

Did you know?

Popcorn is a great weight-loss snack



<https://just-popped-popcorn.myshopify.com/>



Popcorn consist of healthy whole grain



Popcorn is a “whole grain,” which means it’s a good source of dietary fiber. In fact, 1 cup has 1.3 grams of fiber. Grains are comparable in concentration of antioxidants to fruit and vegetables,” says Joe Vinson, a professor of chemistry at The University of Scranton in Pennsylvania, adding that while berries and other colourful foods are high in anthocyanin antioxidants, grains are high in phenolic acid antioxidants, which may be easier for the body to absorb.



Popcorn is fully packed with protein



Ounce for ounce, popcorn has more protein and phosphorus than potato chips. (And more than eggs and spinach!)



Popcorn helps you stave off hunger



Popcorn is a great between-meal snack. “Popped corn” is mostly air, which makes it highly effective for staving off hunger cravings without damaging your diet



