

A Review on Nutritional Value of Maize/Baby Corn

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Abstract: *Maize is gaining popularity in both food and feed sectors. Every component of a corn cob has economic value and the ability to be employed for a variety of tasks. Because baby corn is nutrient-dense and provides farmers with a great alternative source of income, its demand is rising as lifestyles change. Baby corn is a commercial crop that was developed in the late 1970s. It is used as a vegetable crop and is known as a catch crop. Because of its wonderful flavour, nutritional benefits to human health, and rising demand in the market, baby corn quickly turned into a cash crop. Being a perishable product, the shelf life of baby corn is less. It's a good organic food that can be utilized to make many different value-added baby corn products. The value addition of baby corn makes it available during the off-season, gives people living in poverty job opportunities, and allows for the possibility of foreign exchange in the food and feed industries.*

Keywords: Maize/Baby corn, Utilization, Classification, Cultivation, Nutritional value, Benefits, Medical Properties