

Suggestions for Healthy Popcorn Snacking

Popcorn is a whole grain (it's simply popped corn!) and therefore it is a good source of fiber. However, the calories and fat can quickly add up when you're eating "movie theatre butter" popcorn or eating more than a serving. To make popcorn as healthy and flavorful and possible, try...

- Popping your own! Purchase an air popper or, even easier...
 - Take a brown paper bag, fill with a couple tablespoons of kernels and fold over twice. Then, cook in the microwave for 2 ½ to 3 minutes, or until you hear pauses of about 2 seconds between pops. Carefully open the bag to avoid steam, and pour into a serving bowl.
- Drizzle your air-popped popcorn with olive oil to reduce the saturated fat content
- Try making popcorn in oil on the stove
- Opt for no fat! It's still a tasty snack.
- Sprinkle on your own salt; it will most likely still be less sodium than butter popcorn or even low-fat popcorn from the store!
- Or, instead of plain salt, use spices! Some combinations we like are:
 - Parmesan and garlic
 - Lemon and dill
 - Lemon and pepper
 - Oregano and garlic
 - Nutritional Yeast
 - Salt and pepper
 - Be creative, and come up with your own blend!
- Pre-packaged microwave popcorn is often easiest, so in that case go for low-fat varieties or single-servings. If you're popping a whole bag, share with a friend!
- Thirsty? How about some water with sliced lemon or another fruit of choice! Seltzer is another great option.



Did you know?

1 cup of air-popped popcorn is **31 calories, 1 gram of fiber**, and contains no fat. 1 *bag* of buttered, microwave popcorn, however, has 524 calories and 42 grams of fat, 10 grams of which are saturated.

