



ELITE

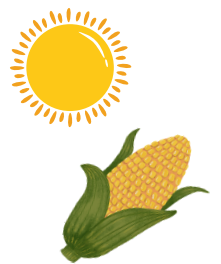
Personal Training and Fitness Solutions

HEALTH TOPIC OF THE WEEK

7/3 - Corn, the Vegetable with the Bad Rep

Introduction

Few things say "summer" like a freshly picked ear of sweet corn. For a vegetable that is so popular, corn has a tarnished reputation. It's a big no-no for people on a keto diet because of the carbs. Many people are convinced that corn will add to their weight. Others are concerned about genetically modified corn. This article addresses several common myths. Note that our focus is on corn, the vegetable, and not its derivatives like high-fructose corn syrup or corn oil. The good news is that corn is good for you!



Myth #1: Sweet Corn Is High in Fat

Fact: Some people think that corn is full of fat, but it's technically considered a low-fat food, coming in at around 1 gram of fat per ear according to the USDA. And while the fat is a mix of saturated, monounsaturated and polyunsaturated fats, the polyunsaturated fat makes up almost half of corn's total fat amount. Both polyunsaturated and monounsaturated fats have been shown to have heart-health benefits. Just don't drown your corn in butter.



Myth #2: Eating Corn Causes Gain Weight

Fact: One plain ear of corn has about 122 calories, which is comparable to a medium apple. And with 3.5 grams of fiber per ear, it can help you feel full longer, making you less likely to overeat. Then there's its resistant starch, a slow-to-digest type of carb that's been shown to help with weight control.



Elite Personal Training and Fitness Solutions does not provide medical treatment or intervention. We acknowledge scientific evidence that appropriately intensive exercise and sustainable nutritional intervention can have significant impact on chronic health disorders and obesity, dramatically improving symptoms when recommendations are followed. Please visit us at Eliteptf.com for more information and to schedule your evaluation.

Myth #3: Sweet Corn Is High in Sugar

Fact: Yes, corn tastes sweet, but there are only 5 grams of natural sugar in a medium-sized ear of corn. One ear has less than a third of the sugar in a banana and only about one-fifth the sugar of an apple.

The high-sugar corn myth may be partly due to some long-standing confusion over products made from different varieties of corn. High-fructose corn syrup, dextrose, glucose and other sweeteners are derived from field corn, the virtually inedible commodity crop used to make everything from livestock feed to ethanol. Those highly processed sweeteners are nothing like the natural sugars found in sweet corn, the vegetable you eat!



Myth #4: Corn Has No Health Benefits

Fact: Sweet corn has numerous health benefits. It is loaded with lutein and zeaxanthin—two phytochemicals that promote healthy vision, according to a 2018 review in *Nutrients*. Besides helping with weight loss, the insoluble fiber in corn feeds good bacteria in your gut, which aids in digestion and helps keep you regular. Corn also contains B vitamins and essential minerals such as zinc, magnesium, copper, iron and manganese.



Myth #5: Most Corn is Genetically Modified

Fact: GMO sweet corn is extremely rare in American supermarkets. Most of the GMO corn is 'field corn' and what most of us eat is 'sweet corn'. Some 90 percent of the American field corn crop is genetically engineered to resist herbicides or to produce a protein that can kill certain insects. Consequently, corn-based sweeteners, starches and oils in processed foods are almost certainly manufactured from genetically engineered corn. In contrast, sweet corn is seldom genetically engineered.



The Final Word

So, is corn healthy? Yes, it is. Its reputation as a high-sugar, fattening vegetable is undeserved. Rich in antioxidants, vitamins, and other essential minerals, corn is a healthy addition to any meal. So, go ahead and grill some corn this summer. Just go easy on the butter and salt.



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Tasty Toppings for Corn on the Cob

To liven up your corn on the cob, try some of the following. Each recipe should cover 8 medium ears of corn:

Maple-Mustard: Brush corn (after, if boiling; before, if grilling) with olive oil. While cooking, combine ¼ cup maple syrup, 2 tablespoons Dijon mustard and a pinch of allspice. Spread mixture on hot, cooked corn.



Olive Oil, Garlic and Parmesan: In a small bowl, combine 2 grated garlic cloves, 2 tablespoons olive oil and 1 tablespoon fresh lemon juice. Baste hot, cooked corn with mixture and sprinkle with grated Parmesan.



Tuscan Blend: Mix 2 tablespoons of dried Italian herbs, such as McCormick's Perfect Pinch blend of rosemary and sun-dried tomato, with 1 stick of softened butter. Let sit for at least 30 minutes so that the dried herbs rehydrate. Spread over cooked corn.

Basil-Tomato: Seed 2 ripe tomatoes and grate, then drain. Discard as much liquid as possible. Mix tomato pulp with 2 tablespoons finely grated Parmesan cheese plus 1 tablespoon of finely chopped fresh basil. Season with salt and spread on cooked corn.



Parsley and Chives: Combine 1 stick softened butter with ½ teaspoon kosher salt and 1 tablespoon each (or more, according to taste) of finely chopped fresh parsley and chives. Spread on hot, cooked corn.

Goat Cheese and Thyme: Stir together 2 tablespoons softened butter with 2 ounces goat cheese crumbles, 1 tablespoon fresh thyme (or 1 teaspoon dried). Season with freshly ground black pepper and kosher salt. Spread on hot, cooked corn.



Garlic and Old Bay: Blend 1 stick softened butter with 1 minced garlic clove and ½ teaspoon Old Bay seasoning. Spread on cooked corn and sprinkle with more Old Bay and kosher salt.

Lemon-Pepper: Incorporate 2 tablespoons of a lemon-pepper blend with 1 stick softened butter and spread over hot, cooked corn. Garnish with lemon zest.



Spicy Sriracha: Mix 1 stick softened butter with 2 tablespoons Sriracha sauce. Spread on hot, cooked corn. Garnish with chopped fresh herbs such as parsley or cilantro.



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