

Corn Derivatives and Ingredients Containing Corn

These products do not always contain corn. They can be derived from corn or prone to contamination(). It is important to contact the manufacturer and inquire how the ingredient is made. This list has been gathered from a variety of sources and should not be assumed as accurate or complete. This is just a guide.*

Ingredient Name	Notes
Acetic acid	
Alcohol	
Alpha tocopherol	
Artificial flavorings	
Artificial sweeteners	
Ascorbates	
Ascorbic acid	
Aspartame (Artificial sweetener)	
Astaxanthin	
Baking powder	Contains Corn Starch unless specifies other starch.
Barley malt* (generally OK, but can be contaminated)	
Bleached flour*	
Blended sugar (sugaridextrose)	
Brown sugar* (generally OK if no caramel color)	
Calcium citrate	The calcium salt of citric acid
Calcium fumarate	
Calcium gluconate	
Calcium lactate	
Calcium magnesium acetate (CMA)	
Calcium stearate	
Calcium stearoyl lactylate	
Caramel and caramel color	Caramel – coloring used in soft drinks, derived from corn “or cane sugar.” The “or” in Coca-Cola’s explanation refers to a temporary change to make the ingredients Kosher for Passover . The rest of the year, it is from corn.
Carbonmethylcellulose sodium	
Cellulose microcrystalline	
Cellulose, methyl	
Cellulose, powdered	
Cetearyl glucoside	
Choline chloride	
Citrate	Citrate - can refer either to the conjugate base of citric acid, or to the esters of citric acid. An example of the former, a salt is trisodium citrate; an ester is triethyl citrate. Forms of Citrate include: Calcium Citrate, Magnesium Citrate, Potassium Citrate, Sodium Citrate, and more.
Citric acid*	<u>Citric Acid - the source sugar is corn steep liquor along with hydrolyzed corn starch</u>
Citrus cloud emulsion (CCS)	
Coco glycerides (cocoglycerides)	
Confectioners sugar	
Corn alcohol, corn gluten	
Corn extract	
Corn flour	
Corn Meal	Corn Meal – items baked sitting on Corn Meal such as Bagels, Breads or Pizza, may not list Corn Meal as an ingredient
Corn oil, corn oil margarine	
Corn starch	Corn Starch – in most over the counter medicines that come in a dry pill form. Yes, this includes Benedryl too. Watch for Corn Syrup in the liquid forms.
Corn sweetener, corn sugar	
Corn syrup, corn syrup solids	
Corn, popcorn, cornmeal	
Cornstarch, cornflour	
Crosscarmellose sodium	
Crystalline dextrose	
Crystalline fructose	
Cyclodextrin	
DATUM (a dough conditioner)	
Decyl glucoside	<u>Decyl Glucoside - used in personal care products such as shampoo. It is produced by the reaction of glucose from corn starch with the fatty alcohol decanol which is derived from coconut.</u>
Decyl polyglucose	
Dextrin	Dextrin, Maltodextrin – thickening agents found in sauces (check those frozen veggies!) salad dressings, and ice cream

Dextrose (also found in IV solutions)

Dextrose anything (such as monohydrate or anhydrous)

d-Gluconic acid

Distilled white vinegar

Drying agent

Erythorbic acid

Ethanol

Ethocel 20

Ethylcellulose

Ethylene

Ethyl acetate

Ethyl alcohol

Erythritol

Ethyl lactate

Ethyl maltol

Ferrous Gluconate

Fibersol-2

Flavorings*

Food starch

Fructose*

Fruit juice concentrate*

Fumaric acid

Germ/germ meal

Gluconate

Gluconic acid

Glucono 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 pthalate (HPMCP)

Inositol

Invert syrup or sugar

Iodized salt

Lactate

Lactic acid*

Lauryl glucoside

Lecithin

Linoleic acid

Lysine

Magnesium citrate

Magnesium fumarate

Magnesium stearate

Maize

Malic acid

Dextrose (glucose) – corn sugar, found in cookies, ice cream, and paired with glucose in hospital IVs unless specified not to! Can also be used as a carrier with anesthetic shots such as Lidocaine and Novocaine! Dextrose is also injected into meat, lunch meats and deli cuts. Be weary of “honey baked” items, the sweet flavor may not be from honey.

Ethanol - made by fermenting sugars produced from corn starch.

Ferrous Gluconate - i.e. as found in canned olives, and comes from corn or potato acid.

Golden Syrup - Sometimes recommended as an alternate to Corn Syrup, but it may contain Corn Syrup as well.

Honey - May contain corn syrup, as HFCS is sometimes fed to bees, resulting in **corn in the honey produced**.

Iodized Salt – Morton's FAQ explains why they add Dextrose (corn) to their salt.

Lactic Acid - Commercially, lactic acid can be made synthetically from chemicals or organically as a byproduct of corn fermentation.

Lauryl Glucoside - is a surfactant used in cosmetics. It is a glycoside produced from glucose and lauryl alcohol.

Maltitol	<u>Maltitol - (also known as Maltisorb and Maltisweet) Commercially, maltitol is a disaccharide produced by Corn Products Specialty Ingredients (formerly SPI Polyols), Cargill, Roquette, and Towa, among other companies. Maltitol is made by hydrogenation of maltose obtained from starch.</u>
Malonic acid	
Malt Flavoring	
Malt syrup from corn	
Malt, malt extract	
Maltitol	
Maltodextrin	
Maltol	
Maltose	
Mannitol	<u>Mannitol - A naturally occurring alcohol that is often combined with corn derived sugars. Here is the link on USDA's website explaining this practice.</u>
Methyl gluceth	Methyl Gluceth - an emollient used in cosmetics manufactured from corn sugar and corn starch.
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)	<u>Monosodium Glutamate (MSG) - The MSGMyth site explains MSG is made from corn.</u>
MSG	
Natural flavorings*	
Olestra/Olean	
Pareths – e.g. Pareth 25-9	
Polenta	
Polydextrose	<u>Polydextrose - is synthesized from dextrose, and contains sorbitol and citric acid. It is a food ingredient classified as soluble fiber and is frequently used to increase the non-dietary fiber content of food, replace sugar, reduce calories and reduce fat content. Note: Dextrose, Sorbitol, and Citric Acid are all on this list of ingredients derived from corn.</u>
Polylactic acid (PLA)	<u>Polylactic Acid (PLA) - Plastic made from corn starch (U.S.) or sugarcane.</u>
Polysorbates* (e.g. Polysorbate 80)	<u>Polysorbates (i.e. Polysorbate 80) - Polysorbates are oily liquids derived from PEG-ylated sorbitan (a derivative of sorbitol) esterified with fatty acids.</u>
Polyvinyl acetate	
Potassium citrate	
Potassium fumarate	
Potassium gluconate	
Powdered sugar	Contains Corn Starch unless specifies other starch.
Pregelatinized starch	
Propionic acid	
Propylene glycol*	
Propylene glycol monostearate*	
Saccharin	Saccharin – in powder form IS Sweet'N Low and therefore contains Dextrose.
Salt (iodized salt)	
Semolina (unless from wheat)	
Simethicone	
Sodium carboxymethylcellulose	
Sodium citrate	<u>Sodium Erythorbate - is produced from sugars derived from sources such as beets, sugar cane and corn. It is a food additive used predominantly in meats, poultry, and soft drinks.</u>
Sodium erythorbate	
Sodium fumarate	
Sodium lactate	
Sodium starch glycolate	<u>Sodium Starch Glycolate - is the sodium salt of a carboxymethyl ether of starch. It can be derived from any starch source (rice, corn, potatoes, etc).</u>
Sodium stearoyl fumarate	
Sorbate	
Sorbic acid	
Sorbitan* (anything)	<u>Sorbitan - is a mixture of chemical compounds derived from the dehydration of sorbitol.</u>

Sorbitan Monostearate

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

Stearoils

Sucralose (Artificial sweetener)

Sucrose

Sugar* (not identified as cane or beet)

Sweet 'N Low

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

Sorbitan Monostearate - an ester of sorbitol and stearic acid. You will see this ingredient used in Yeast (and possibly other places as well).

[Sorbitol – You will find Sorbitol in Sugar Free items such as candy, chewing gum, cosmetics, mouth wash, and toothpaste](#)

Starch – often this is corn starch unless it specifies something else, like potato starch

[Sucralose - Sucralose by itself may be corn free, though it is likely one best to avoid. Repackaged as the brand Splenda, it will contain dextrose and/or maltodextrin.](#)

Sweet'N Low – contains **Dextrose**, and according to **Sweet'N Low**, ALL sugar substitutes in powder form contain Dextrose.

Vanilla Extract – most brands will have corn syrup, though you can find organic brands that do not, though the alcohol may be corn-derived.

[Vinegar, Distilled White - can be made from any sugar, but the most common method is to use corn that has been converted from starch into sugar.](#)

Vitamins - Vitamin C (Ascorbic Acid) and Vitamin E (Tocopherols). Use caution with products that are "enriched" with added vitamins. The vitamins may be corn-derived, or corn-derivatives may be used in the binding (if solid) or suspension (if liquid) of the vitamin compound.

Xanthan Gum - a food additive that is used as a thickening agent. It is found in sauces, spices, and commonly in Gluten Free foods. Xanthan Gum is most often grown on corn, or corn sugars. If an item includes Xanthan Gum and states it is corn-free, call the manufacturing company and inquire as to the source of Xanthan Gum to be sure.

[Xylitol - You will find Xylitol in Sugar Free items such as candy, chewing gum, cosmetics, mouth wash, and toothpaste](#)

[Zein – used in time-release medications, derived from Maize](#)

Sources:

www.gimpkitchen.com/corn-allergy-list/

www.livecornfree.com/2010/04/ingredients-derived-from-corn-what-to.html

www.cornallergygirl.com