Idea: Ongoing list of corn derivatives
Title: The 1800+ (and counting!) Corn Derivatives You Never Would Have Guessed

Meta Description Text: "Discover the shocking array of corn derivatives that sneak their way into your everyday products. From vitamin C to xanthan gum, unveil the mystery of corn's omnipresence and stay informed with our ongoing list. Say goodbye to surprises during your next snacking session!"

Corn is a bit of a culinary chameleon in that it likes to hide under a plethora of aliases – over 1800 to be exact. So, steering clear of corn-on-the-cob, popcorn, and corn syrups isn't quite enough. Corn can stealthily infiltrate your vitamin C supplements, your beloved breads and baked goods, pasta, milk and ice cream, and you've probably encountered its undercover operative, xanthan gum (a common ingredient in vegan products). It becomes even trickier when you realize that anything boasting "natural" flavors or citric acid might just be corn in disguise as well! What makes corn even more elusive is that, unlike major allergens, it isn't even legally required to be explicitly listed on labels!

The ubiquity of corn is, in part, due to its affordability. It's a staple ingredient in countless products. So, to ensure you're never caught off guard by this versatile vegetable, we've curated an ongoing list of corn derivatives. Some items (i.e. corn syrup) are always made from corn whereas others (i.e. vanilla extract) can be corny or corn-free. We'll give you tips on how to determine whether a potential ingredient is actually derived from corn or not so you can research any of your favorite products' suppliers. This way, your next snacking session can be blissfully stress-free!

Need-to-Know Corn Derivatives *Ascorbic Acid: Also known as Vitamin C.

- Baking Powder: Contains corn starch.
- Brown Sugar: Some varieties may contain caramel color, which could be derived from corn.
- Calcium Citrate: Calcium salt of citric acid.
- Caramel: Used as a coloring agent, often derived from corn.
- Cellulose: Can be derived from vegetable sources, including corn.
- Citrate: Can refer to various salts derived from citric acid, including Calcium Citrate, Magnesium Citrate, Potassium Citrate, and Sodium Citrate.
- Citric Acid: Derived from corn steep liquor and hydrolyzed corn starch.
- Corn: The primary source of many corn derivatives.
- Corn Meal: Used in baking, may not always be listed as an ingredient.
- Corn Starch: Common in dry pill forms of over-the-counter medicines.
- Corn Syrup: A sweetener derived from corn.
- Decyl Glucoside: Used in personal care products and produced from corn starch.
- Dextrin, Maltodextrin: Thickening agents found in various food products.
- Dextrose (Glucose): Corn sugar used in a wide range of products, including cookies, ice cream, and medical applications.
- Ethanol: Produced by fermenting sugars from corn starch.

- Ferrous Gluconate: Found in products like canned olives, may come from corn or potato acid.
- Flavoring (Artificial or "Natural Flavors"): These can contain corn-derived ingredients.
- Golden Syrup: Used as an alternative to corn syrup but may also contain corn syrup.
- Honey: May contain corn syrup, as some bees are fed high fructose corn syrup.
- Iodized Salt: Some brands add dextrose (corn) to their salt.
- Lactic Acid: Commercially produced from corn fermentation.
- Lauryl Glucoside: A surfactant used in cosmetics, produced from corn sugar and corn starch.
- Magnesium Citrate: A magnesium salt of citric acid.
- Magnesium Stearate
- Malic Acid
- Malt: Used in various forms, including Malt Flavoring and Maltitol.
- Maltitol: A disaccharide produced by companies like Cargill and Roquette from corn-derived maltose.
- Maltodextrin
- Maltose*
- Mannitol: A naturally occurring alcohol often combined with corn-derived sugars.
- Methyl Gluceth: An emollient used in cosmetics, manufactured from corn sugar and corn starch.
- Modified Food Starch
- Monosodium Glutamate (MSG): Can be made from corn.
- Polydextrose: A food ingredient classified as soluble fiber, derived from dextrose.
- Polylactic Acid (PLA): A plastic made from corn starch.
- Polysorbates (e.g., Polysorbate 80): Oily liquids derived from sorbitan, which can be made from corn-derived sorbitol.
- Potassium Citrate: A potassium salt of citric acid.
- Powdered Sugar: Contains corn starch.
- Saccharin: In powder form, found in Sweet'N Low and may contain dextrose.
- Sodium Citrate: Various salts derived from citric acid.
- Sodium Erythorbate: Produced from sugars derived from sources like beets, sugar cane, and corn.
- Sodium Starch Glycolate: The sodium salt of a carboxymethyl ether of starch, which can be derived from various starch sources, including corn.
- Sorbitan: A mixture of chemical compounds derived from the dehydration of sorbitol.
- Sorbitan Monostearate: An ester of sorbitol and stearic acid, used in various products.
- Sorbitol: Found in sugar-free items, including candy, chewing gum, and cosmetics.
- Starch: Often corn starch unless otherwise specified.
- Sucralose: May contain dextrose or maltodextrin when repackaged as Splenda.
- Sweet'N Low: Contains dextrose.
- Tocopherol: Vitamin E.
- Vanilla Extract: Many brands contain corn syrup.
- Vinegar, Distilled White: Can be made from corn or other sugars.

- Vitamins: Some vitamins, like Vitamin C (Ascorbic Acid) and Vitamin E (Tocopherols), may be derived from corn or use corn derivatives in their binding or suspension.
- Xanthan Gum: A thickening agent commonly grown on corn or corn sugars.
- Xylitol: Found in sugar-free items like candy, chewing gum, cosmetics, mouthwash, and toothpaste.
- Zein: Used in time-release medications, derived from maize (corn).

Updated List

- 5-htp*
- Acetic acid*
- Acetylated distarches*
- Acesulfame*
- Acorn squash*
- Advantame*
- Agave: Agave may be produced using enzymes derived from corn.
- Aged pepper: Most aged peppers are fermented using a simple salt brine, but there are some methods of aging that involve the addition of cultures that may have been fermented using corn sugar. Additionally some aged peppers have added vinegar which may be derived from corn
- Alanine: Alaine can be produced by fermentation on corn products
- Alba clamshell mushroom *
- Albumin: Albumin can be produced by fermentation on corn products.
- Alcohol: Alcohol can be made from fermented yeast in the sugars of grains and fruits, and CAN be fermented with corn - contact the supplier to determine the source of the sugar (i.e. sugarcane, beets, corn, etc).
- Algal flour: Algal flour may be produced from algae that was produced via fermentation on corn products
- Algal oil: Algal oil can be produced from whole seaweed, or from microalgae fermented on corn dextrose
- Algal protein: Algal protein can be produced from whole seaweed, or from microalgae fermented on corn dextrose
- Allulose*
- Alma indian gooseberry*
- Almond extract: Culinary extracts such as almond extract may be extracted with only water, or may be extracted with corn ethanol or corn glycerin
- Alpha tocopherol acetate*
- Alpha-galactosidase*
- Alum*
- Aluminums*
- Amaretto: Amaretto liqueur may be made with a corn-delivered alcohol
- American cheese: As a general rule, cheeses like american cheese may contain rennet or cultures that were made with corn derivatives
- Amidated pectin*
- Amino acid: Amino acids can be produced via fermentation on corn products

- Ammonia caramel*
- Ammoniums*
- Amylase: Amylase may be produced via fermentation on corn products
- Andrographis paniculata*
- Annatto: Annatto, when used as food additive, may be extracted with a corn-based oil or solvent
- Anthocyanin*
- Apocarotenal*
- Arabinogalactan*
- Arachidonic acid: Arachidonic acid can be made from corn oil
- Arachidyl propionate: Arachidyl propionate can be made from corn oil
- Argan oil*
- Argon*
- Arjuna*
- Artificial flavors: In general, all artificial flavors like artificial flavor may contain corn derivatives
- Asadero cheese: As a general rule, cheeses like asadero cheese may contain rennet or cultures that were made with corn derivatives
- Ascorbyl palmitate*
- Aspartame*
- Aspartic acid: Aspartic acid can be synthesized from materials that are not derived from corn, but can also be produced by fermentation using corn derivatives
- Aspergillopepsin: Aspergillopepsin may be fermented on a corn-derived growth medium
- Astaxanthin: Astaxanthin is a keto-carotenoid with deep red color found naturally in many algae and yeast. It can be synthesized from petroleum or fermented using corn derivatives
- Avocado: Avocados when sold as a fresh item can often be waxed to keep them fresh and add shine. These waxes can contain corn derivatives. Avocados used in canned or highly processed items are less likely to have been waxed
- Bacon: Bacon may contain a number of ingredients which could be corn derivatives
- Bael tree*
- Baikal skullcap*
- Baker’s yeast: Baker's yeast may be fermented on corn derivatives, and may contain anti-caking agents or preservatives derived from corn
- Baking powder: When unspecified in an ingredients list, baking powder almost always contains corn starch as an anti-caking agent
- Balsam of peru*
- Balsamic vinegar: Balsamic vinegar may contain caramel color derived from corn
- Banana blossom*
- Banana extract: Culinary extracts such as banana extract may be extracted with only water, or may be extracted with corn ethanol or corn glycerin
- Barley malt flour*
- Barley malt syrup*
- Barley malt*

- Basil oil*
- Beef casing: Beef casing can be sanitized during allergy. Beef Casing can be sanitized during processing with corn derivatives such as lactic acid or peracetic acid and can be packaged with soaker pads containing corn derivatives as citric acid. Some people who avoid corn derivatives may react to traces of these derivatives in the final product. The beef the casing is from may have been fed corn as part of its diet, which may also affect some people who avoid corn derivatives. If you think you may react to these traces, contacting the manufacturer to ask about the feed, packaging, and processing may help determine what products are a good idea to try. Many people with these sensitivities find that the quickest way to find Beef Casing they tolerate is to reach out to support groups and look for recommendations from people with similar sensitivity levels and tolerated foods.
- Beef: Beef can be sanitized during processing with corn derivatives such as lactic acid or peracetic acid and can be packaged with soaker pads containing corn derivatives as citric acid. Some people who avoid corn derivatives may react to traces of these derivatives in the final product. Beef is almost always fed corn as part of its diet, which may also affect some people who avoid corn derivatives. If you think you may react to these traces, contacting the manufacturer to ask about the feed, packaging, and processing may help determine what products are a good idea to try. Many people with these sensitivities find that the quickest way to find Beef they tolerate is to reach out to support groups and look for recommendations from people with similar sensitivity levels and tolerated foods.
- Beer: Beer may be brewed with corn kernels or corn syrup, or may have corn dextrose added during bottling. It may also have added corn derivatives as preservatives, flavor enhancers or color enhancers.
- Beetroot red*
- Bell pepper: Bell peppers when sold as a fresh item can often be waxed to keep them fresh and add shine. These waxes can contain corn derivatives. Bell peppers used in canned or highly processed items are less likely to have been waxed
- Benzaldehyde: Benzaldehyde is typically synthesized, but in rare cases may be fermented using corn derivatives
- Benzyl alcohol: Benzyl alcohol is typically synthesized, but in rare cases may be fermented using corn derivatives
- Berries*
- Beta carotene*
- Beta glucan*
- Beta-glucanase *
- Beta-lactoglobulin*
- Betony*
- Bha*
- Bht*
- Bifidobacterium lactis*
- Bilberry*
- Bioflavonoids*

- Birch oil*
- Birch sap*
- Birch xylitol*
- Bison: Bison can be sanitized during processing with corn derivatives such as lactic acid or peracetic acid and can be packaged with soaker pads containing corn derivatives as citric acid. Some people who avoid corn derivatives may react to traces of these derivatives in the final product. If you think you may react to these traces, contacting the manufacturer to ask about the feed, packaging, and processing may help determine what products are a good idea to try. Many people with these sensitivities find that the quickest way to find Beef they tolerate is to reach out to support groups and look for recommendations from people with similar sensitivity levels and tolerated foods
- Bitter tomato*
- Black currant*
- Black mustard seed*
- Black mustard*
- Bladderwrack*
- Bleached oat fiber*
- Blue #1, 2, 5*
- Blue cheese: As a general rule, cheeses like blue cheese may contain rennet or cultures that were made with corn derivative.
- Blue flag root*
- Blue wiss*
- Boerhavia diffusa *
- Boldo*
- Boswellia serrata*
- Bourbon: Bourbon can be fermented on a number of grains, at least 51% of which must be corn.
- Brandy: Brandy can be fermented on a number of grains, including corn
- Brewer’s yeast: Brewer's yeast may be fermented on corn derivatives, and may contain anti-caking agents or preservatives derived from corn.
- Brie: As a general rule, cheeses like brie may contain rennet or cultures that were made with corn derivatives.
- Broccoli rabe*
- Bromelain*
- Brominated vegetable oil: When unspecified in ingredients, vegetable oil could include corn oil.
- Brown mustard seed*
- Brown mustard*
- Brown rice protein + syrup: Brown rice protein can be extracted using corn derivatives.
- Buffalo milk*
- Buffalo*
- Bugleweed*
- Bupleurum*

- Butter: When ingredients are not specified, butter may contain cultures fermented using corn derivatives.
- Buttermilk: Buttermilk may have citric acid, a corn derivative, added to enhance flavor. Additionally, it may be fortified with vitamins that are derived from corn.
- Butternut squash: Butternut Squash when sold as a fresh item can often be waxed to keep them fresh and add shine. These waxes can contain corn derivatives. Butternut Squash used in canned or highly processed items are less likely to have been waxed.
- Butternut*
- Button mushroom: Button mushrooms are cultivated on decaying matter, and may be grown on compost that contains corn or corn derivatives.
- Butyric acid*
- Calciums: Calcium when found in foods and supplements, is typically stabilized by being neutralized with an acid. Some of these acids could be produced using corn derivatives.
- Camembert: As a general rule, cheeses like camembert may contain rennet or cultures that were made with corn derivatives.
- Camphor*
- Canary melon: Canary Melon when sold as a fresh item can often be waxed to keep them fresh and add shine. These waxes can contain corn derivatives. Canary Melons used in canned or highly processed items are less likely to have been waxed.
- Canchalagua*
- Cane syrup*
- Cane vinegar*
- Canned beans, fruits, veggies: For all canned ingredients: Cans may be lined with resins or polymers derived from corn
- Canola oil: Canola oil may be treated with citric acid to reduce phosphatides (gums) before refining.
- Canthaxanthin: Canthaxanthin is a keto-carotenoid with a reddish-orange pigment, found naturally in sea life such as algae, crustaceans, and some fish. It can be produced by fermentation on corn glucose.
- Caper bush*
- Capers: Capes may be brined in vinegar, which may be derived from corn.
- Capric acid: Capric acid can be produced from a number of feedstocks including corn
- Caproic acid: Caproic acid can be produced from a number of feedstocks including corn.
- Caprylic acid: Caprylic acid can be produced from a number of feedstocks including corn.
- Caprylic triglycerides: Caprylic acid is typically produced from pal or coconut oil, but may be produced using oils from corn.
- Carbamide*
- Carbohydrate gum*
- Carbon Dioxide: While carbon dioxide may be produced from petroleum products, it can also be produced via fermentation on corn sugar
- Carbonic acid*
- Carboxymethyl hydroxyethyl cellulose*
- Cardamom oil*

- Caramel color: Caramel color is made using a starch, which may be from corn
- Carmel: When its ingredients are unspecified on a label, caramel is typically made with corn syrup.
- Carmine*
- Carotene*
- Carotenoid*
- Cascara*
- Casein hydrolysate*
- Casein: Casein may be produced using an acid derived from corn.
- Caseinate: Caseinate is made from casein, which may be produced using an acid derived from corn.
- Cashew butter: When its ingredients are unspecified, cashew butter may contain oil which was degummed using citric acid
- Cashew milk: Non-dairy milkers may have corn derivatives added as thickeners, binders, preservatives, or flavor enhances.
- Casing*
- Cassava syrup: Cassava syrup is produced using enzymes which can be derived from corn.
- Cassia oil*
- Castor oil: Castor oil may be treated with citric acid to reduce phosphatides (gums) before refining.
- Cat's claw*
- Caustic sulphite caramel: Caustic sulphite caramel is made using a starch, which may be from corn
- Celastrus*
- Celery extract: Culinary extracts such as celery extract may be extracted with only water, or may be extracted with corn ethanol or corn glycerin
- Celery leaf*
- Cellulose acetate: Cellulose can be derived from many plants inducing corn.
- Cellulose gum: Cellulose gum is made from cellulose, a plant fiber that may comes from many plants including corn
- Cellulose: Cellulose can be derived from many plants including corn.
- Cellulose: Cellulose can be derived from many plants including corn.
- Cetyl alcohol: Cetyl alcohol is typically made from palm or coconut oil, but may be made using corn oil.
- Chamomile oil*
- Champagne: Most sparkling wines, including champagne, are carbonated via secondary fermentation with added dextrose, a corn derivative
- Champignon: Champignon mushrooms, or agaricus bisporus, are typically grown on compost which may contain corn or corn products. Many other mushroom species are more commonly cultivated on sawdust.
- Chandrashoor*

- Charcoal: Charcoal is the residue produced by heating a carbon-containing material. This is typically wood or coconut fiber, but can be any number of materials including corn cob.
- Charlock*
- Chaste tree*
- Chebulic myrobalan*
- Cheddar: As a general rule, cheeses like cheddar may contain rennet or cultures that were made from corn derivatives
- Cheese culture: Cheese culture may be produced using corn derivatives
- Cheese curd: As a general rule, cheeses like cheese curd may contain rennet or cultures that were made with corn derivatives
- Cheese seasoning: "As a general rule, cheeses like cheese seasoning may contain rennet or cultures that were made with corn
- derivatives."
- Cheese: As a general rule, cheeses like cheese may contain rennet or cultures that were made from corn derivatives
- Cherimoya*
- Chicken bones*
- Chicken casing: Chicken casing can be sanitized during processing with corn derivatives such as lactic acid or peracetic acid. Some people who avoid corn derivatives may react to traces of these derivatives in the final product. The chicken the casing has been made from will almost always be fed corn as part of its diet, even when labeled as pasture-raised, and the traces of corn feed in the meat may also affect some people who avoid corn derivatives. If you think you may react to these traces, contacting the manufacturer to ask about feed, packaging, and processing may help determine what products are a good idea to try. Many people with these sensitivities find that the quickest way to find animal products they tolerate is to reach out to support groups and look for recommendations from people with similar sensitivity levels and tolerated foods.
- Chicken feet*
- Chicken salt: Chicken salt is a spice mix and may contain cornstarch or corn sugars.
- Chicken skin*
- Chicken: Chicken can be sanitized during processing with corn derivatives such as lactic acid or peracetic acid and can be packaged with soaker pads containing corn derivatives such as citric acid. Some people who avoid corn derivatives may react to traces of these derivatives in the final product. Chicken is almost always fed corn as part of its diet, even when labeled as pasture-raised, and the traces of corn feed in the meat may also affect some people who avoid corn derivatives. If you think you may react to these traces, contacting the manufacturer to ask about feed, packaging, and processing may help determine what products are a good idea to try. Many people with these sensitivities find that the quickest way to find Chicken they tolerate is to reach out to support groups and look for recommendations from people with similar sensitivity levels and tolerated foods.
- Chicle*
- Chinese cinnamon*
- Chinese pistache*

- Chinese rhubarb*
- Chinkiang vinegar*
- Chitosan salt: Chitosan can be derived from shellfish or mushrooms, but can also be produced via fermentation on corn derivatives.
- Chlorella: Chlorella can be produced by fermentation using corn derivatives.
- Chlorine*
- Chlorophyll*
- Chocolate: When ingredients are not provided, chocolate may contain corn sugars as sweeteners or corn derivatives as preservatives and stabilizers.
- Cholic acid*
- Choline salts*
- Cholines*
- Chondroitin*
- Chromium amino acid chelate: Chromium is a mineral and is not derived from corn.
- Chuchuhuasi*
- Chymosin: Chymosin can be synthesized by fermentation, which may involve corn derivatives
- Cider vinegar: Apple cider vinegar is made using fermented apple cider, which can sometimes have dextrose added during the initial fermentation process
- Cinnamon oil*
- Citicoline*
- Citric acid
- Citrus bioflavonoids: Citrus bioflavonoids are extracted from citrus, but may be extracted using a solvent such as corn ethanol
- Citrus fiber*
- Clary sage oil*
- Clavo huasca*
- Clerodendrum phlomidis*
- Clingstone peach: Clingstone peach when sold as a fresh item can often be waxed to keep them fresh and add shine. These waxes can contain corn derivatives. Clingstone peach used in canned or highly processed items are less likely to have been waxed
- Clover honey: Clover honey can be adulterated with corn sugar or corn derivatives
- Cocoglycerides: Cocoglycerides may be produced using oils from corn
- Coconut extract: Culinary extracts such as coconut extract may be extracted with only water, or may be extracted with corn ethanol or corn glycerin. In coconut milk, coconut extract is most likely referring to the process of extracting 'milk' from the coconut by grinding and blending the meat with water. This process would be corn free
- Coconut syrup*
- Coconut yogurt: Non-dairy yogurts may contain thickeners or cultures derived from corn
- Coenzyme q10*
- Coffee extract: Culinary extracts such as coffee extract may be extracted with only water, or may be extracted with corn ethanol or corn glycerin
- Coffee Fruit extract: Culinary extracts such as coffeefruit extract may be extracted with only water, or may be extracted with corn ethanol or corn glycerin

- Cognac: Cognac is made using white wine, which can contain corn derivatives
- Colby: As a general rule, cheeses like colby may contain rennet or cultures that were made with corn derivatives
- Cold pressed sunflower oil*
- Coleus forskohlii*
- Collagen: Collagen may be made by applying enzymes to gelatin. These enzymes may be cultured on corn derivatives
- Colloidal silver*
- Color stabilizer*
- Comfrey*
- Common rue*
- Common wormwood*
- Comte: As a general rule, cheeses like comte may contain rennet or cultures that were made with corn derivatives
- Condensed milk: Condensed milk can be fortified with vitamins derived from corn
- Confectioner’s sugar: When its ingredients are unspecified on a label, confectioners' sugar typically contains corn starch
- Copper gluconate
- Coral calcium*
- Cordyceps*
- Corn
- Corn dextrin: Derived from corn.
- Corn dextrose: Derived from corn.
- Corn fiber: Derived from corn.
- Corn flakes: Derived from corn.
- Corn flour: Derived from corn.
- Corn maltodextrin: Derived from corn.
- Corn meal: Derived from corn.
- Corn oil: Derived from corn.
- Corn starch: Derived from corn.
- Corn syrup: Derived from corn.
- Cottage cheese: As a general rule, cheeses like cottage cheese may contain rennet or cultures that were made with corn derivatives
- Cottonseed oil: Cottonseed oil may be treated with citric acid to reduce phosphatides (gums) before refining
- Crambe abyssinica*
- Cream cheese: As a general rule, cheeses like cream cheese may contain rennet or cultures that were made with corn derivatives
- Cream of tartar: cream of tartar, or potassium bitartrate, is produced using tartaric acid which may be synthesized from corn free materials, or may be produced as a byproduct or the winemaking process. This winemaking process may include corn derivatives
- Cream: Cream can be fortified with vitamins derived from corn
- Creatine*

- Creme fraiche: When the ingredients are unspecified, creme fraiche may contain corn starch as a thickener. Additionally, it may contain cultures that were produced using corn glucose
- Crimini mushroom*
- Croscarmellose sodium*
- Cryptoxanthin: Cryptoxanthin is a red carotenoid pigment found in a number of plants and animal products. It can be produced by fermentation on corn glucose
- Crystalline wax*
- Cucumber: Cucumbers when sold as a fresh item can often be waxed to keep them fresh and add shine. These waxes can contain corn derivatives. Cucumbers used in canned or highly processed items are less likely to have been waxed
- Culantro*
- Cultured cream*
- Cultured dextrose
- Cultured milk*
- Cultures: Some cultures may be fermented on corn derivatives
- Curadin*
- Curculigo*
- Curcumin: Curcumin can be extracted using a number of methods, some of which may involved corn derivatives such as ethanol
- Cyanocobalamin*
- Cyclodextrin*
- Cyperus *
- D-gluconic acid*
- Dairy cultures*
- Dairy: Dairy milks may be fortified with vitamins that contain corn as a carrier or preservative
- Damiana*
- Datem: Datem is made from tartaric acid, which may be fermented using corn products, and mono and di-glycerides which may be made using corn oil
- Decyl glucoside
- Decyl polyglucose
- Dehydroacetic acid: Dehydroacetic acid can be produced using acetone, which should not contain corn, or it can be produced using derivative of acetic acid, which is almost always derived from corn
- Delicata squash*
- Delta-tocopherol: When used as an ingredient in food, tocopherols are typically derived from vegetables oils which can include corn oil
- Demerara sugar*
- Desmodium adscendens *
- Desoxycholic acid*
- Devil’s claw*
- Dextrin
- Dextrose

- Diastase*
- Dietary fiber: Dietary fiber may be corn fiber
- Dimethyl polysiloxane*
- Dioctyl sodium sulfosuccinate*
- Dipotassium inosinate*
- Disodium 5’-ribonucleotides*
- Disodium edta*
- Disodium guanylate*
- Disodium inosinate*
- Disodium succinate*
- Distarch glycerol
- Distilled vinegar*
- Docosahexaenoic acid
- Dried vegetables: When unspecified in ingredients, vegetables could include corn
- Dry milk: Dry milk can be fortified with vitamins derived from corn
- Duck eggs*
- Duck: Duck can be sanitized during processing with corn derivatives such as lactic acid or peracetic acid and can be packaged with soaker pads containing corn derivatives as citric acid. Some people who avoid corn derivatives may react to traces of these derivatives in the final product. Duck is almost always fed corn as part of its diet, even when labeled as pasture-raised, and the traces of corn feed in the meat may also affect some people who avoid corn derivatives. If you think you may react to these traces, contacting the manufacturer to ask about the feed, packaging, and processing may help determine what products are a good idea to try. Many people with these sensitivities find that the quickest way to find duck Casing they tolerate is to reach out to support groups and look for recommendations from people with similar sensitivity levels and tolerated foods
- Eclipta prostrata *
- Edam: As a general rule, cheeses like edam may contain rennet or cultures that were made with corn derivatives
- Egg protein: Egg proteins may be extracted using solvents and acids derived from corn
- Egg substitute: Egg substitutes may contain derivatives
- Eggnog: Eggnog, when listed without ingredients, may contain corn ingredients and corn derivatives
- Eggplant: Eggplants when sold as a fresh item can often be waxed to keep them fresh and add shine. These waxes can contain corn derivatives. Eggplants used in canned or highly processed items are less likely to have been waxed
- Eicosapentaenoic acid*
- Elecampane *
- Electrolytes*
- Emu oil*
- Enzyme modified lecithin*
- Enzyme *
- Enzymatically hydrolysed carboxymethylcellulose*

- Erythorbic acid*
- Erythritol*
- Ester gum*
- Ethanol: May be derived from corn.
- Ethoxylated mono- and di-glycerides *
- Ethoxyquin*
- Ethyl acetate
- Ethyl hydroxyethyl cellulose *
- Ethyl maltol*
- Ethyl methyl cellulose: Ethyl Methyl Cellulose is made from cellulose, a plant fiber that may come from many plants including corn
- Ethylcellulose: Ethylcellulose is made from cellulose, a plant fiber that may come from many plants including corn
- Ethylparaben*
- Evaporated milk: Evaporated milk can be fortified with vitamins derived from corn
- Expeller pressed sunflower oil*
- Fatty acid: Fatty acids when unspecified in an ingredients label, may refer to fatty acids derived from corn
- Fenugreek*
- Ferrous gluconate
- Ferrous lactate
- Feta: As a general rule, cheeses like feta may contain rennet or cultures that were made with corn derivatives
- Firm tofu: Tofu is made from soy milk using acids that may be produced by fermentation on corn products
- Flat bean*
- Flor de cacao*
- Folate*
- Folic acid*
- Fontina cheese: As a general rule, cheeses like fontina may contain rennet or cultures that were made with corn derivatives
- Formic acid*
- Fructan: Fructan is a plant sugar that may be extracted from a number of plants. The extraction may be performed with ethanol from corn, but may also be performed with methanol(wood alcohol) or water
- Fructose: Fructose can be derived from sugar cane, sugar beets or corn
- Fruit sugar*
- Fumaric acid: Fumaric acid can be synthesized, or can be produced by fermentation involving corn derivatives
- Fungal enzyme*
- Galactooligosaccharides*
- Galactose*
- Gamma-aminobutyric acid *

- Gamma-tocopherol: When used as an ingredient in food, tocopherols are typically derived from vegetable oils which can include corn oil
- Garden cress *
- Garlic extract: Culinary extracts such as garlic extract may be extracted with only water, or may be extracted with corn ethanol or corn glycerin
- Garlic salt: Some garlic salt may be made with iodized salt. Iodine is bound to iodized salt using dextrose from corn
- Garlic shoot*
- Garlic-infused oil: Depending on what oil is used, the oil may have been processed using corn derivatives such as citric acid degummer
- Gellan gum*
- Gentian *
- Geranium oil*
- Ghatti gum*
- Gin: Gin is fermented on a mix of grains that may include corn
- Ginger lily *
- Ginger oil*
- Gluconate*
- Gluconic acid*
- Glucono delta lacone*
- Gluconolactone
- Glucosamine hydrochloride: Glucosamine typically is produced from shellfish, but may also be produced by fermentation on corn products
- Glucosamine: Glucosamine typically is produced from shellfish, but may also be produced by fermentation on corn products
- Glucose*
- Glucose oxidase*
- Glucose syrup*
- Glucuronolactone*
- Glutamic acid*
- Glutathione *
- Gluten free seasoning*
- Glyceral monolaurate *
- Glycerine: Glycerine may be produced usings oils from corn
- Glycerol monooleate*
- Glycerol triacetate*
- Glycerol: Glycerol may be produced using oils from corn
- Glyceryl lactooleate*
- Glyceryl lactopalmitate*
- Glyceryl monostearate: Glyceryl monostearate may be produced using oils from corn
- Glycerylphosphorylcholine: Glycerylphosphorylcholine is produced using glycerol which may be derived from corn oil
- Glycine*
- Glycolipid *

- Glycyrrhizin*
- Goat brie cheese*
- Goat cheddar cheese*
- Goat cheese: As a general rule, cheeses like goat cheese may contain rennet or cultures that were made with corn derivatives
- Goat cream*
- Goat milk powder*
- Goat milk: Dairy milks may be fortified with vitamins that contain corn as a carrier or preservative
- Goat whey protein concentrate*
- Goat whey protein isolate*
- Goat whey protein*
- Goat: Goat can be sanitized during processing with corn derivatives such as lactic acid or peracetic acid and can be packaged with soaker pads containing corn derivatives as citric acid. Some people who avoid corn derivatives may react to traces of these derivatives in the final product.Goat is often fed corn as part of its diet, even when labeled as pasture raised, and the traces of corn feed in the meat may also affect some people who avoid corn derivatives. If you think you may react to these traces, contacting the manufacturer to ask about the feed, packaging, and processing may help determine what products are a good idea to try. Many people with these sensitivities find that the quickest way to find goat they tolerate is to reach out to support groups and look for recommendations from people with similar sensitivity levels and tolerated foods
- Gorgonzola: As a general rule, cheeses like gorgonzola may contain rennet or cultures that were made with corn derivatives
- Gouda: As a general rule, cheeses like gouda may contain rennet or cultures that were made with corn derivatives
- Grain vinegar: Grain vinegar is produced using grains. Typically these grains are barley, but they could be corn.
- Grape skin extract: Culinary extracts such as grape skin extract may be extracted with only water, or may be extracted with corn ethanol or corn glycerin.
- Grapefruit
- Grapeseed oil: Grapeseed oil may be treated with citric acid to reduce phosphatides (gums) before refining.
- Green #3*
- Green bell pepper: Bell peppers when sold as a fresh item can often be waxed to keep them fresh and add shine. These waxes can contain corn derivatives. Bell peppers used in canned or highly processed items are less likely to have been waxed.
- Green habanero sauce: When ingredients are not specified, green habanero sauce may contain corn ingredients, corn sugars, or corn derivatives for flavor, stabilizing, thickening, or preservation.
- Green papaya*
- Gruyere: As a general rule, cheeses like gruyere may contain rennet or cultures that were made with corn derivatives.
- Guanylic acid*

- Guarana seed extract: Culinary extracts such as guarana seed extract may be extracted with only water or may be extracted with corn ethanol or corn glycerin
- Guayusa*
- Guggul*
- Gum base*
- Half & half: Half & Half may be fortified with vitamins that contain corn as a carrier or preservative, or may contain thickening ingredients that are derived from corn.
- Haloumi: As a general rule, cheeses like halloumi may contain rennet or cultures that were made with corn derivatives.
- Ham: When the ingredients are not listed, Ham may contain corn sugars or corn derivatives for flavor or preservation.
- Hard cider: Hard ciders may have corn dextrose added during fermentation to increase the alcohol content.
- Havarti: As a general rule, cheeses like havarti may contain rennet or cultures that were made with corn derivatives.
- Heavy cream: Heavy cream may be fortified with vitamins that contain corn as a carrier or preservative, or may contain thickening ingredients that are derived from corn.
- Hemicellulase*
- Hemp milk: Heavy cream may be fortified with vitamins that contain corn as a carrier or preservative, or may contain thickening ingredients that are derived from corn.
- Hemp protein: Hemp protein can be extracted using corn derivatives
- Hemp seed oil: Hemp seed oil may be degummed using citric acid derived from corn
- Hercampuri *
- High fructose corn syrup: Derived from corn.
- High maltose corn syrup: Derived from corn.
- Hijiki*
- Honey: Honey may be adulterated with corn syrup or contain small amounts of dextrose or corn syrup used to feed the hive during winter
- Horse chestnut*
- Horseradish: Prepared horseradish may contain many ingredients in addition to the horseradish root. These ingredients may include corn ingredients or corn derivatives.
- Horsetail *
- Huitlacoche*
- Humectant: Humectant, when unspecified in an ingredient label, may be a corn ingredient or corn derivative.
- Huperzine a *
- Hyaluronic acid: Hyaluronic acid may be produced by fermentation on corn or corn derivatives
- Hydrogenated rapeseed oil*
- Hydrogenated starch hydrolysates: Hydrogenated starch hydrolysates may be made from corn starch.
- Hydrogenated vegetable oil: When unspecified in ingredients, vegetable oil could include corn oil.
- Hydrolyzed corn and soy protein*

- Hydrolyzed corn gluten*
- Hydrolyzed plant protein: Hydrolyzed plant protein may be produced using corn protein.
- Hydrolyzed protein*
- Hydrolyzed soy protein: Hydrolyzed plant protein may be produced using corn protein.
- Hydrolyzed wheat:
- Hydroxyethyl cellulose: Cellulose may or may not be derived from corn
- Hydroxylated lecithin*
- Hydroxypropyl cellulose: Cellulose may or may not be derived from corn
- Hydroxypropyl methylcellulose: Cellulose may or may not be derived from corn
- Imitation crab: Imitation crab frequently contains cornstarch
- Indian trumpet flower *
- Indonesian cinnamon*
- Inosinic acid*
- Inositol: Inositol can be fermented on corn steep
- Invert sugar: Invert Sugar may contain ingredients derived from corn and may not be suitable for those with a corn allergy.
- Invertase*
- Iodized salt*
- Iporuru*
- Iron caseinate: iron caseinate is produced from casein, which may be made using an acid derived from corn
- Iron: Iron in foods and supplements is typically neutralized with an acid. Some of these acids could be produced using corn derivatives.
- Isinglass*
- Isomalto-oligosaccharides: Isomalto-oligosaccharides are manufactured using the starch of cereal grains, which could include corn.
- Isopropyl myristate: Isopropyl Myristate is produced using myristic acid. Myristic acid is typically produced from coconut or palm oil, but may be produced using corn feedstock.
- Isopropyl palmitate: Isopropyl palmitate is produced using palmitic acid, a fatty acid that can be produced from corn oil.
- Japanese pumpkin: Kabocha when sold as a fresh item can often be waxed to keep them fresh and add shine. These waxes can contain corn derivatives. Kabocha used in canned or highly processed items are less likely to have been waxed.
- Japonica rice*
- Jarlsberg: As a general rule, cheeses like jarlsberg may contain rennet or cultures that were made with corn derivatives.
- Jimsonweed*
- Juices *
- Jujube*
- Karaya*
- Kasseri cheese: As a general rule, cheeses like kasseri cheese may contain rennet or cultures that were made with corn derivatives.
- Kefir: Kefir may be fortified or made using fortified milk. The vitamins added during fortification may be corn-derived

- Kelp*
- Ketchup: When ingredients are not specified, ketchup may contain corn syrup
- Ketjap manis*
- Key lime: Key Limes when sold as a fresh item can often be waxed to keep them fresh and add shine. These waxes can contain corn derivatives. Key Limes used in canned or highly processed items are less likely to have been waxed.
- King trumpet mushroom*
- Komatsuna *
- Kombucha*
- Konjac gum*
- Kosher gelatin*
- Krill oil*
- Kudzu*
- Kvass*
- L-arginine*
- L-carnitine*
- L-cysteine*
- L-cystine*
- L-glutamine: L-glutamine can be produced using glucose from corn.
- L-histidine hydrochloride *
- L-isoleucine: Isoleucine may be produced by fermentation on corn products.
- L-leucine: leucine may be produced by fermentation on corn products
- L-phenylalanine*
- L-tryptophan*
- L-valine*
- Lactalbumin*
- Lactase*
- Lactic acid
- Lactic acid esters of mono- and diglycerides of fatty acids
- Lactic acid starter culture: Lactic acid starter culture is a microbial starter culture that may be grown on a corn-derived growth medium
- Lactis*
- Lactitol*
- Lactobacillus helveticus*
- Lactobacillus*
- Lactose free cream cheese: As a general rule, cheeses like lactose may contain rennet or cultures that were made with corn derivatives
- Lactose free milk: Lactose-free milk is made using lactase, which can be derived from corn
- Lactose free yogurt: Yogurt may contain cultures derived from corn
- Lactose syrup: Lactose syrup can be produced from dairy lactose, or it can be produced via fermentation on corn sugar
- Lactose: Lactose is typically produced from dairy, but may be extracted using corn-derived ethanol

- Lactulose: Lactose syrup can be produced from dairy lactose, or it can be produced via fermentation on corn sugar
- Lactylated fatty acid esters of glycerol and propylene glycol
- Lactylic esters of fatty acids*
- Lamb: Lamb can be sanitized during processing with corn derivatives such as lactic acid or peracetic acid and can be packaged with soaker pads containing corn derivatives as citric acid. Some people who avoid corn derivatives may react to traces of these derivatives in the final product. Lamb may have been fed corn as part of its diet, which may also affect some people who avoid corn derivatives. If you think you may react to these traces, contacting the manufacturer to ask about the feed, packaging, and processing may help determine what products are a good idea to try. Many people with these sensitivities find that the quickest way to find goat they tolerate is to reach out to support groups and look for recommendations from people with similar sensitivity levels and tolerated foods
- Lard: Lard is from an animal that can be sanitized during processing with corn derivatives such as lactic acid or peracetic acid and can be packaged with soaker pads containing corn derivatives as citric acid. Some people who avoid corn derivatives may react to traces of these derivatives in the final product. The animal may have been fed corn as part of its diet, which may also affect some people who avoid corn derivatives. If you think you may react to these traces, contacting the manufacturer to ask about the feed, packaging, and processing may help determine what products are a good idea to try. Many people with these sensitivities find that the quickest way to find goat they tolerate is to reach out to support groups and look for recommendations from people with similar sensitivity levels and tolerated foods
- Lauryl glucoside*
- Lavender oil*
- Lecithin: Lecithin may be derived from many oils, including corn oil, although unspecified lecithin is typically from soybean oil, although unspecified lecithin is typically from soybean oil. Even when lecithin is made from a non-corn oil, it may be extracted using corn ethanol
- Lemon peel*
- Lemon: Lemon when sold as a fresh item can often be waxed to keep them fresh and add shine. These waxes can contain corn derivatives. Lemon used in canned or highly processed items are less likely to have been waxed
- Leptadenia *
- Levain*
- Light agave syrup: Agave nectar may be produced using enzymes derived from corn
- Ligustrum fruit *
- Lime peel*
- Lime: Lime when sold as a fresh item can often be waxed to keep them fresh and add shine. These waxes can contain corn derivatives. Lime used in canned or highly processed items are less likely to have been waxed
- Limonene: Limonene may be extracted using corn ethanol or fermented using corn derivatives

- Linoleic acid: Linoleic acid is frequently derived from corn oil
- Lipase*
- Lipoic acid*
- Liquor: Liquor may be fermented on a number of grains including corn
- Liver: The animal the liver is from can be sanitized during processing with corn derivatives such as lactic acid or peracetic acid and can be packaged with soaker pads containing corn derivatives as citric acid. Some people who avoid corn derivatives may react to traces of these derivatives in the final product. The animal may have been fed corn as part of its diet, which may also affect some people who avoid corn derivatives. If you think you may react to these traces, contacting the manufacturer to ask about the feed, packaging, and processing may help determine what products are a good idea to try. Many people with these sensitivities find that the quickest way to find liver they tolerate is to reach out to support groups and look for recommendations from people with similar sensitivity levels and tolerated foods
- Locust bean carob gum*
- Long pepper*
- Lonicera japonica*
- Loquat leaf*
- Lotus seed*
- Low fat milk: Dairy milks may be fortified with vitamins that contain corn as a carrier or preservative
- Low fat yogurt: Yogurt may contain cultures derived from corn
- Lucuma*
- Lutein*
- Lycium*
- Lycopene*
- Lysine*
- Lysozyme*
- Macadamia milk: Non-dairy milks may have corn derivatives added as thickeners, binders, preservatives, or flavor enhancers
- Magnesium: Magnesium when found in foods and supplements, is typically stabilized by being neutralized with an acid. Some of these acids could be produced using corn derivatives
- Magnolia berry*
- Maitake mushroom*
- Malabar pepper*
- Malay bush beech*
- Malic acid: Malic acid can be produced by fermentation on corn products
- Malt extract: Culinary extracts such as malt extract may be extracted with only water, or may be extracted with corn ethanol or corn glycerin
- Malt syrup: Malt refers to a malted grain, which could be corn
- Malt vinegar: Malt vinegar is produced using malted grains. Typically these grains are barley but they could be corn
- Malt: When unspecified in ingredients, malt may refer to malted corn

- Maltase*
- Malted corn: Derived from corn.
- Malted milk*
- Maltitol*
- Maltodextrin: May be derived from corn.
- Maltol*
- Maltose*
- Mamaki*
- Manchego: As a general rule, cheeses manchego may contain rennet or cultures that were made with corn derivatives
- Mandarin orange: Mandarin orange when sold as a fresh item can often be waxed to keep them fresh and add shine. These waxes can contain corn derivatives. Mandarin orange used in canned or highly processed items are less likely to have been waxed
- Manganese citrate
- Manganese gluconate
- Manganese: Manganese, when found in foods and supplements, is typically stabilized by being neutralized with an acid. Some of these acids could be produced using corn derivatives
- Mango: Mango when sold as a fresh item can often be waxed to keep them fresh and add shine. These waxes can contain corn derivatives. Mangos used in canned or highly processed items are less likely to have been waxed
- Mannitol*
- Maple syrup: Maple syrup frequently has a defoamer added when it is being cooked down. This defoamer can contain corn derivatives
- Margarine*
- Maritime pine *
- Marsala wine*
- Masa harina (corn masa flour)
- Mascarpone: As a general rule, cheese like mascarpone may contain rennet or cultures that were made with corn derivatives
- Mastic gum*
- Matcha*
- Mct oil from coconut: Mct oil from Coconut may be produced using oils from corn
- Meat by-products: Meat By-Products can be from any number of animals. These animals were likely sanitized during processing with corn derivatives such as lactic acid or peracetic acid and can be packaged with soaker pads containing corn derivatives such as citric acid. Some people who avoid corn derivatives may react to traces of these derivatives in the final product. The animals may have also been fed corn as part of their diet which may also affect some people who avoid corn derivatives. If you think you may react to these traces, contacting the manufacturer to ask about feed, packaging, and processing may help determine what products are a good idea to try.Many people with these sensitivities find that the quickest way to find meat products they tolerate is to reach out to support groups and look for recommendations from people with similar sensitivity levels and tolerated foods.

- Medium chain triglycerides: Medium-chain triglyceride oil may be produced using oils from corn
- Medium-chain triglyceride oil: Medium-chain triglyceride oil may be produced using oils from corn
- Melon: Melons when sold as a fresh item can often be waxed to keep them fresh and add shine. These waxes can contain corn derivatives. Melons used in canned or highly processed items are less likely to have been waxed
- Menthol*
- Meringue: Meringue can sometimes be made with corn syrup
- Mesquite powder*
- Mesua ferrea*
- Metatartaric acid *
- Methionine*
- Methyl cellulose: Methyl cellulose is made from cellulose, a plant fiber that may come from many plants including corn
- Methyl gluceth*
- Methyl glucose*
- Methylparaben*
- Methylsulfonylmethane *
- Mica based pearlescent pigment*
- Microbial enzyme*
- Microbial rennet: Microbial rennet is produced via fermentation, which may involve corn derivatives
- Milk calcium: Milk calcium may be extracted from milk using lactic acid derived from corn.
- Milk chocolate: When ingredients are not provided, milk chocolate may contain corn sugars as sweeteners or corn derivatives as preservatives and stabilizers.
- Milk enzymes: Milk enzymes are typically derived from dairy products, but may use corn derivatives incidentally as part of processing.
- Milk fat*
- Milk powder: Milk powder may be fortified with vitamins derived from corn
- Milk solids*
- Milk sugar*
- Milk: Dairy milks may be fortified with vitamins that contain corn as a carrier or preservative.
- Millet seed*
- Mineral oil*
- Mirin: Traditional mirin should be made with no added sugars, but inexpensive mirins may have corn syrup added during fermentation
- Modified cellulose: Cellulose may or may not be derived from corn.
- Modified food starch*
- Monk fruit extract: Culinary extracts such as monk fruit extract may be extracted with only water, or may be extracted with corn ethanol or corn glycerin.
- Mono and diglyceride: Mono and Diglyceride may be produced using oils from corn.

- Monoammonium glutamate*
- Monoglyceride citrate*
- Monopotassium glutamate*
- Monosodium citrate*
- Monosodium fumarate: Monosodium fumarate is made from fumaric acid, which can be fermented on a corn-derived growth medium
- Monosodium glutamate*
- Monosodium malate*
- Monosodium phosphate mono- and diglycerides: Monosodium Phosphate Mono- And Diglycerides is produced using glycerol which may be derived from corn oil.
- Monterey jack: As a general rule, cheese like monterey jack may contain rennet or cultures that were made with corn derivatives
- Morel mushroom*
- Motherwort*
- Mozzarella: Mozzarella may be made using citric acid or may contain rennet or cultures that were made with corn derivatives
- Muenster: As a general rule, cheeses like muenster may contain rennet or cultures that were made with corn derivatives
- Mung bean protein isolate: Mung bean protein isolate may be hydrolyzed using corn derivatives
- Mustard oil*
- Mycelial biomass*
- Mycoprotein*
- Myristic acid: Myristic Acid is typically produced from coconut or palm oil, but may be produced using feedstock.
- Myrrh gum*
- N-acetyl cysteine *
- Nameko mushroom*
- Natamycin*
- Nattokinase*
- Natural and artificial flavor: These can contain corn-derived ingredients
- Natural flavors: These can contain corn-derived ingredients
- Natural food color: Natural food color may be made from a number of foods including corn
- Navel orange: Navel Oranges when sold as a fresh item can often be waxed to keep them fresh and add shine. These waxes can contain corn derivatives. Navel Oranges used in canned or highly processed items are less likely to have been waxed.
- Nectarine: Nectarine when sold as a fresh item can often be waxed to keep them fresh and add shine. These waxes can contain corn derivatives. Nectarine used in canned or highly processed items are less likely to have been waxed.
- Neotame*
- Neufchatel: As a general rule, cheese like neufchatel may contain rennet or cultures that were made with corn derivatives
- Nisin preparation*

- Non-dairy butter flavor: In general, flavors like non-dairy butter flavor may contain corn derivatives
- Non-dairy lactic acid*
- Non-dairy yogurt cultures: Yogurt cultures may be fermented on a corn-derived growth medium
- Non-hydrogenated oil: When unspecified in ingredients, oil could contain corn oil.
- Nutritional yeast: Nutritional yeast may be produced via fermentation on corn products, or may have added vitamins that are derived from corn.
- Nuts*
- Oat beta glucan*
- Oat extract: Culinary extracts such as oat extract may be extracted with only water, or may be extracted with corn ethanol or corn glycerin.
- Oat gum*
- Oat milk: Non-dairy milks may have corn derivatives added as thickeners, binders, preservatives, or flavor enhancers.
- Oaxaca cheese: As a general rule, cheese like oaxaca cheese may contain rennet or cultures that were made with corn derivatives
- Octyl gallate*
- Olallieberry*
- Oleic acid: Oleic Acid is frequently derived from corn oil
- Oleoresin of paprika*
- Olive leaf extract: Culinary extracts such as olive leaf extract may be extracted with only water, or may be extracted with corn ethanol or corn glycerin.
- Omega 3 plant source*
- Omega 3*
- Oncorhynchus keta*
- Onion extract*
- Onion salt: Some onion salt may be made with iodized salt. Iodine is bound to iodized salt using dextrose from corn
- Orange bell pepper*
- Orange bioflavonoids*
- Orange blossom honey: Honey may be adulterated with corn syrup or contain small amounts of dextrose or corn syrup used to feed the hive during winter
- Orange blossom water*
- Oregon grape*
- Ostrich: Ostrich can be sanitized during processing with corn derivatives such as lactic acid or peracetic acid and can be packaged with soaker pads containing corn derivatives such as citric acid. Some people who avoid corn derivatives may react to traces of these derivatives in the final product. If you think you may react to these traces, contacting the manufacturer to ask about feed, packaging, and processing may help determine what products are a good idea to try. Many people with these sensitivities find that the quickest way to find Ostrich they tolerate is to reach out to support groups and look for recommendations from people with similar sensitivity levels and tolerated foods.
- Ovalbumin*

- Oxystearin: Oxystearin is produced using stearic acid, which can be made from corn oil.
- Padri tree*
- Palm kernel oil*
- Palm oil shortening: Palm oil may be treated with citric acid to reduce phosphatides (gums) before refining.
- Palm oil: Palm oil may be treated with citric acid to reduce phosphatides (gums) before refining.
- Palm olein oil*
- Palmitic acid: Palmitic acid is usually derived from palm oil, but may be derived from a range of plants that contain fatty acids including corn.
- Pancreatic extract: Culinary extracts such as pancreatic extract may be extracted with only water or may be extracted with corn ethanol or corn glycerin
- Pancreatin*
- Paneer: Paneer may be made using citric acid
- Papaya: Papayas when sold as a fresh item can often be waxed to keep them
- fresh and add shine. These waxes can contain corn derivatives. Papayas used in canned or highly processed items are less likely to have been waxed.
- Paprika extract: Culinary extracts such as paprika extract may be extracted with only water or may be extracted with corn ethanol or corn glycerin
- Parmesan: As a general rule, cheeses like parmesan may contain rennet or cultures that were made with corn derivatives.
- Parsley oil*
- Parsnip: Parsnips when sold as a fresh item can often be waxed to keep them
- fresh and add shine. These waxes can contain corn derivatives. Parsnips used in canned or highly processed items are less likely to have been waxed.
- Partially hydrogenated cottonseed oil*
- Partially hydrogenated oil: When unspecified in ingredients, oil could contain
- Partially hydrogenated rapeseed/canola oil*
- Pasuchaca*
- Patchouli oil*
- Patty pan squash*
- Peanut butter: When ingredients are not provided, peanut butter may contain corn sugars as sweeteners or corn derivatives as preservatives and stabilizers
- Pear: "Pears when sold as a fresh item can often be waxed to keep them
- fresh and add shine. These waxes can contain corn derivatives. Pearsused in canned or highly processed items are less likely to have been waxed."
- Pecorino: a general rule, cheeses like pecorino may contain rennet or cultures that were made with corn derivatives.
- Pectin: Commercially-produced pectin frequently contains dextrose from corn as a stabilizer
- Pectinase: Pectinase is an enzyme which breaks down pectin. Pectinase can be produced by fermentation using corn derivatives
- Peg-20 mono- and diglycerides*

- Penicillium roqueforti: Penicillium roqueforti can be grown in a medium containing corn derivatives.
- Pentatropis capensis*
- Pepper jack cheese: As a general rule, cheese like pepper jack cheese may contain rennet or cultures that were made with corn derivatives.
- Pepperoni: Pepperoni may contain a number of ingredients which could be corn derivatives.
- Pepsin*
- Peptidase*
- Peptones*
- Perilla oil*
- Perilla*
- Pheasant*
- Phosphatidylserine*
- Phyllanthus amarus*
- Phytase*
- Phytosterol*
- Pig ear*
- Pig skin*
- Pig's feet*
- Pili nut milk*
- Pimento cheese: As a general rule, cheese like Pimento Cheese may contain rennet or cultures that were made with corn derivatives.
- Pineapple: Pineapple when sold as a fresh item can often be waxed to keep them fresh and add shine. These waxes can contain corn derivatives. Pineapples used in canned or highly processed items are less likely to have been waxed.
- Piquante pepper*
- Pistachio milk*
- Plum: Plums when sold as a fresh item can often be waxed to keep them fresh and add shine. These waxes can contain corn derivatives. Plums used in canned or highly processed items are less likely to have been waxed
- Polydextrose*
- Polyethylene glycol: Polyethylene glycol can be made from petroleum or vegetable oils including corn oil.
- Polyglycerol esters of fatty acids: Polyglycerol esters of fatty acids may be produced using oils from corn.
- Polyglycerol polyricinoleate: Polyglycerol polyricinoleate is produced using oleic acid, which is frequently derived from corn oil.
- Polyglycitol*
- Polyodon spathula*
- Polysorbates*
- Polyvinyl acetate*
- Polyvinyl alcohol*
- Polyvinylpolypyrrolidone*

- Polyvinylpyrrolidone*
- Popcorn: Product of corn.
- Pork casing: Pork Casing can be sanitized during processing with corn derivatives such as lactic acid or peracetic acid and can be packaged with soaker pads containing corn derivatives such as citric acid. Some people who avoid corn derivatives may react to traces of these derivatives in the final product. Pork is almost always fed corn as part of its diet, which may also affect some people who avoid corn derivatives. If you think you may react to these traces, contacting the manufacturer to ask about feed, packaging, and processing may help determine what products are a good idea to try. Many people with these sensitivities find that the quickest way to find pork they tolerate is to reach out to support groups and look for recommendations from people with similar sensitivity levels and tolerated foods.
- Pork: Pork can be sanitized during processing with corn derivatives such as lactic acid or peracetic acid and can be packaged with soaker pads containing corn derivatives such as citric acid. Some people who avoid corn derivatives may react to traces of these derivatives in the final product. Pork is almost always fed corn as part of its diet, even when labeled as pasture-raised, and the traces of corn feed in the meat may also affect some people who avoid corn derivatives. If you think you may react to these traces, contacting the manufacturer to ask about feed, packaging, and processing may help determine what products are a good idea to try. Many people with these sensitivities find that the quickest way to find Pork they tolerate is to reach out to support groups and look for recommendations from people with similar sensitivity levels and tolerated foods.
- Port wine*
- Potassiums: Potassium when found in foods and supplements, is typically stabilized by being neutralized with an acid. Some of these acids could be produced using corn derivatives
- Prebiotic fiber: When the source is unspecified, prebiotic fibers may include corn fiber
- Pregelatinized starch: Pregelatinized starch may be made from corn starch
- Prickly ash*
- Processed eucheuma seaweed*
- Progesterone *
- Propionic acid*
- Propylene glycerol *
- Propylene glycols: Propylene glycol may be produced from corn glycerine, or can be produced using lactic acid
- Protease*
- Provolone cheese: As a general rule, cheese like Provolone Cheese may contain rennet or cultures that were made with corn derivatives
- Pu’er tea*
- Pullulan*
- Pumpkin seed butter*
- Pumpkin: Pumpkin when sold as a fresh item can often be waxed to keep them fresh and add shine. These waxes can contain corn derivatives. Pumpkin used in canned or highly processed items are less likely to have been waxed.

- Purified water*
- Purslane*
- Pyridoxine hcl*
- Quail: Quail can be sanitized during processing with corn derivatives such as lactic acid or peracetic acid and can be packaged with soaker pads containing corn derivatives such as citric acid. Some people who avoid corn derivatives may react to traces of these derivatives in the final product. Quail is almost always fed corn as part of its diet, even when labeled as pasture raised, and the traces of corn feed in the meat may also affect some people who avoid corn derivatives. If you think you may react to these traces, contacting the manufacturer to ask about feed, packaging, and processing may help determine what products are a good idea to try. Many people with these sensitivities find that the quickest way to find Quail they tolerate is to reach out to support groups and look for recommendations from people with similar sensitivity levels and tolerated foods.
- Quark cheese: As a general rule, cheese like Quark Cheese may contain rennet or cultures that were made with corn derivatives
- Quercetin: Quercetin is a plant flavonoid that is typically derived from a legume, but could be derived from corn
- Queso fresco: As a general rule, cheese like Queso Fresco may contain rennet or cultures that were made with corn derivatives
- Quillaia extract: Culinary extracts such as quillaia extract may be extracted with only water, or may be extracted with corn ethanol or corn glycerin
- Quinoa milk: Non-dairy milks may have corn derivatives added as thickeners, binders, preservatives or flavor enhancers
- Quinoline yellow*
- Rainbow pepper*
- Ramon seed*
- Raspberry ketone*
- Red #3, 40*
- Red algae*
- Red bell pepper*
- Red clover*
- Red currant*
- Red potato*
- Red wine vinegar: Red wine vinegar is made by fermentation of red wine, which may have dextrose added during production
- Red wine: Red Wine may have a small amount of dextrose added to increase the alcohol content, and may be fined(clarified) with zeins extracted from corn
- Reishi mushroom*
- Rennet casein: Rennet casein is made using rennet, which may be produced using cord derivatives
- Resveratrol*
- Retinyl acetate*
- Rheum officinale*

- Riboflavin-5-phosphate: Riboflavin-5-phosphate can be produced fermentation on corn derivatives
- Rice and corn couscous*
- Rice bran wax*
- Rice malt syrup: Rice malt syrup is produced with enzymes which may be derived from corn
- Rice milk: Non-dairy milks may have corn derivatives added as thickeners, binders, preservatives, or flavor enhancers
- Rice sourdough*
- Rice syrup: Rice syrup is produced with enzymes which may be derived from corn
- Rice wine*
- Ricotta: Ricotta may be made using citric acid
- Roman chamomile oil*
- Romanesco*
- Romano cheese: As a general rule, cheese like Romano Cheese may contain rennet or cultures that were made with corn derivatives
- Root beer flavor: In general, all artificial flavors like root beer flavor may contain corn derivatives
- Roquefort cheese: As a general rule, cheese like Roquefort Cheese may contain rennet or cultures that were made with corn derivatives
- Rosemary extract: Culinary extracts such as Rosemary extract may be extracted with only water, or may be extracted with corn ethanol or corn glycerin
- Rosemary oil*
- Royal jelly*
- Rum*
- Rutabaga: Rutabaga when sold as a fresh item can often be waxed to keep them fresh and add shine. These waxes can contain corn derivatives. Rutabagas used in canned or highly processed items are less likely to have been waxed
- Rutin*
- Rye malt flour*
- Saccharin*
- Sacha inchi protein*
- Safflower oil: Safflower oil may be degummed using citric acid derived from corn.
- Sage oil*
- Sago*
- Saigon cinnamon*
- Sake*
- Salmon: Whole salmon may be glazed in corn syrup before freezing. In some cases even canned or packaged salmon may have been glazed in this way before processing into smaller packages.
- Salted butter: When ingredients are not specified, butter may contain cultures fermented using corn derivatives
- Sardine oil: Sardine oil may be degummed using corn-derived acids such as citric acid.
- Sarivan*

- Savory*
- Schisandra*
- Seasoning*
- Selenium*
- Serrapeptase*
- Shankhpushpi*
- Shaoxing cooking wine*
- Shatavari*
- Sheep cheese: As a general rule, cheeses like sheep cheese may contain rennet or cultures that were made with corn derivatives
- Sheep milk: Dairy milks may be fortified with vitamins that contain corn as a carrier or preservative
- Sheep whey proteins*
- Shellac*
- Shepherd's purse*
- Shilajit*
- Sichuan pepper*
- Silicone dioxide*
- Silken tofu: Tofu is made from soy milk using acids that may be produced by fermentation on corn products.
- Skim milk powder: Milk powder may be fortified with vitamins derived from corn.
- Skim milk*
- Slippery jack mushroom*
- Smoke flavor: In general, flavors like smoke flavor may contain corn derivatives.
- Sodium compounds*
- Solanum anguivi*
- Sorbate: Sorbate may contain ingredients derived from corn and may not be suitable for those with a corn allergy.
- Sorbic acid: Sorbate may contain ingredients derived from corn and may not be suitable for those with a corn allergy.
- Sorbitan monolaurate*
- Sorghum syrup: Sorghum syrup is produced using enzymes which may be derived from corn
- Sour cream: When the ingredients are unspecified, sour cream may contain corn starch as a thickener. Additionally, it may contain cultures that were produced using corn glucose.
- Sourdough starter*
- Soy lecithin: While the most common solvent for the extraction of lecithin from soybean oil is hexane from petroleum, corn ethanol may be used as the solvent instead.
- Soy leghemoglobin: Soy leghemoglobin may be produced via fermentation on corn sugar.
- Soy mono-and-diglycerides: Soy Mono-And-Diglycerides may be produced using oils from corn.

- Soy protein concentrate: Soy proteins can be extracted using acids and solvents derived from corn.
- Soy protein isolate: Soy proteins can be isolated using acids and solvents derived from corn.
- Soybean milk: Non-dairy milks may have corn derivatives added as thickeners, binders, preservatives, or flavor enhancers.
- Soybean oil: Soybean oil may be treated with citric acid to reduce phosphatides (gums) before refining.
- Spaghetti squash: Spaghetti Squash when sold as a fresh item can often be waxed to keep them fresh and add shine. These waxes can contain corn derivatives. Spaghetti Squash used in canned or highly processed items are less likely to have been waxed.
- Sparkling water*
- Sparkling wine: Most sparkling wines are carbonated via secondary fermentation with added dextrose, a corn derivative.
- Spirulina*
- Squash flour*
- Squash: "Squash when sold as a fresh item can often be waxed to keep them
- fresh and add shine. These waxes can contain corn derivatives. Squash used in canned or highly processed items are less likely to have been waxed."
- Sriracha: Sriracha is frequently made using distilled vinegar from corn, and corn derivatives to preserve and thicken such as xanthan gum.
- Starch sodium octenyl succinate: Starch sodium octenyl succinate may be made from corn starch.
- Starch: When unspecified in ingredients, "starch" is often from corn.
- Starter*
- Stearic acid*
- Stearyl citrate*
- Stevia*
- Streptococcus thermophilus*
- Succinic acid*
- Succinylated monoglycerides: Succinylated Monoglycerides may be produced using oils from corn.
- Succistearin: Calcium stearate is produced using stearic acid, which can be derived from corn.
- Sucralose (Splenda): Sucralose may be produced using corn derivatives.
- Sucroses*
- Sudachi: Sudachis when sold as a fresh item can often be waxed to keep them
- fresh and add shine. These waxes can contain corn derivatives. Sudachis used in canned or highly processed items are less likely to have been waxed.
- Sugarcane fiber*
- Sulfated butyl oleate: Sulfated Butyl Oleate is produced using oleic acid, which is frequently derived from corn oil.
- Sulfite ammonia caramel: Sulfite ammonia caramel is made using starch, which may be derived from corn.

- Sulfiting agents*
- Suma root*
- Summer squash*
- Sunflower lecithin: While the most common solvent for the extraction of lecithin from sunflower oil is hexane from petroleum, corn ethanol may be used as the solvent instead.
- Sunflower milk: Non-dairy milks may have corn derivatives added as thickeners, binders, preservatives, or flavor enhancers.
- Sunflower oil: Sunflower oil may be degummed using citric acid derived from corn.
- Sweet birch*
- Sweet corn
- Sweet onion*
- Sweet potato: Sweet potatoes when sold as a fresh item can often be waxed to keep them fresh and add shine. These waxes can contain corn derivatives. Sweet potatoes used in canned or highly processed items are less likely to have been waxed.
- Sweet wine: Sweet Wine may have a small amount of dextrose added to increase the alcohol content, and may be fined (clarified) with zeins extracted from corn.
- Swiss cheese: As a general rule, cheeses like swiss cheese may contain rennet or cultures that were made with corn derivatives.
- Syrup: When the ingredients are unspecified on a label, syrup may contain corn ingredients or corn derivatives.
- Tagatose*
- Tamarind gum*
- Tamarisk*
- Tangelo: Tangelos when sold as a fresh item can often be waxed to keep them fresh and add shine. These waxes can contain corn derivatives. Tangelos used in canned or highly processed items are less likely to have been waxed.
- Tango lettuce*
- Tannic acid*
- Tannin*
- Tansy*
- Tapioca fiber: Tapioca fiber is extracted from tapioca using an enzymatic process that may involve corn derivatives.
- Tapioca syrup*
- Tara gum*
- Tartaric acid: Tartaric acid is typically produced as a by product of wine fermentation, but can also be fermented as a primary product using corn products
- Taurine*
- Tbhq*
- Tea tree oil*
- Tequila: While tequila is made primarily from agave cactus, some less expensive tequilas can be made from a mix of agave and grains, which may include corn
- Teri pod*

- Textured vegetable protein (textured soy protein): Textured soy proteins can be produced using acids and solvents derived from corn
- Theobromine*
- Thermally oxidized soybean oil interacted with mono- and diglycerides of fatty acids:
- Thiabendazole*
- Threonine*
- Thuja oil*
- Thyme oil*
- Tinospora cordifolia *
- Tocopherol: When used as an ingredient in food, tocopherols are typically derived from vegetable oils which can include corn oil
- Tofu: Tofu is made from soy milk using acids that may be produced by fermentation on corn products.
- Tomato paste: Canned tomato products may contain citric acid, a corn derivative
- Tomato sauce: Canned tomato products may contain citric acid, a corn derivative
- Tomato: Tomato when sold as a fresh item can often be waxed to keep them fresh and add shine. These waxes can contain corn derivatives. Tomato used in canned or highly processed items are less likely to have been waxed or gas-ripened.
- Tragacanth*
- Transglutaminase*
- Treacle syrup*
- Trehalose*
- Tribulus*
- Triethyl citrate*
- Trisodium citrate*
- Tropical fruit*
- True ceylon cinnamon*
- Truvia*
- Trypsin*
- Turbinado sugar*
- Turkey skin*
- Turkey tail mushroom*
- Turnip: Turnips, when sold as a fresh item can often be waxed to keep them fresh and add shine. These waxes can contain corn derivatives. Turnips used in canned or highly processed items are less likely to have been waxed.
- Tyrosine*
- Uraria picta*
- Vanilla (extract): Culinary extracts such as vanilla extract may be extracted with only water, or may be extracted with corn ethanol or corn glycerin.
- Vegan enzyme: "Enzymes" when the source is unspecified, may be produced via fermentation on corn sugar.
- Vegan natural flavor: In general, flavors like vegan natural flavor may contain corn derivatives.

- Vegetable broth: When the ingredients are unspecified on a label, vegetable broth may be made using corn or corn derivatives.
- Vegetable casing*
- Vegetable color: When the source is unspecified, vegetable color may be derived from corn.
- Vegetable glycerine: Vegetable glycerine may be produced using oils from corn.
- Vegetable gums: Some vegetable gums are derived from corn.
- Vegetable magnesium stearate: Magnesium stearate may be derived from corn.
- Vegetable mono and diglyceride: Vegetable mono and diglyceride may be produced using oils from corn.
- Vegetable oil: When unspecified in ingredients, vegetable oil could include corn oil.
- Vegetable protein*
- Vegetable rennet: Vegetable/vegetarian rennet may be extracted from soy, nettle or other plants, or may be produced via fermentation of a microscopic fungus on a corn-derived growth medium.
- Vegetable starch*
- Vegetable stearic acid: Vegetable stearic acid can be made from corn oil.
- Vegetables: When unspecified in ingredients, vegetables could include corn.
- Velvet bean*
- Velvet pioppini mushroom*
- Venison: Venison can be sanitized during processing with corn derivatives such as lactic acid or peracetic acid and can be packaged with soaker pads containing corn derivatives such as citric acid. Some people who avoid corn derivatives may react to traces of these derivatives in the final product. If you think you may react to these traces, contacting the manufacturer to ask about feed, packaging, and processing may help determine what products are a good idea to try. Many people with these sensitivities find that the quickest way to find Venison they tolerate is to reach out to support groups and look for recommendations from people with similar sensitivity levels and tolerated foods.
- Vervain*
- Vetiver*
- Vidalia onion*
- Vinegar*
- Vinegar powder*
- Vinegar solids
- Vinpocetine*
- Vitamin A (palmitate): Vitamin A palmitate may be synthesized using corn derivatives.
- Vitamin B1: Vitamin B1, thiamin, maybe produced by fermentation on corn products.
- Vitamin B12*
- Vitamin B2: Vitamin B2, riboflavin, may be produced by fermentation on corn products.
- Vitamin B7: Vitamin B7, biotin, is usually synthesized but in some cases can be produced by fermentation on corn products.
- Vitamin B9: Vitamin B9, folate, can be produced by fermentation on corn products.
- Vitamin C*
- Vitamin D2: Vitamin D can be produced using corn derivatives.

- Vitamin D3: Vitamin D can be produced using corn derivatives.
- Vitamin E: Vitamin E can be derived from corn oil.
- Vitamin K1*
- Vodka*
- Wakame*
- Walnut milk*
- Wasabi powder*
- Wasabi*
- Water kefir*
- Water lily*
- Water spinach*
- Wax: Wax, when unspecified in ingredients, may be produced using corn derivatives.
- Wheat flour: When wheat flour is enriched, it may contain vitamins derived from corn.
- Wheat germ oil*
- Wheat malt flour: Wheat Malt Flour may contain ingredients derived from corn and may not be suitable for those with a corn allergy.
- Wheat proteins: Wheat protein may be produced and extracted using corn derivatives.
- Whey peptides: Whey peptides may be produced and extracted using corn derivatives.
- Whipping cream: Whipping cream may be fortified with vitamins that contain corn as a carrier or preservative, or may contain thickening ingredients that are derived from corn.
- Whiskey: Whiskey may be fermented on corn, depending on the type of whiskey. Whiskeys made from non-corn grains may be aged in bourbon barrels to impart flavor, which may result in traces of corn in the final product.
- White chocolate: When ingredients are not provided, white chocolate may contain corn sugars as sweeteners or corn derivatives as preservatives and stabilizers.
- White horehound*
- White meadowfoam*
- White mustard seed*
- White mustard*
- White nectarine*
- White peach: White Peach when sold as a fresh item can often be waxed to keep them fresh and add shine. These waxes can contain corn derivatives. White Peach used in canned or highly processed items are less likely to have been waxed.
- White tea*
- White willow*
- White wine vinegar: White wine vinegar is made by fermentation of white wine, which may have dextrose added during production.
- White wine: White Wine may have a small amount of dextrose added to increase the alcohol content, and may be fined (clarified) with zeins extracted from corn.
- Whole milk powder & solids: Whole Milk powder and solids may be fortified with vitamins derived from corn.
- Whole milk: Dairy milks may be fortified with vitamins that contain corn as a carrier or preservative.
- Wild rice*

- Wild yam*
- Wine: Wine can have corn dextrose, flavorings containing corn derivatives, and can be fined (clarified) with corn protein.
- Winter squash*
- Witch hazel*
- Worcestershire*
- Xanthan gum*
- Xylanase*
- Xylitol: Xylitol is a sweetener that can be derived from corn. When it is not derived from corn, it can be processed using ethanol from corn.
- Xylooligosaccharides*
- Yacon syrup*
- Yeast beta glucan*
- Yeast extract: Yeast extract is produced by adding sugar to yeast in a warm environment. This sugar may be corn-derived. Additionally, the yeast may then be hydrolyzed using enzymes which could also be corn-derived.
- Yeast nutrients: Yeast nutrients may be fermented on corn derivatives.
- Yeast: Yeast may be fermented on corn derivatives, and may contain anti-caking agents or preservatives derived from corn.
- Yellow #5, 6*
- Yellow bell pepper: Bell peppers when sold as a fresh item can often be waxed to keep them fresh and add shine. These waxes can contain corn derivatives. Bell peppers used in canned or highly processed items are less likely to have been waxed.
- Yellow bolete mushroom*
- Yellow mustard seed*
- Yellow peach: Yellow peach when sold as a fresh item can often be waxed to keep them fresh and add shine. These waxes can contain corn derivatives. Yellow Peach used in canned or highly processed items are less likely to have been waxed
- Yellow squash*
- Yogurt cultures*
- Yogurt: Yogurt may contain cultures derived from corn
- Yohimbine*
- Yucca extract: Culinary extracts such as yucca extract may be extracted with only water, or may be extracted with corn ethanol or corn glycerin
- Zeaxanthin: Zeaxanthin is a carotenoid present in many plans and produced by some microbes. It is responsible for the yellow/orange color of many foods including saffron and corn. It can be produced by fermentation on corn glucose
- Zein: Used in time-release medications, derived from maize (corn).
- Zincs: Zinc when found in foods and supplements, is typically stabilized by being neutralized with an acid. Some of these acids could be produced using corn derivatives
- Zucchini flour*