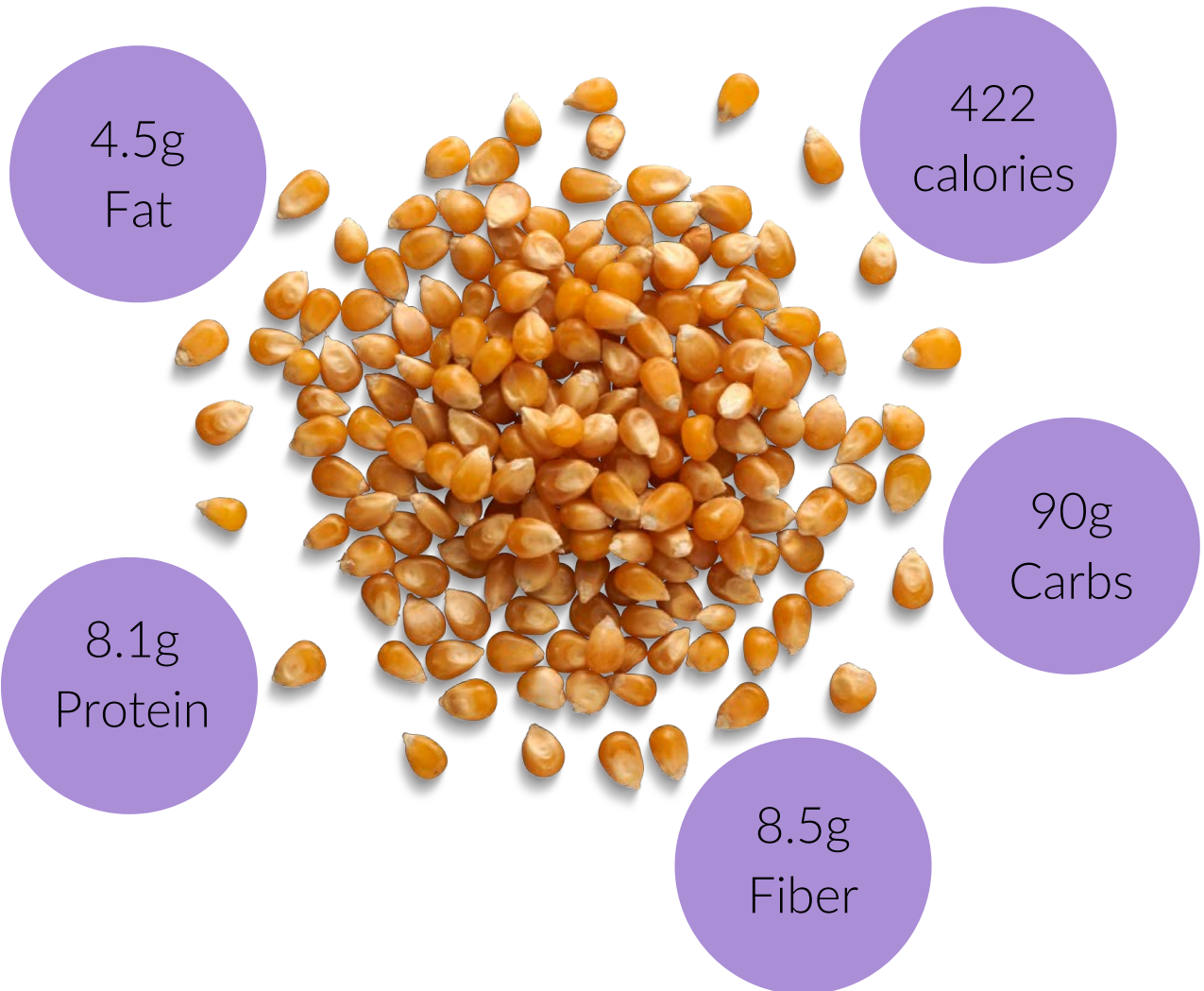


Corn Nutrition Facts



One cup of yellow, whole grain corn flour (117g) provides 422 calories, 90 grams of carbohydrates, 8.5 grams of fiber, 8.1 grams of protein, 4.5 grams of fat, and .8 grams of sugars. Corn is rich in vitamin C and manganese and is a good source of thiamin.

- Calories: 422
- Fat: 4.5g
- Carbohydrate: 90g
- Fiber: 8.5g
- Sugars: .8g
- Protein: 8.1g

Corn Health Benefits

Promotes Heart Health

Corn provides several nutrients that offer cardiovascular benefits. The fiber in corn helps reduce cholesterol levels. The potassium in corn helps keep blood pressure levels down. The magnesium in corn reduces the risk of stroke and ischemic heart disease.



Protects Eyesight

Corn contains forms of vitamin A, lutein and zeaxanthin, which are beneficial for eye health. The combination of lutein, zeaxanthin, vitamin C, vitamin E, copper, and zinc has been shown to protect against this common cause of vision loss.



May Help Prevent Colon Cancer

Corn is a good source of fiber that promotes the growth of good bacteria in the gut. These bacteria produce short-chain fatty acids that may help prevent colon cancer.



Supports Weight Management

Corn is high in protein and fiber, which helps you stay full longer. The insoluble fiber in corn aids in digestion and helps maintain body weight.

