



Delightful Food Ideas

Low-Fat Popcorn Considered Smart Snack Option

(NAPSA)—When it comes to 100-calorie snacks, not all are created equal. While many offer portion control and convenience, they might not have good nutritional value. Nearly 90 percent of surveyed dietitians consider most prepackaged 100-calorie snacks to contain “empty calories.” Three-in-four dietitians believe the products aren’t filling or satisfying and almost half said they likely wouldn’t recommend these products.

Many consumers have turned to these 100-calorie products to manage their weight. According to IRI Data, sales of 100-calorie snack foods went from \$0 to \$150 million in less than two years. Given this trend, food manufacturers have created 100-calorie packages of popular cookies, crackers and chip products in hopes of answering consumer needs.

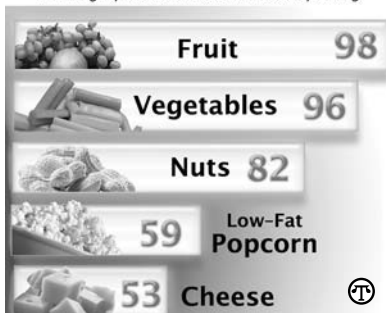
When dietitians recommend snack options to their clients, not only do they look for portion control and convenience, they also seek products that are real food, satisfying and have nutritional value. The five most satisfying snack options recommended by dietitians include:

1. A piece of fruit
2. Vegetable sticks
3. Nuts
4. Low-fat popcorn
5. Cheese

“A better way to spend 100 calories is by choosing a satisfying, nutrient-dense option such as Orville Redenbacher’s SmartPop! 100 Calorie Mini-Bags,” said Patty Packard, registered dietitian at ConAgra Foods. “You get

5 Healthiest Snacks Dietitians Recommend

Percentage of Dietitians who recommend the following:



Dietitians recommend low-fat popcorn as a nutritious and satisfying snack.

six cups of hot, fresh, whole-grain and fiber-rich popcorn instead of 100 empty calories of less nutritious, less satisfying fare.”

Some of the benefits of the popcorn mini-bags include:

- All SmartPop! products are 94 percent fat-free, with zero grams of trans fat per serving, and are made with 100 percent whole-grain popcorn, providing four grams of fiber per serving and zero milligrams of cholesterol.
- The SmartPop! line offers various varieties to satisfy cravings for salty and sweet, from Kettle Korn to Organic Butter.
- Popcorn is a great way for adults and children to get the whole grains they need on a daily basis. Whole grains provide many of the essential vitamins and nutrients that are low in many Americans’ diet. Whole grains also aid in weight management and reduce the risk of heart disease.

For more information on smart, nutritious, 100-calorie snacking, visit www.orville.com.