

## The Facts About Corn

Corn, a valuable and nutritious ingredient, provides protein and amino acids, fibre, vitamins, fat and fatty acids.

### *Essential fatty acids*

- The germ is a source of linoleic acid (omega 6 fatty acid), which promotes healthy skin and a luxurious coat.

### *Vitamin A*

- Involved in healthy vision and skin regeneration.

### *B complex vitamins*

- Enhance immune and nervous system function.

### *Essential amino acids (such as methionine)*

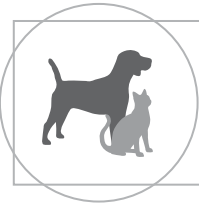
- Corn gluten is a source of amino acids, the building blocks for protein in the body. Protein is used to support muscle mass, growth and immune system function. Methionine is a natural urinary acidifier, reducing the likelihood of struvite crystal and stone formation.

### *Antioxidants*

- Beta-carotene, vitamin E, lutein and zeaxanthin support ocular health. Antioxidants reduce damage caused by free radicals to cellular membranes.

### *Fibre and highly digestible carbohydrates*

- It is more efficient for the body to use carbohydrates as an energy source, thus sparing protein for vital functions. The use of protein for energy also increases waste product excretion by the kidney. Carbohydrates have fewer calories per gram than fat and are not deposited as readily as dietary fat in the body's fat cells.
- Fibre helps with intestinal motility and maintains gastro-intestinal health.



## *Minerals*

- Corn is rich in phosphorus, magnesium, manganese, zinc, copper, iron and selenium. Minerals are required for important functions, such as maintaining skin integrity and cellular function, and contributing to quality of bone and cartilage.

## Common misconceptions about corn:

### 1. *Corn is not digestible.*

This is false. When the kernel is broken by grinding, the germ (fat), starch (carbohydrate) and gluten (protein) are accessible and readily digestible (> 90%).

### 2. *The incidence of food allergy to corn is high.*

This is false. Studies on food allergies in dogs suggest that corn is equivalent to or less allergenic than other proteins such as beef. Food allergy is responsible for less than 1% of all dermatological conditions in pets.

### 3. *Corn is a cheap filler.*

Corn is not a "filler" at all. Fillers have no nutritional value. Corn has a multitude of components that provide important nutritional value.

### 4. *Carnivores do not do well on a diet high in grains.*

This is false. The definition of a carnivore is that the animal requires certain nutrients in the diet that are more commonly found in animal sources. It does not mean that these animals have to subsist solely on meat. In fact, all meat diets are unbalanced and can lead to vitamin and mineral excesses and deficiencies, and orthopaedic problems.