allergies comes into contact with an allergenic food. As a result, the formerly safe food may contain some proteins of the allergenic food. The following precautions are necessary to prevent cross contamination at home:

- Use hot soapy water to clean kitchen surfaces, cutting boards and utensils.
- Wash kitchen countertops often, including immediately before food preparation.
- Clean toaster oven rack often and consider the option of using reusable toaster bags, which are available from The Baker's Catalogue at www.bakerscatalogue.com.
- Prepare the corn-free food first, cover it, label it, and remove it from the cooking area before preparing corn-containing foods.
- Use squeeze bottles for condiments whenever possible to avoid inserting into a condiment jar a knife or other utensil that previously contacted foods containing corn or corn proteins.
- Do not re-use frying oil if corn or a food containing corn was fried in that oil.
- Consider using green stickers for corn-free food for easy identification.
- Store corn-free food on separate shelves in the refrigerator and pantry.
- Try to store corn-free food on shelves above those that store foods containing corn or corn proteins.

Label Reading Tips

Any of the following ingredients listed on the label indicate the presence of corn protein and must be avoided:

Baking powder Corn syrup solids

Corn Cornmeal

Corn bran Grits

Corn flour High fructose corn syrup

Cornstarch Hominy
Corn sweetener Maize
Corn syrup Starch

These terms indicate that corn may be present, so you should call the company to determine whether or not the food is safe:

Corn alcohol Vegetable gum
Maltodextrin Vegetable starch

Modified food starch

Note: Allergens are present in foods with precautionary statements, so it is best to avoid packaged foods that have these warnings. Certain processing practices, such as the use of shared storage containers and processing equipment can result in the residue of allergenic foods accidentally getting into otherwise safe food products.

Precautionary labeling is voluntary and includes statements such as:

Shopping Tips

- For good health, shop for a variety of foods from all allowed food groups.
- Aim for nutrient dense foods such as fruits, vegetables, lean protein, whole grain and fortified grains and starches, low-fat dairy products, and unsaturated fats from vegetable oils.
- Buy healthy beverages, such as water, 100% juice, and fortified low-fat milk (dairy, soy, rice, or oat)
- When buying packaged foods and desserts:
 - o Always read labels to be certain that there are no unexpected allergens.
 - Read the ingredient list even if you have purchased the product before, as the ingredients in food products may change without notice.
 - Read ingredient statements slowly and carefully.
- Be aware of the risk of cross contamination from:
 - Bakery items
 - Sliced foods from a deli slicer
 - Bulk food bin foods (bagels, candies, dried fruits)
 - Salad bars

[&]quot;May contain..."

[&]quot;Might contain..."

[&]quot;Processed on lines with..."

[&]quot;Manufactured on equipment that processes..."

[&]quot;Manufactured in a facility that processes..."

Note: While preparing corn-free foods from scratch is an economical option, there are specialty food companies offering corn-free meals and snack foods.

For ordering information, contact the following companies:

Allerenergy – corn-free energy bars (allerenergy.com)

Aunt Candice foods – corn-free cookies, mixes, and protein bars (auntcandicefoods.com)

Breads from Anna – several varieties of corn-free bread mixes, pie crust mix (glutenevolution.com)

Econatural solutions – corn-free candies and lozenges (econatural solutions.com)

Mona's – corn-free dry mixes (madebymona.com)

Namaste foods – corn-free baking mixes and pasta mixes (namastefoods.com)

Note: Some "Kosher for Passover" foods may be safe for those with corn allergies. Read the ingredient statement carefully and check the label for risk of cross contamination.

If these foods are labeled "Kosher for Passover," they may be corn-free:

Bubble gum Frozen potato pancakes (latkes)

Cake mix Fruit snacks
Candy Ketchup

Chocolate syrup Marshmallows
Coca-Cola and other soda Pudding mix

Recommended Foods

Food Group	Recommended Foods
Milk	Fresh and dry milk
	Cheeses, yogurt, and cottage cheese, unless
	they are prepared with ingredients derived
	from corn
Meat and Other Proteins	All fresh or frozen meats (beef, veal, lamb,
	pork)
	Fresh, frozen, or canned fish and shellfish
	Egg
	Poultry
	Dried Beans and Peas
	Nuts and Seeds
	Avoid meats, poultry, fish, and egg products
	made with added corn ingredients
Grains	Bread, pasta, cracker, and cereal products
	that are not made from corn, corn flour,
	cornstarch, corn grits, hominy, maize, or any
	other ingredients that contain corn

Food Group	Recommended Foods
Vegetables	Plain, unflavored, or unseasoned fresh,
	frozen, or canned vegetables, except corn and
	any other vegetables that have been prepared
	with ingredients that contain corn
Fruits	Fresh, frozen, or canned fruits in natural juice
	Dried fruits prepared without corn ingredients
	100% fruit juice
Fats and oils	Margarine and vegetable oils
	Nuts, seeds and avocado
	Salad dressings with allowed ingredients

Note: Corn products contribute thiamin, riboflavin, niacin, iron, and chromium to the diet. Include other whole or enriched grain products that contain these nutrients.

Foods Not Recommended

Food Group	Foods Not Recommended
Milk	Chocolate milk made with high fructose
	corn syrup
	All dairy products prepared with
	ingredients that contain corn
Meat and Other Protein Foods	Prepared meats, poultry, and fish
	flavored or seasoned with corn
	ingredients
	All protein foods prepared with
	ingredients that contain corn
Grains	Corn, corn flour, cornstarch, corn grits,
	hominy, maize
	Any bread, pasta, or cereal prepared
	with ingredients that contain corn
Vegetables	Corn
	Flavored or seasoned vegetables are
	prepared with ingredients that contain
	corn
Fruits	Canned fruit and juice that contain corn
	syrup or high fructose corn syrup
	All fruits prepared with ingredients that
	contain corn
Fats and oils	All fats, oils, and salad dressings that
	contain corn ingredients

Sample 1-Day Menu

Meal	Menu
Breakfast	½ cup oatmeal
	1 small banana
	1 cup milk
Snack	6 ounces plain yogurt (check labels for corn products)
	½ cup mixed fresh berries
Lunch	Mixed green salad with olive oil and vinegar
	2 ounces turkey
	1 slice rye bread (check labels for corn products)
	1 tsp mayonnaise
	1 cantaloupe wedge
	1 cup milk
Snack	Carrot and celery sticks
Dinner	½ cup soup
	2 ounces baked fish
	½ sweet potato
	½ whole wheat roll
	1 tsp dipping oil (made with olive oil and herbs)
Snack	½ cup applesauce

Additional Information:

If you have questions, call:	, Registered Dietitian
Phone: (717) 531 or	(717) 531-8406
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