

[IMAGE]

Antioxidants in Popcorn?

Besides being one of the most sought after snacks, popcorn has more than great taste to offer, according to recent studies. The snack food minus the butter is packed with high levels of antioxidants, which are known to fight harmful molecules.

Antioxidants - known as polyphenols - have huge health benefits as they help fight harmful molecules that damage cells.

Researchers unveiled the information about the high levels of concentrated antioxidants in popcorn at a meeting of the American Chemical Society in San Diego. Researchers discovered one serving of popcorn has up to 300mg of antioxidants - nearly double the 160mg for all fruits per serving. They also found that the crunchy hulls of the popcorn have the highest concentration of antioxidants and fiber.

But researchers warned that while popcorn seemed to show a higher concentration of antioxidants it doesn't contain any of the vital vitamins or other nutrients found in fruit and vegetables, which are recommended to be consumed on a daily basis as part of a balanced diet.

The best way to get these nutrients? Make sure when you are preparing your next bag of popcorn it is air popped for lower calories.

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