

NOVEMBER 2021 NUTRITION NEWS

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What is up with CORN???



It has been so good to be out and about seeing all of your smiling faces (behind the masks) at the meal sites and in the community again. I have really enjoyed spending time with you. Something that I truly value is all the feedback I receive about the Home Delivered Meals Program when we see each other face to face, good and bad. Something that I keep hearing over and over again is “why do you provide corn at all, it is the worst vegetable for older adults?”

This confused me as I know the benefits of corn so I started doing a little digging and I uncovered some pseudoscience on social media trashing corn as a vegetable and/or food additive....then I thought 🤔 okay....there was a trend of misinformation! Ugh.

Let me clear things up...CORN IS HEALTHY...it contains nutrients like B vitamins, vitamin C, magnesium and potassium. CORN CONTAINS HIGH AMOUNTS OF INSOLUBLE FIBER...so if you eat a lot of it some will go through your body intact and you will see it in your stool, but this isn't a bad thing, your digestive tract absorbs nutrients from the corn and the insoluble fiber helps move your stool and feed the good bacteria in your gut, resulting in a healthier digestive system. CORN IS NOT HIGH IN SUGAR...a serving of corn has around 6 to 8 grams of carbohydrates, if you are concerned about sugar intake consider avoiding added sugars in cookies, cakes and other sweets not carbohydrates from fruits and vegetables... these are nutrient dense and part of a healthy diet.

Have you ever tried Mexican Street Corn? There are so many different ways to prepare this...give it a try!

As always, if you or someone you know would like more information about this topic or have any other nutrition related questions or concerns, you can always reach me at (518)488-8875.