



# What's in it Wednesday

## Popcorn

### Tips for Healthier Popcorn

- Buy organic ready-to-eat popcorn. Popcorn has been called “the most contaminated with pesticide and other chemicals” by the FDA in their 2003 Total Diet Study.
- Don't buy microwave popcorn, even if it is organic. The artificial butter, diacetyl, is linked to lung inflammation and scarring, and can cause breathing difficulties. The bag also contains PFAs, which are highly toxic.

### Healthy Popcorn Brands

#### Ready to Eat

Angie's Boom Chicka Pop  
Sage Valley Organic popcorn  
Trader Joe's organic popcorn

#### Kernels

Arrowhead Mills Organic Popcorn Kernels  
Eden Foods Organic Popcorn Kernels  
Great Northern Organic Popcorn Kernels  
NOW Foods Organic Popcorn Kernels

### Healthy Popcorn Topping Ideas

- Grass-fed butter (such as Kerrygold)
- Spices (such as ground cumin, cayenne pepper chili powder, paprika, or curry powder)
- Seasonings (Trader Joe's 21 Seasoning Salute or Everyday Seasoning; Bragg's Organic Sprinkle)
- Dried or fresh herbs (Rosemary, thyme, parsley, or oregano)
- Grated Parmesan cheese