



Why Popcorn Is a Healthy Snack?

The polyphenols in popcorn may help improve blood circulation



Popcorn is a rich source of fiber which may improve digestive health

Eating popcorn may help with weight loss due to its low-calorie count



Eating unseasoned or lightly salted popcorn may reduce the risk of diabetes

Air-popped corn kernels may help reduce the risk of heart disease



Since popcorn is a whole grain, it may reduce the risk of certain cancers

Reference :

1. Popcorn as a snack: Healthy hit or dietary horror show; American Heart Association

