

Sweet corn contains dietary fiber, vitamin C, and B vitamins. One-half cup serving of corn contains:

- 9% daily value (DV) of vitamin C.
- 9% DV of folate.
- 6% DV of niacin.
- 10% DV of thiamin.

Sweet yellow corn also contains phytochemicals called carotenoids. The darker yellow the corn, the more carotenoids.

# Farm to Health Series

MAXIMIZE YOUR NUTRIENTS FROM:

## YELLOW SWEET CORN



**Recipe  
on Back!**

### HOW THEY IMPROVE HEALTH

- Yellow carotenoids help maintain eye health and prevent macular degeneration. They are also associated with reduced risk of certain cancers, improved cardiovascular health, and improved cognition.
- The type of fiber in corn is insoluble fiber, which can help improve digestion and may help prevent or ease constipation.

### NUTRIENT AND PHYTONUTRIENT CHANGES

- To store fresh corn, keep corn in the husk and store in the refrigerator for up to 8 days.
- Fiber and carotenoids are retained during fresh storage and in lightly cooked, canned, and frozen corn. Carotenoids can even increase with light cooking or canning. Vitamin C decreases over time with fresh storage.
- When preserving corn, freezing is a better option than canning because it retains vitamin C and B vitamins.
- When boiling fresh or frozen corn or using canned corn, to maximize nutrients and phytonutrients, the cooking or canning liquid should be retained and saved for a later recipe.

*This information is not meant to diagnose, treat, cure, or prevent any disease. This project is made possible by funding through OSU CARES - an initiative of OSU Extension and the OSU to expand faculty, staff and student partnerships with communities throughout Ohio.*

# Recipe: Pineapple, Corn, Mango Salsa

(Reprinted with permission from the American Institute for Cancer Research, [www.aicr.org](http://www.aicr.org))

To maximize nutritional value, this recipe uses frozen yellow corn which has overall more carotenoids when compared to fresh corn.

## Ingredients:

- 1 cup canned crushed pineapple (packed in its own juices), drained
- 1/2 medium mango, diced
- 1/2 cup frozen yellow corn, thawed
- 1/2 cup chopped tomatoes
- 1/4 cup minced parsley
- 3 Tbsp. minced red onion
- Salt, cayenne pepper and cumin, to taste

## Directions:

- In medium bowl, mix pineapple, mango, corn, tomatoes, parsley and onion. Season with salt, cayenne and cumin, to taste. Serve over grilled fish, chicken or tofu.



For more information or how to maximize nutrients in other fruits and vegetables, see <http://localfoods.osu.edu/maximizenuitrients>.



**10 Servings. Per ¼ cup serving:** 31 calories, <1 g total fat (<1 g saturated fat), 8 g carbohydrates, <1 g protein, 1 g dietary fiber (4% DV), 5 mg sodium, 8 mg vitamin C (13% DV), 12 µg folate (3% DV), 0.05 mg thiamin (3% DV), 0.4 mg niacin (2% DV)

## OTHER FOOD SOURCES OF PHYTONUTRIENTS:

Lutein and Zeaxanthin

Egg yolk

Asparagus

Green beans