

**“Local sweet corn –
nutritious vegetable for my family?”**



Nick Betts

Consumer, father of two, Guelph.

I am looking forward to peeling down the husk and grilling the fresh sweet corn that is becoming available in local farmers markets this season. Quick question – do our bodies effectively digest corn on the cob?



**“Great question Nick,
simple answer – Yes!”**

Yes our bodies can digest sweet corn. Provided we chew our corn, we can digest and absorb several nutrients from the inner parts of the corn. It is true that we do not digest the outer shell of the corn kernel but it does provide us with insoluble fibre which is a good thing.

So we can look forward to enjoying our sweet corn for not only its taste and seasonality but also the nutrients we can absorb from it.



Alison Duncan, PhD, RD.

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