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### SafeSourcing e-Newsletter

Have comments, questions, or suggestions about the SafeSourcing e-Newsletter? Let us know what you think by emailing us at the following address. We look forward to hearing from you!

[events@safesourcing.com](mailto:events@safesourcing.com)

#### Trivia!

What does bill and hold mean?

[www.safesourcing.com](http://www.safesourcing.com)

## Industry News

### *Knee High by the 4th of July - The Many Uses of Corn*

#### Corn – Facts and Benefits

Corn contains a number of bioactive plant compounds, many of which may boost your health.

Corn has higher amounts of antioxidants than many other common cereal grains: Ferulic Acid, Anthocyanins, Zeaxanthin, Lutein, and Patric Acid. Corn provides higher amounts of antioxidants than many other cereal grains. It is especially rich in eye-healthy carotenoids.

Popcorn is a special variety of corn that pops when exposed to heat. When water, trapped in its center of the corn kernel, turns to steam, it creates internal pressure, which makes the kernels explode. A highly popular snack, popcorn is one of the most common whole-grain foods in the United States. Even though popcorn is healthy on its own, it is often eaten with sugary soft drinks and frequently loaded with added salt and high-calorie cooking oils, all of which may harm your health over time. Popcorn and other high fiber foods were once believed to trigger diverticula disease (a disease characterized by pouches in the colon walls). An 18-year-old study in over 42,000 men suggests popcorn may protect against diverticulitis. Men that ate more popcorn were 28% less likely to develop the disease. ■

*Atli Arnarson, 5/16/2019, Healthline*

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#### COMING NEXT ISSUE

<b>Aug.</b>	Answer to our Trivia!
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#### Recent Savings

##### Paper Supplies

Savings were over 42% of total spend. ■

##### Janitorial Supplies

Savings were over 71% of total spend. ■

\*Please [contact SafeSourcing](#) to schedule your RISK FREE event today.

## Corn Intolerance

Corn is generally considered safe. However, some concerns exist. There are Anti-nutrients in corn. Like all cereal grains, whole grain corn contains phytic acid (phytate). Phytic acid impairs the absorption of dietary minerals, such as iron and zinc. This usually is not a problem for people who follow a well-balanced diet, but it may be a serious concern in developing countries where cereal grains and legumes are staple foods. Soaking, sprouting, and fermenting corn can reduce phytic acid levels substantially. Some cereal grains and legumes are susceptible to contamination by fungi.

Fungi produce various toxins, known as mycotoxins. Mycotoxins are considered a significant health concern. The main classes of mycotoxins in corn are fumonisins, aflatoxins, and trichothecenes. They occur in stored cereals worldwide, but adverse health effects have mostly been linked to the consumption of corn and corn products — especially among people who depend on corn as their main dietary staple. High consumption of contaminated corn is a suspected risk factor for cancer and neural tube defects, which are common birth defects that may result in disability or death. In April 2004, 125 people died in Kenya from aflatoxin poisoning after eating homegrown corn that had been improperly stored. Effective preventive strategies may include fungicides and proper drying techniques. In most developed countries, food safety authorities monitor the levels of mycotoxins in foods on the market, with food production and storage strictly regulated.

There is also corn intolerance, or gluten intolerance or celiac disease is a common condition caused by an auto-immune response to gluten in wheat, rye, and barley. The symptoms of gluten intolerance include fatigue, bloating, diarrhea, and weight loss. For most people with celiac disease, the symptoms disappear on a

strict gluten-free diet. However, in some people, the symptoms seem to persist. ■ [Atli Arnarson, 5/16/2019, Healthline](#)

## Corn – From Feed to Ethanol

Corn has a number of uses. Corn is a key ingredient of animal feed as well being developed into sustainable fuel. In 2020, 14,575 million bushels were used, with 38.7% forming a key component of livestock's diet. The U.S. is the world's largest producer and exporter of corn and accounted for roughly 36% of exports in 2020. Corn or maize is the second most-produced crop in the world. From the sweetener in our coffees to the ethanol that powers our vehicles, corn has hundreds of uses. Consequently, high corn prices have a domino effect that can affect many supply chains and possibly even increase the cost of our weekly groceries, especially if they include tortilla chips. While corn on the cob is quite popular, not all corn is sweet. There are five major types of corn grown around the world, and each one differs in taste and uses. Of these, yellow dent corn or field corn accounts for the majority of commercial U.S. production.

Corn accounts for more than 96% of U.S. feed grain use and production. As a result, animal feed makes up nearly 40% of the country's corn usage. In the United States, federal mandates require vehicles to use a blend of gasoline and biofuels like ethanol—94% of which is produced from the starch in corn grain. Therefore, a large portion of U.S. corn goes into ethanol production. Animal feed and ethanol production collectively make up around 73% of U.S. corn usage. Other uses of corn include the production of sweeteners, starch, cereal, and alcoholic beverages like whiskey. ■ [Govind Bhatada, Agriculture, 5/25/2021](#)

## QUESTIONS AND ANSWERS

Q: How can I subscribe or unsubscribe to these newsletters?

A: You can subscribe or unsubscribe to these free newsletters by simply going to our [website](#), and clicking the option “e-Newsletter” or by contacting us directly at [events@safesourcing.com](mailto:events@safesourcing.com).

Q: I have run events in the past, is there any chance I could be saving more?

A: Yes. No matter when your past event ran, the team at SafeSourcing can find ways for your company to save.

Q: I want to know more about what SafeSourcing does. Who can I talk to about this?

A: You can contact a customer services representative by calling us at 1-888-261-9070 or by going to our [web-site](#) and trying our “Risk Free Trial” offer.

## Trivia! From June 2021 Issue

What is a World of Motion?

AWIM, is a teacher-administered, industry volunteer-assisted program that brings science, technology, engineering, and math (STEM) education to life in the classroom for students in Kindergarten through Grade 12.

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