

Finding Corn In Your Home

When you go home, become a corn detective. Just how many items can you identify that contain corn or a corn co-product? The number will a...maize you! Corn is used in many food and non-food products that are a part of our daily lives.

Nearly 40% of all the corn grown in the United States is fed to livestock. Corn provides a safe and nutritious feed that helps produce quality meat, dairy and egg products for us to eat.

Did you know the main ingredient in most dry pet food is corn? Corn helps keep our dogs and cats healthy and active.

Corn has long been recognized as a good source of nutrition for humans. Corn provides protein and fiber, essential elements in our diet.



That little kernel of corn can be used in so many ways. Over 4,000 everyday products are made using the fiber, protein, oil and starch from the corn kernel.

Oil from the germ of the kernel is low in saturated fat. This low fat product is ideal for health conscious Americans. Starch from each corn kernel provide carbohydrates to our diet. This provides needed energy for growth and activities. Fructose, from cornstarch, is a sweetener similar to refined table sugar. Since high fructose corn syrup and sugar are so similar, the human body uses them the same way.

Fewer calories, higher fiber, reduced amounts of sugar and less fat are all parts of a desirable diet. Corn in the human food chain helps provide all of these.

Now that you are a corn detective, see if you can find 15 items in your home that contain corn and list them below.

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____