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CORN

Is Corn Good for You? Nutrition Facts and More

What It Is

Nutrition

Benefits

Downsides

GMO

Uses

Bottom Line

Corn is a starchy vegetable and cereal grain that has been eaten all over the world for centuries.

It's rich in fiber, vitamins and minerals.

However, the health benefits of corn are controversial — while it contains beneficial nutrients, it

can also spike blood sugar levels. In addition, the crop is often genetically modified.

This article looks at the possible benefits and disadvantages of eating corn.

What Is Corn?

Corn is considered both a vegetable and a cereal grain.

Sweet corn that you eat off the cob is usually considered a vegetable in the culinary world, whereas the dry seeds that are used for popcorn are classified as whole grains.

Corn originated in Mexico over 9,000 years ago and is known by its original name "maize" in many parts of the world. Native Americans grew and harvested this crop as a main source of food (1Trusted Source, 2Trusted Source).

Today, it's one of the most widely consumed cereal grains worldwide (3).

Corn is usually white or yellow but also comes in red, purple and blue.

It's eaten as sweet corn, popcorn, tortillas, polenta, chips, cornmeal, grits, oil and syrup and added to countless other foods and dishes.

What's more, it's widely used for fuel and animal feed. In fact, 40% of the corn grown in the US

is used for fuel and 60–70% of corn worldwide is produced to feed animals (2Trusted Source,

4Trusted Source).

SUMMARY

Corn is a popular food that is considered both a vegetable and whole grain. It can be eaten whole

as sweet corn or popcorn or processed into chips, oil and syrup. However, most corn is used for

animal feed and fuel production.

Highly Nutritious

Corn is high in carbs and packed with fiber, vitamins and minerals. It's also relatively low in protein and fat.

One cup (164 grams) of sweet yellow corn contains (5):

Calories: 177 calories

Carbs: 41 grams

Protein: 5.4 grams
Fat: 2.1 grams
Fiber: 4.6 grams
Vitamin C: 17% of the daily value (DV)
Thiamine (vitamin B1): 24% of the DV
Folate (vitamin B9): 19% of the DV
Magnesium: 11% of the DV
Potassium: 10% of the DV

Most of the carbs in corn come from starch — which can quickly raise your blood sugar, depending on how much you eat. However, it's also high in fiber that can help balance your blood sugar levels (3, 6).

Due to its impressive nutrient profile, most people can benefit from eating whole corn and popcorn as part of a balanced diet. It's also a naturally gluten-free food and can be eaten by those who avoid gluten.

On the other hand, processed corn products may not be very nutritious, as refined oil, syrup and chips lose beneficial fiber and other nutrients during production. Also, many processed products are high in added salt, sugar or fat (7, 8).

SUMMARY

Whole corn is loaded with fiber and contains vitamin C, B vitamins, magnesium and potassium.

Processed corn products are not as nutritious.

KINDS OF CORN

Corn comes in four main types:

The sweet corn that you eat at cookouts comes in yellow, white, or a combination of the two colors, and has a mildly sugary taste.

Popcorn, before you prepare it, has a soft, starchy center surrounded by a hard gold-colored shell. Inside it is a tiny drop of water. When you heat popcorn in a pan or in your microwave, the

moisture inside gives off steam. Pressure from the steam builds to the point where the kernel explodes, and the center opens up into a fluffy white nugget.

Flint or Indian corn is harder than sweet corn. It comes in red, white, blue, black, and gold.

Flint

corn grows in Central and South America. In the U.S., we use it mainly for fall decorations.

Dent corn, which comes in white and yellow, has a dent in the top of each kernel. Its main uses

are animal feed and manufactured foods, like tortilla chips and grits.

Nutrients per Serving

One ear of sweet corn has:

Calories: 90

Protein: 3 grams

Fat: 1 gram

Carbohydrates: 19 grams

Fiber: 1 gram

Sugars: 5 grams

Vitamin C: 3.6 milligrams (mg)

Nutrition Facts

According to the USDA National Nutrient Database, corn not only provides the necessary calories for healthy, daily metabolism but is also a rich source of vitamins A, B, E, and many minerals. [1] Its high dietary fiber content ensures that it plays a significant role in the prevention

of digestive ailments like constipation. The antioxidants present in it also act as anti-carcinogenic

agents and prevent Alzheimer's disease.

Health Benefits of Corn

Corn provides many health benefits due to the presence of quality nutrients within. Besides being

a delicious addition to any meal, it's richness in phytochemicals provides protection against a number of chronic diseases. The well-researched and widespread health benefits are listed below.

Prevents Hemorrhoids

The fiber content of one cup of corn amounts to 18.4% of the daily recommended amount.

This

aids in alleviating digestive problems such as constipation and hemorrhoids, as well as lowering

the risk of colon cancer due to maize being a whole-grain. [4]

A study by [5] Dr. Arthur Schatzkin, former chief of the nutritional epidemiology branch at the US National Cancer Institute (NCI) concludes, "Total dietary fiber intake is not associated with

colorectal cancer risk, whereas whole-grain consumption is associated with a modestly reduced risk."

Dietary fiber can help bulk and soften stools, promoting regular elimination and decreasing straining. This process is done by stimulating the peristaltic motion and the production of gastric

juice and bile. By adding bulk to loose stools, the chances for irritable bowel syndrome (IBS) and diarrhea can be greatly reduced.

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9 Proven Benefits Of Corn

by Meenskashi

Corn or maize is one of the most popular cereals in the world and forms the staple food in many

countries. If you are wondering where most of the tortilla chips come from, they come from a cereal grain called corn. It is an extremely healthy grain that helps in managing diabetes and preventing chronic heart conditions. Eating corn may also help you regulate your blood pressure

and lower the risk of neural-tube defects during childbirth.

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What is Corn?

Corn, also known as maize is a cereal grain that originated in southern Mexico. The kernels or

seeds of corn are the most commonly consumed parts as they are abundantly nutritious.

They

come in multiple colors, depending on where corn is grown and what species or variety they happen to be.

Sweetcorn is another genetic variant and it has more sugar and less starch in the nutritive material.

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agents and prevent Alzheimer's disease.

Corn Calories

According to the USDA National Nutrient Database, the calories in corn differ on the basis of its

preparation. So let's take a look at them.

Calories [1] in 100 g of yellow corn grain: 365

Calories [2] in 100 g of yellow boiled corn, with salt: 96

Calories [3] in 100 g of yellow boiled corn, without salt: 96

Watch Video: 8 Great Benefits Of Corn

8 Reasons Why Corn Is Healthy For You | Organic Facts

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and diarrhea can be greatly reduced.

Promotes Growth

Corn is rich in vitamin B constituents, especially thiamin and niacin. [6] Thiamin is essential for

maintaining nerve health and cognitive function. Niacin deficiency leads to pellagra; a disease

characterized by diarrhea, dementia, and dermatitis that is commonly observed in malnourished

individuals. It is also a good source of pantothenic acid, which is an essential vitamin for carbohydrate, protein, and lipid metabolism in the body.

The deficiency of folic acid in pregnant women can lead to the birth of underweight infants and

may also result in neural tube defects in newborns. Corn provides a significant percentage of the

daily folate requirement, thus preventing this condition. [7] The kernels are also rich in vitamin

E, a natural antioxidant that is essential for the growth and protection of the body from illness and diseases.

Sliced and fresh corn ears with leaves on a wooden table

Corns kept on a table Photo Credit: Shutterstock

Weight Gain

Corn, especially the yellow variety, is a rich source of calories and is a staple in many places.

The calorific content of sweet yellow and white corn is 96 calories per 100 grams. [8] This is why it is often turned to for quick weight gain.

Provides Essential Minerals

Corn contains abundant minerals that positively benefit the body in a number of ways, says a

study conducted by Dr. Phil Warman, Nova Scotia Agricultural College, Canada. [9]

Phosphorus, along with magnesium, manganese, zinc, iron, and copper are some of the essential

nutrients that are found in all varieties of corn. It also contains trace minerals like selenium, which are difficult to find in most diets. Phosphorus is essential for regulating normal growth, bone health, and optimal kidney functioning. Magnesium is necessary for maintaining a normal

heart rate and for increasing bone mineral density.

Nutrition Facts

Corn grain, yellow

Serving Size :

NutrientValue

Water [g] 10.37

Energy [kcal] 365

Energy [kJ] 1527

Protein [g] 9.42

Total lipid (fat) [g] 4.74

Ash [g] 1.2

Carbohydrate, by difference [g] 74.26

Fiber, total dietary [g] 7.3

Sugars, total including NLEA [g] 0.64

Calcium, Ca [mg] 7

Iron, Fe [mg] 2.71

Magnesium, Mg [mg] 127

Phosphorus, P [mg] 210

Potassium, K [mg] 287

Sodium, Na [mg] 35

Zinc, Zn [mg] 2.21

Copper, Cu [mg] 0.31

Manganese, Mn [mg] 0.49

Selenium, Se [µg] 15.5

Thiamin [mg] 0.39

Riboflavin [mg] 0.2

Niacin [mg] 3.63

Pantothenic acid [mg] 0.42

Vitamin B-6 [mg] 0.62

Folate, total [µg] 19

Folate, food [µg] 19

Folate, DFE [µg] 19

Vitamin A, RAE [µg] 11

Carotene, beta [µg] 97

Carotene, alpha [µg] 63

Vitamin A, IU [IU] 214

Lutein + zeaxanthin [µg] 1355
Vitamin E (alpha-tocopherol) [mg] 0.49
Vitamin K (phylloquinone) [µg] 0.3
Fatty acids, total saturated [g]0.67
16:0 [g] 0.57
18:0 [g] 0.08
Fatty acids, total monounsaturated [g] 1.25
16:1 [g] 0
18:1 [g] 1.25
Fatty acids, total polyunsaturated [g] 2.16
18:2 [g] 2.1
18:3 [g] 0.07
Tryptophan [g] 0.07
Threonine [g] 0.35
Isoleucine [g] 0.34
Leucine [g] 1.16
Lysine [g] 0.27
Methionine [g] 0.2
Cystine [g] 0.17
Phenylalanine [g] 0.46
Tyrosine [g] 0.38
Valine [g] 0.48
Arginine [g] 0.47
Histidine [g] 0.29
Alanine [g] 0.71
Aspartic acid [g] 0.66
Glutamic acid [g] 1.77
Glycine [g] 0.39
Proline [g] 0.82
Serine [g] 0.45
Sources include : USDA [1]

Prevents Anemia

Corn helps prevent anemia caused by a deficiency of vitamins and minerals. It also contains iron, which is one of the essential minerals needed to form new red blood cells; a deficiency of iron is one of the main causes of anemia as well. Many studies also connect vitamin A and beta carotene with increased absorption of iron. [13]

How to Select and Store Corn?

The two types of corn include sweet corn and field corn. Sweet corn is more commonly consumed, and field corn is usually grounded and used in the production of flour. You can pick sweet corn for most of the culinary purposes. While buying fresh corn make sure the husks are not dried out.

It is easily available across supermarkets all over the world. It's always good to consume fresh corn; however, frozen corn can also be used. Also, consume corn within a few days to ensure good taste. For storing it, you may keep the husk and store it in airtight containers in the refrigerator for a longer shelf life.