



AN A-MAIZE-ING VEGGIE

sweet corn

Corn is low-fat, sodium and cholesterol-free and contains fiber. One ear of corn contains 20 percent of the recommended dietary allowance of vitamin C for children ages 1-8.

Corn is a whole grain! Corn on the cob and cut corn is a 100 percent whole grain. Eating plenty of fruits and veggies like corn may help reduce the risk of many diseases, including heart disease, high blood pressure and some cancers.

Did you know?

- Corn is a member of the cereal grass family, related to other grains such as wheat, oats, barley and rice.
- Sweet corn is available as yellow, white or bicolor ear types.
- You can cream corn, make it into chowder, boil or roast it, add it to salads or mix it with other veggies.
- The average ear of corn has 500 to 1000 kernels, arranged in an even number of rows, typically 16.

Florida is the largest producer of fresh market sweet corn in the U.S. Sweet corn is mostly grown in the southeast and central parts of Florida.

Shopping, Preparing and Storing

- Sweet corn cobs should feel and look moist and plump, with the kernels inside fat and shiny.
- Always try to buy sweet corn with the husks still attached. Look for green-colored husks.
- Easily remove kernels from the cob by standing the corn on end on a cutting board and cut down the cob with a sharp knife.

Cooking Tips

- Steam corn for five to seven minutes or try roasting and grilling for a smoky flavor.
- Salt can make corn tough, so only lightly salt the corn before cooking, and be sure to add or serve salt after cooking.

MEXICAN GRILLED CORN

- 2 tablespoons low-fat mayonnaise
- 2 tablespoons nonfat plain yogurt
- 1/2 teaspoon chili powder
- 4 ears corn, husked
- 1 tablespoon finely shredded Cotija (or queso) or Parmesan cheese
- 1 lime, quartered



1. Preheat grill to medium-high.
2. Combine mayonnaise, yogurt and chili powder in a small bowl.
3. Grill corn, turning occasionally, until marked and tender, 8 to 12 minutes total. Spread each ear with 1 tablespoon of the sauce and sprinkle with 1 tablespoon Cotija (or Parmesan). Serve with lime wedges



FRUITS

Make most of your choices whole or cut fruit instead of juice.

VEGETABLES

Eat a variety every day. Fresh, canned or frozen.

GRAINS

Make at least half of your grains whole grains.

DAIRY

For adults and children 2 years and older, drink 1 percent low-fat or fat-free milk.

PROTEIN

Choose lean meat, poultry without the skin, seafood, beans and peas, eggs, processed soy or nuts.