

## A Hidden Kernel Of Nutritional Information: Popcorn Is A Whole Grain

(NAPSA)—With all the recent emphasis on how important it is for adults and children to add whole grains to their diets, it comes as a surprise to most people that the popular snack food—popcorn—is a whole grain.

In fact, a recent survey by Orville Redenbacher's Smart Pop! reveals that less than 10 percent of Americans are aware of this tasty bit of knowledge.

Currently, the United States Department of Agriculture (USDA) food advisory panel recommends that Americans should be eating three servings of whole grains daily. Yet, many Americans are confused by how to incorporate whole grains into their diet.

But there are many simple and enjoyable ways to add whole grains into your diet. One snack the whole family will enjoy is popcorn—and just three cups of popped popcorn contains one full serving of whole grains!

“Working whole grains into your daily diet is essential—and much easier than most people think,” maintains Jane Kirby, registered dietitian and author of “Dieting for Dummies.” “Substituting popcorn or other snacks is a tasty way to fulfill one recommended serving of whole grains daily.”

Kirby offers some simple tips for incorporating whole grains into your diet:

1. Build sandwiches on whole-grain breads.
2. Serve popcorn as a snack or to accompany lunch. One mini-bag of Orville Redenbacher's Smart Pop! is equivalent to two servings of whole grains.
3. Make your next batch of chocolate chip cookies with a recipe for oatmeal raisin.
4. Begin each day with a whole-grain breakfast cereal. Oatmeal, bran flakes or shredded wheat are a good place to start.



**Popcorn is a tasty way to get a whole grain serving.**

5. Create a delicious “on-the-go” whole-grain sweet treat by adding toasted slivered almonds and peanuts, shredded coconut and raisins to a bag of Orville Redenbacher's Smart Pop!

You can also try this great-tasting recipe for a nutritious, whole-grain snack:

### **Orville Redenbacher's Chewy Popcorn Bars**

*A wholesome snack the whole family can enjoy!*

- 2 Mini-bags Orville Redenbacher's Smart Pop!**
- 2 cups quick-cooking rolled oats**
- 1 cup sweetened dried cranberries or raisins**
- 1 cup dry roasted peanut**
- 1 cup firmly packed brown sugar**
- 1 cup honey**
- PAM Original No-Stick Cooking Spray**

### **Directions:**

- 1. Preheat oven to 300° F.**
- 2. Pop popcorn according to directions on package**

(yields about 12 cups). Remove all unpopped kernels.

**3. Coat 13 x 9 x 2-inch baking pan with cooking spray. Pour popped corn into pan; top with oats, cranberries, and peanuts.**

**4. Combine brown sugar and honey in medium saucepan. Cook on medium-high heat for 6 minutes, stirring occasionally, or until mixture comes to full boil and sugar is dissolved. Pour syrup over popcorn mixture. Carefully toss using two large spoons until mixture is evenly coated with syrup.**

**5. Bake 20 minutes stirring once midway through baking. Remove from oven; lightly press popcorn evenly in pan. Cool on rack about 2 hours or until set. Cut into 24 bars. Store leftovers in tightly sealed container.**

Additional information, popcorn recipes and whole-grain tips from Jane Kirby can be found at [www.orvilleredenbacher.com](http://www.orvilleredenbacher.com).