

CORN / MAIZE ★ SPECIFICATION

- Product Name - Corn/Maize
- Origin - Mexico
- Family - Poaceae
- Binomial name - Zea mays

INGREDIENTS ★

- Nutrients
 - 177 Calories, Carbohydrates - 41 grams, Fiber - 4.6 grams
- Minerals
 - Magnesium, Phosphorous, Zinc, Copper, Iron, Thiamin, Riboflavin, Niacin, Folate, Pantothenic Acid
- Vitamin
 - Vitamin B6, Vitamin E
- Protein
 - 5.4 g
- Fats
 - 2.1 g

USES & BENEFITS

- Corn is known to be a very effective energy booster. Thus, many experts recommend eating corn after exercising.
- Corn also helps to gain weight. It is a much better and healthier food option rather than junk food.
- Corn is also said to be an excellent choice for diabetes and cholesterol patients. This is because sweet corn and corn oil increase the blood flow, lower cholesterol absorption and regulates insulin.
- Corn is also used to feed livestock.

