

SAISD CHILD NUTRITION SERVICES
FRESH FRUIT & VEGETABLE PROGRAM

BABY CORN



Tiny ears of baby corn are simply immature ears from regular-sized corn plants. Baby corn is commonly used in Asian and Oriental dishes and it is one of the best vegetables that is used as fried food as well as in salads. Baby corn has carotenoids or tetraterpenoids, compounds present in it that are good for eye health and improves your vision effectively. Carotenoids are also a good for reducing the risk of cataracts. Therefore, it is beneficial to include this yellow vegetable in your diet to keep your eyes healthy.

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