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corn is a low calorie food that contains vitamins minerals and antioxidants which combat harmful unstable molecules called free radicals it also contains fiber which is necessary for digestive health high fiber foods are also associated with decreased heart disease risk bottom line corn contains nutrients including fiber and vitamin c but may raise blood sugar levels compounds in corn may provide other health benefits corn is a starchy vegetable and adrija chakraborty 9 mar 2022 5 min read is corn good for weight loss if we add corn to our daily diets it can have numerous health benefits like improved vision and reduction of macular degeneration however did you know that corn has tremendous effects on weight loss how to eat risks grow your own summary fresh corn is a surprising source of antioxidants and other nutrients istock everyday health corn pops up just about everywhere corn on the cob calories 96 water 73 protein 3 4 grams carbs 21 grams sugar 4 5 grams fiber 2 4 grams fat 1 5 grams carbs like all cereal grains corn is primarily composed of carbs starch is its policy but can something so multifunctional and delicious be good for you for the most part yes says registered dietitian elyse homan ms rd ld corn has lots of health benefits it has plenty of insoluble fiber making it a low glycemic index food 1 dietary fiber corn is a notable source of dietary fiber both soluble and insoluble fiber is a crucial component for digestive health aiding in regular bowel movements and preventing constipation additionally dietary fiber has been linked to weight management by promoting a sense of fullness reducing overall calorie intake 2 health cooking guide corn medically reviewed by poonam sachdev on november 13 2023 written by stephanie watson what is corn kinds of corn corn health benefits corn risks 7 min updated on september 13 2023 reviewed by dietitian elizabeth ward m s rdn in this article view all myth no 1 sweet corn is high in fat myth no 2 eating corn will make you gain weight myth no 3 sweet corn is high in sugar myth no 4 corn has no health benefits myth no 5 the cooking process robs corn of its nutrients 3 g protein compared to many other fruits and vegetables corn is low in vitamins and minerals a 90 gram g ear of fresh corn contains 4 percent of the recommended daily intake rdi of 5 milligrams of sodium 244 international units of vitamin a about 15 grams of carbohydrates including about 5 grams of sugar small amounts of b vitamins magnesium and potassium antioxidants that ease wear and tear on the body s cells including vitamin c lutein and zeaxanthin which support vision and eye health high fiber published june 14 2019 10 min read summary corn is one of the most widely eaten foods in the world it s also incredibly versatile you ll find it in baked goods and breads popped as a snack grilled on the cob fed to cows used to fuel cars and as the base ingredient for a huge range of processed foods and additives calories 88 fat 1 4g sodium 15mg carbohydrates 19g fiber 2g sugars 6 4g protein 3 3g thiamin 0 16mg vitamin c 6 9mg potassium 275mg iron 0 5mg magnesium 37 7mg zinc 0 5mg vitamin b5 0 7mg andrew weil m d september 17 2020 2 min fresh corn on or off the cob is a summer favorite for millions of us it s not only delicious it is good for you as long as you don t eat too much of it fresh corn is high in fiber and is a good source of b vitamins zinc magnesium copper iron manganese corn is eaten daily in many cultures particularly in the americas but is corn good for weight loss the short answer yes corn is compatible with a weight loss agenda though no single food can make or break your weight loss efforts corn has numerous health benefits that have the potential to aid your weight loss journey some commonly consumed grains are corn maize rice and wheat whole vs refined grains what s the difference grains can be classified as either whole or refined a whole grain consists of tip fresh frozen and canned corn along with popcorn should be part of your healthy balanced diet corn contains vitamin c magnesium b vitamins potassium and antioxidants that support your immune system vegetable or grain actually it s both video of the day evidence based is corn keto your guide to corn on a ketogenic diet medically reviewed by dr anthony gustin dc ms on september 11 2019 written by steph lodge disclaimer what is corn is corn keto or low carb when to avoid corn the bottom line on corn and keto 1 it provides you with a high dose of dietary fiber just once serving of corn can provide people with up to 10 of their recommended amount of daily

fiber this high fiber option creates more regularity within the digestive tract and there are a wide variety of ways it can be used how to eat a corn free diet what you can eat with a corn intolerance or allergy rather than what you can t and what to look out for

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