



Popcorn: *A healthy corn option*

Fresh corn is healthy, but there's another great way to enjoy corn: popcorn.

When you think of popcorn, you might think of movie theatres and lots of butter. But popcorn is a naturally healthy food without all the extra butter, oil and salt.

Popcorn is whole grain corn. It's made from a specific type of corn that pops open when it's heated. It can be a healthy alternative to higher-calorie snacks like potato chips and crackers. One cup of air-popped corn has just 31 calories and over one gram of fiber.

To keep it healthy, go light on the butter, oil and salt.

Source: United States Department of Agriculture