



Maize/Corn

Health Benefits of Maize/Corn

Maize is a category of grain that includes sweet corn, popcorn, baby corn and Indian corn of different colors. A staple of African, Meso and Native American indigenous cultures, it is a symbol of spiritual and economic stability.

1/2 cup cooked maize/corn provides:

- 98 calories, 3 gm protein, 2 gm fiber, <1 gm fat, and no cholesterol

Potential benefits of consuming maize/corn:

- Excellent source of antioxidants vitamin A, lutein and zeaxanthin which promote healthy vision and fight infections
- High in insoluble fiber which aids in reducing constipation, hemorrhoids and risk of colorectal cancer
- Contains phytosterols and CoQ10 which help lower cholesterol and risk of heart damage
- Purple and blue varieties contain anthocyanins, an antioxidant that lowers blood pressure and risk of heart disease and cancer
- Minerals include potassium, magnesium and calcium
- Maize/corn can be consumed on cobs, ground into flour or meal, or treated with lime to make masa for tortillas or tamales



For more Healthy Bytes Initiative information, visit:
www.advancedhealth.com/healthy-bytes-initiative

Brought to you by Oregon State University Extension
Family & Community Health and Advanced Health

