

Corn



Where it Grows:

Corn does best with warm, sunny growing weather (75–86° F), well-distributed intermittent moderate rains, or irrigation (The U.S. corn belt has these soil and climatic conditions).



Common Uses:



CORN CHIPS



CORN OIL



POPCORN

VITAMIN

C

Corn is rich in vitamin C, an antioxidant that helps protect your cells from damage and wards off diseases like cancer and heart disease

CORN PLANT GROWTH

infographic elements



Health Benefits:

- Promotes growth
- Provides minerals
- Protects your heart
- Good for eyes and skin



FACT:

A typical grocery store contains 4,000 items that list corn ingredients on the label.



This institution is an equal opportunity provider