

Can pregnant women eat corn?

Corn, also known as maize, is a popular whole grain that is widely consumed around the world. But is it safe to eat corn during pregnancy and satisfy your crunchy corn cravings?

Corn , also known as maize, is a popular whole grain that is widely consumed around the world. However , **is it safe to eat corn during pregnancy and satisfy your crunchy corn cravings?**



Grains are a good source of fiber, vitamins, antioxidants, and minerals, but not all forms of corn are good for pregnant women. This article will tell you about the value of corn in your prenatal diet, possible risks, storage tips, and recipes.

Can you eat corn while pregnant?

You can eat corn during pregnancy but in moderation, as it helps improve digestion and supports immunity. But consuming too much can lead to gastrointestinal symptoms like indigestion.

Nutritional value of corn

| Nutrition | RDA | 100g corn |
|--------------|-------|-----------|
| Folate | 600µg | 46µg |
| Fiber | 28g | 2.7g |
| Protein | 60g | 3.22g |
| Carbohydrate | 175g | 19.02mg |

Thiamine (vitamin B1) 1.4mg 0.2mg

Benefits of eating corn during pregnancy

Corn is a nutritious food that comes in a variety of colors—from white to yellow to purple. Here are some reasons why including corn in your prenatal diet may be beneficial:

Anti-constipation

Corn is one of the best fiber-rich foods that can help boost digestive health and eliminate related problems, such as constipation, that you may experience during early pregnancy.

Macular degeneration

Corn contains a carotenoid called zeaxanthin, which has antioxidant properties. Zeaxanthin may help prevent macular degeneration in the eyes. However, more research is needed to determine the role of carotenoids in preventing certain disorders that affect infants.

Congenital abnormalities

Corn contains folic acid which is essential during pregnancy to reduce the risk of spina bifida and other neural tube defects in babies.



Muscles and nervous system

Corn contains thiamine which plays a role in energy metabolism and is essential for muscle and nerve function.

Immunity

Beta-carotene in corn provides vitamin A which is essential for the functioning of the immune system and healthy growth and development of your baby.

Anemia

Some studies have shown that eating corn during the first trimester can improve hemoglobin. This can help reduce the risk of anemia during pregnancy and reduce related symptoms such as nausea, vomiting, and fatigue.

Cardiovascular health

Corn is naturally high in ubiquinone, anthocyanins, and phytosterols, which may help reduce the risk of heart disease. Additionally, the antioxidants in blue and purple corn may reduce the risk of cancer. However, research on this is still ongoing.

Blood sugar

Despite its naturally high sugar content, corn contains complex carbohydrates and fiber, which can slow digestion and maintain a steady release of sugar in the body. Furthermore, the polyunsaturated fats in corn, especially corn oil, can help maintain energy release and keep you energized throughout the day.



Possible side effects of eating too much corn during pregnancy

Corn is safe during pregnancy, but experts advise against eating corn silk as it can be harmful to the fetus. They also advise eating corn in moderation as eating too much can lead to certain side effects.

1. According to a small study in mice, consuming polyunsaturated fatty acids like corn may alter a baby's behavior and activity.
2. Exposure to high levels of fumonisin, a toxin found in some corn varieties, has been linked to an increased risk of neural tube defects.

3. It can cause indigestion; therefore, it is better to eat fresh corn in limited quantities.

In general, corn is safe during pregnancy if you eat it in moderation. You can eat boiled corn, or eat it with soup, bread, fruit salad.

You finished reading the article "**Can pregnant women eat corn?**" edited by the [TipsMake](#) team. We hope this article has provided you with many useful tech tips and tricks. You can search for similar articles on tips and guides. Thank you for reading and for following us regularly.
