

NUTRI-SERVE TIP OF THE WEEK

By Kristen Mueller, RD (Nutri-Serve Corporate Dietitian)

Celebrate National Popcorn Day

Monday, January 26, is National Popcorn Day and Nutri-Serve is celebrating this day by offering a Popcorn themed meal...popcorn chicken with a corn muffin served with cauliflower popcorn and a bag of popcorn as a treat.

- **It's Low Calorie:** Popcorn can be a great low calorie snack and it is considered a whole grain. Without any seasoning popcorn has only 31 calories per cup.
- **Season it Yourself:** Control the calories by adding your own seasoning (many stores sell popcorn seasoning). You can even try sprinkling some old bay seasoning.
- **Choose a Healthy Version:** But be aware...popcorn flavored with butter, especially movie theater popcorn, can be high in calories, salt and unhealthy fats. *Smartfood Popcorn* is a lower calorie and lower fat popcorn option with a lot of flavor. *Smartfood* even makes a lighter version called *Smartfood Delight*.

Kristen Mueller, RD