



The Children's Hospital of Philadelphia

Allergy Section

How to Read a Label for a ***CORN-FREE DIET***

Avoid foods that contain any of these ingredients:

Cheese puffs
Cheetos®
Corn bread
Corn chips
Corn flakes
Corn flour
Corn meal
Corn tortillas
Grits
Hominy
Hydrolyzed corn protein
Hydrolyzed corn
Maize
Masa
Polenta
Popcorn
Sun Chips®
Taco
Tostada shells

The following foods may contain corn:

Multigrain breads, snacks and cookies
Snack ships

We do not recommend avoiding corn oil, corn syrup, corn sugar and cornstarch, because they are 99.5% protein-free. Please discuss any questions with your Allergy clinician on your next visit.