OREGON CORN



There are three main types of corn: sweet corn, field corn, and popcorn. Sweet corn is eaten fresh, frozen, or canned. Field corn is harvested at a more mature stage and is used for livestock feed and in processed foods, and popcorn is popped!

Nutrients found in Corn

- Corn is a good source of thiamin (vitamin B1), which helps keep the body's nerves healthy.
- ~ One ear of corn provides a good source of dietary fiber.
- ~ Fresh, frozen, and canned corn are all healthy choices, so corn can be enjoyed year round!

Corn was a basic food for the Incas, Mayas, Aztecs, and native North Americans.



Archaeologists were able to successfully pop corn kernels that were 1,000 years old!



Corn plants are a type of grass and the kernels are grains, just like wheat or oats.



Sweet corn can be white, yellow, red, or a mixture of colors!





This material is funded by USDA's Specialty Crop Block Grant Program and USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon Safe Netat 211. USDA is an equal opportunity provider and employer. (c) 2015 Oregon State University Extension Service offers educational programs, activities, and materials without discrimination based on age, color, disability, gender identity or expression, genetic information marital status, national origin, race, religions, sex sexual orientation or versus status. Oregon State University Extension Service is an Equal Opportunity Employer.