

Popcorn: A Tasty and Whole-Grain Treat

In addition to its taste and crunchy appeal, popcorn is a whole-grain snack that can boost the fiber content of your diet. The healthiest popcorn is made with an air popper, which requires no oil for heating.

However, air-popped doesn't always mean low in fat. Check the Nutrition Facts label for the total fat, saturated fat and trans fat content of prepackaged air-popped popcorn. Although the package may say air-popped, oil may have been added after popping for flavor. For microwave popcorn, too, check the label to see if oil was added and if so, what kind.

As for buckets of popcorn sold in movie theaters, chances are it's loaded with fat, so satisfy your appetite with a small-sized order.