

National Corn on the Cob Day

Corn, like other vegetables, has many health benefits. Read the corn below to see what amazing things corn can do if you add it to your meals!

Corn is high in fiber so it will help you digest foods easier. This can prevent stomachaches!

Corn is full of antioxidants that can promote healthy eyesight! This helps a lot to improve or maintain healthy eyesight!

Corn contains carbohydrates which are used to fuel and energize your body! Eat corn if you know you're going to have a busy day.