

OREGON CORN



There are three main types of corn: sweet corn, field corn, and popcorn. Sweet corn is eaten fresh, frozen, or canned. Field corn is harvested at a more mature stage and is used for livestock feed and in processed foods, and popcorn is popped!

NUTRIENTS FOUND IN CORN

- ~ Corn is a good source of thiamin (vitamin B1), which helps keep the body's nerves healthy.
- ~ One ear of corn provides a good source of dietary fiber.
- ~ Fresh, frozen, and canned corn are all healthy choices, so corn can be enjoyed year round!

Corn was a basic food for the Incas, Mayas, Aztecs, and native North Americans.



Archaeologists were able to successfully pop corn kernels that were 1,000 years old!



Corn plants are a type of grass and the kernels are grains, just like wheat or oats.



Sweet corn can be white, yellow, red, or a mixture of colors!

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