

# MINUTE NUTRITION NEWS

September 2019

## Eating Local and Seasonal: Corn

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Corn season is finally here! This Canadian favourite is delicious no matter if it's from the barbecue, the oven, steamed or even microwaved. However, many myths exist around the nutritional quality of this vegetable. Take a look in this issue to find out fact from fiction once and for all.



### Myth #1: Corn doesn't provide any nutrients because you can't digest it.

Clients of mine have wondered in the past whether they absorb any nutrients from this vegetable since so much of it "goes right through them." Corn contains B vitamins, vitamin C, folate, magnesium, antioxidants and other nutrients that get absorbed as the food moves along the digestive tract. The bits that you can see in your bowel movements are the insoluble fibres that are left after digestion. Insoluble fibre is something that doesn't get broken down in your body. This helps to promote regular bowel movements. In other words, other nutrients from the corn have already been absorbed by the time the insoluble fibre has made its way into your poop.

### Myth #2: Corn is unhealthy because it is high in carbs and sugar.

While its true that corn is starchy and contains more carbs and sugar than most other vegetables, it is still a healthy choice that can fit into everyone's eating pattern. For people with diabetes, blood sugars are the main concern when foods with carbs and sugars are consumed. With some planning, balanced meals can help balance blood sugars even when foods like corn are eaten.

## A Word on Genetically-Modified (GM) Corn



In Canada, there are two main types of corn that are grown. **Sweet corn** is the type that consumers buy and eat from the grocery store. **Grain corn** is the type that is used as ingredients in processed foods or animal feeds.

Most of the *sweet corn* that is for sale in grocery stores are not genetically-modified. However, more than 80% of *grain corn* found in processed foods is genetically-modified. (Popcorn is not genetically modified.)

It is important to know where your food comes from if you want to avoid GM foods in your diet. Ask your farmer at farmers' markets or the manager of your grocery store if they are selling non-GM sweet corn. Alternatively, buy *organic* sweet corn as GM foods are not permitted under the organic label. In addition, limit processed foods and include fresh foods as much as possible.

# Recipe of the month

September 2019

## Charred Corn Salad

September is a month where cravings for freshness and warmth collides. This salad is an excellent solution for both cravings – warm and aromatic charred corn paired with refreshing ingredients still coming in from farms and gardens. You will not be disappointed!



Makes about five cups of salad

### Ingredients:

3 cobs	Fresh corn, shucked
1 tbsp	Olive oil
Pinch	Salt
1 cup	Navy beans, cooked
1/3 cup	Red onion, diced
1/3 cup	Cilantro leaves, chopped
1	Garlic clove, minced
1/2 cup	Crumbled feta cheese
3 tbsp	Mayonnaise
1	Lime, juice only
1/2 tsp	Chili powder
2	Small avocados, chopped

### Directions:

1. With a knife, cut the kernels of corn off the cob. Set aside.
2. Heat olive oil in a skillet over medium-high heat. Once heated, add corn. Stir every 1-2 minutes until corn is lightly charred (or browned). Add a pinch of salt and stir to combine. Set aside to cool slightly.
3. In a large bowl, combine corn with navy beans, red onion, cilantro, garlic, feta cheese, mayonnaise, lime juice, chili powder and avocados. Mix evenly. Add more lime juice or chili powder as desired. For a bit of spice, a seeded and chopped jalapeno pepper or crushed red peppers can be added.

### Nutrition information (per cup):

360 calories, Fat 25g (33% DV), Saturated Fat 6g (30% DV), Protein 9g, Carbohydrate 30g, Fibre 11g (39% DV), Sugars 6g, Sodium 270mg (12% DV), Potassium 742mg (16% DV), Calcium 116mg (9% DV), Iron 2mg (11% DV)

Recipe adapted from [www.cookingclass.com](http://www.cookingclass.com)