

Corn

- Once the corn is picked, the sugar in the kernels start to break down and turn into starch. To slow this process, store the corn on the cob in the refrigerator.
- Only shuck the corn right before you plan on using it. The husks keep the corn from drying out.

Corn is a whole grain and contains a variety of B vitamins, as well as potassium. These nutrients may help with heart and digestive health.

