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.

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

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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.

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

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