

“WHEN PROJECT”
Weekly Health Education
Program

1 Corinthians 10:31



August food of the Month is Corn

“CORN”

Corn is a starchy vegetable eaten around the world. It comes as kernels on a cob, covered by a husk. It's one of the most popular vegetables in the U.S. In Latin America, husks are used to make tamales, and ground corn is used as a base for many traditional recipes.

Corn is a healthy grain and a source of fiber, vitamins, minerals, and antioxidants. It may promote eye and digestive health.

Kinds of Corn

There are more than 200 corn varieties grown in the U.S. alone. Corn comes in four main types:

- **Sweet corn.** This is the type you eat at cookouts; it comes in yellow, white, or a combination of the two colors and has a mild sugary taste.
- **Flint or Indian corn.** This is harder than sweet corn. It comes red, white, blue, black, and gold colors. Flint corn grows in Central and South America and can be ground for cornmeal, corn flour, or hominy. In the U.S., it's used mainly for fall decorations.
- **Popcorn.** This is a type of flint corn. Before you prepare it, popcorn has a soft, starchy center surrounded by a hard gold-colored shell. Inside 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 into a fluffy white nugget.
- **Dent corn.** This comes in white and yellow and has a dent on the top of each kernel. Its main uses are as animal feed and manufactured foods, like tortilla chips and grits.

Popcorn



Popcorn is one of the most common whole grain foods in the United States. It is a highly popular snack. Whether it's salted and buttered at a movie theatre, kettle corn at a state fair or a caramel popcorn ball at holiday time, we devour the stuff. It used to be strung up on string and used as garland on the Christmas tree.

Why is corn healthy

Corn is high in insoluble fibers which bulk up stool (poop) and prevent constipation

Corn is naturally gluten-free, making corn and corn products a great option for those with celiac disease or gluten sensitivity.

Natural sugars in corn give the kernels their sweetness. But corn is still relatively low in sugar. Any way you eat it, corn can be part of a healthy diet — just don't add a lot of extras like butter and salt. Whole-grain corn in cornmeal, corn flour, tortillas, corn syrup, polenta, grits and even popcorn also has health benefits.

You can enjoy the corn fresh off the cob, grilled, in a salad, corn pudding, soups, and Mexican dishes

When you're short on time, frozen and canned corn make good substitutes for fresh corn. Just check the nutrition label to make sure it doesn't have added salt, butter, or cream.

Corn tastes sweetest if you serve it within 5 days of buying it. If you can't cook it right away, leave the husks on and put the cobs in the fridge. The cold will keep them fresh for up to 5 days.