



# HEALTH AND NUTRITION SCIENCES

## Nutritional Benefits and Culinary Applications of Corn

Corn's nutrient profile can contribute to an overall balanced diet

- Whole grain corn provides ~ 2g dietary fiber per serving
- Whole grain corn, such as popcorn, cornmeal, and corn flour can provide 8 to 16g of whole grains, depending on the serving size
- Corn is a gluten-free whole grain
- Corn exhibits the highest antioxidant activity among all grains

Siyuan, S., Tong, L., and Liu, R., 2018. Corn phytochemicals and their health benefits. Food Science and Human Wellness, 7(3), pp.185-195.



## Corn plays a major role in global food systems due to its widespread consumption and versatility

Opportunities to incorporate into everyday eating



Whole-grain corn tortillas and flatbreads



Cornmeal porridge, hominy, grits, polenta



Corn-based ready-to-eat whole grain breakfast cereals



Corn-based ready-to-eat whole grain breakfast cereals



Popcorn



Baby corn in salads and stir-fry's



Arepas



Corn/corn flour-infused pancakes, cheese biscuits, chilaquiles, frittatas

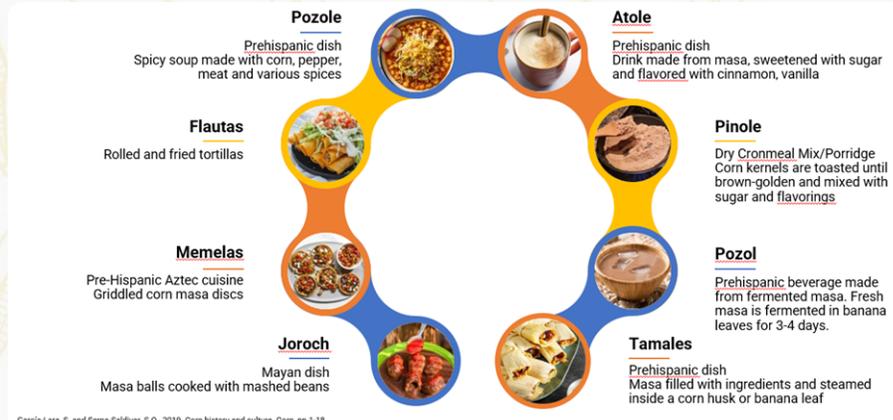


Corn Mac & Cheese

Soups



Corn fritter patties



Garcia-Lara, S. and Serna-Saldivar, S.O., 2019. Corn history and culture. Corn, pp.1-18.



## How to build flavorful, versatile recipes

Start by choosing the right corn format for your recipe

- Fresh or frozen for texture
- Cornmeal of masa for structure
- Canned corn for convenience

Layer flavors with aromatics like onions, garlic, and chiles

Add depth through spices and herbs that complement corn's mild profile

- Cumin, smoked paprika, oregano, cilantro, basil

Balance corn's natural sweetness with acidity from lime, citrus, or vinegar

Consider mixing textures to make dynamic dishes

- Pairing crisp roasted corn with creamy polenta

Think of corn as a canvas that adapts well to global flavor profiles, making it easy to build both familiar and innovative recipes

Variety Matters:

- Differences between sweet corn, field corn, heirloom varieties, and high-amylase strains influence sensory attributes and culinary performance

Cooking Technique Drives Expression

- High-heat cooking, such as grilling, roasting, and frying, increases caramelization compounds
- Moist heat through steaming and boiling elevates sweeter aromas
- Fermented corn-based beverages introduce lactic and yeasty notes



For additional educational resources:

<https://www.pepsicohealthandnutritionsciences.com/educational-resources>

