



# November Wellness Facts

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## Corn

Native Americans were the first people to grow and use corn. It was a staple food served at the first Thanksgiving meal. Most of the corn was ground and used as corn meal to make bread.

Today, the United States is the largest producer of corn. Over 10 billion bushels of field corn is grown each year. It is used in human food products such as cereals, breads, chips and tortillas. It is also used in non-food products such as toothpaste, detergents, body lotions, and shoe polish.

Corn is a vegetable, which provides us with about 75 calories per ear and 1 gram of fat. It is a good source of vitamins B, vitamin C and fiber.



## Cornbread

Ingredients:

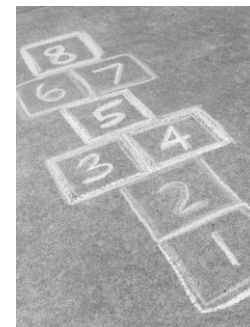
¾ cup sifted flour  
1 ¼ cups yellow or white cornmeal  
2 ½ teaspoons baking powder  
2 tablespoons sugar  
3 tablespoons melted margarine  
¾ teaspoon salt  
1 egg  
1 cup low-fat milk

Directions:

Preheat oven to 425 degrees. Grease 9" x 9" pan with spray oil and place it in the oven until sizzling hot. Put flour, baking powder, sugar and salt. Add the cornmeal and mix. In a separate bowl, beat egg. Then add margarine and milk. Combine all ingredients with a few rapid strokes. Place the batter in the hot pan and bake 20-25 minutes.

## Add Physical Activity to your Holiday Celebrations

- On Thanksgiving Day, plan to take a walk before or after dinner, or play pumpkin bowling. (Use a small pumpkin as a bowling ball and 2-liter bottles as the pins.)
- Support a worthy cause and find a community fundraising walk, bike or run that you can participate in as a family.
- Play driveway hockey or draw chalk lines for hopscotch or 4-square.



Source:  
[www.kycorn.org](http://www.kycorn.org)

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