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

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!

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!

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