

VITAMIN G

DAILY HEALTH & FITNESS BLOG

Afternoon Snack: Healthier Microwave Popcorn

Love microwave popcorn? Then you may be happy to know that a major brand just got a makeover to be a little healthier ...



I recently heard about Pop Weaver's new line of microwave popcorn reformulated with canola oil (now the first microwave popcorn to use canola oil). The company says the move will help popcorn lovers lower bad cholesterol and protect against heart disease, heart attacks and strokes. And, because a lot of microwaveable popcorn is made from palm oil, which is high in saturated fat and may have an environmental impact, the move is not only healthier, but greener.

Yay!

P.S. Why popcorn is such a healthy snack. And, this make-it-yourself chili-lime-tequila popcorn sounds so good! Plus, how to make your own microwave popcorn--smart idea!