

# Q1 REGISTERED DIETITIAN'S PICK SNACK SMART & SNACK HAPPY



**WHOLE GRAIN POPCORN STANDS OUT AS AN EXCELLENT AND HEALTHY SNACK CHOICE! PACKED WITH FIBER, IT IS ALSO A GOOD SOURCE OF POLYPHENOLS – AN ANTIOXIDANT THAT SUPPORTS BLOOD CIRCULATION AND DIGESTIVE HEALTH.**

**WHEN OPTING FOR PREPACKAGED POPCORN, BE MINDFUL OF SODIUM, FAT, AND SUGAR CONTENT. LOOK FOR OPTIONS MARKETED AS **FIT**, AS THEY MEET SPECIFIC NUTRITION CRITERIA TO HELP GUIDE YOU. ALSO LOOK FOR OUR DIETITIAN'S PICK POPCORN DISPLAY, WHERE KELSEY HAS HAND SELECTED HER TOP RECOMMENDED POPCORN BRANDS!**

**CHOSEN BY OUR REGISTERED DIETITIAN KELSEY MASSIS, MBA, RD, LD**

FOR THE *good* OF  
PEOPLE AND PLANET

**FOOD** *with*  
**PURPOSE** 