



NUTRITION WEEKLY

— S E L F - C A R E I N A N E M A I L —

There's no question that microwave popcorn was a go-to snack for many of us growing up — especially in the '90s and early 2000s!

However, research shows that the inside of microwave popcorn bags is actually coated with harmful chemicals, including **PFAS** (aka per- and poly-fluoroalkyl substances). When heated, this inner coating breaks down into hormone-disrupting agents that have been linked to hormone-related conditions such as **hypothyroidism, infertility and cancer**.

Meanwhile, the popcorn itself is often seasoned with inflammatory oils and some questionable ingredients, including synthetic flavourings that have been connected to other health issues.

Yummy?

Now, does this mean you should avoid popcorn altogether? Heck no!

Here are three tips for making popcorn healthy again:

1. Practice safe popping

Healthy methods to pop popcorn include:

- On the stove in a covered pot
- In the microwave with an unbleached paper bag
- Using a hot air popper machine

The healthiest and easiest way to get a perfect pop every time is to use a simple hot air popper, which I explain in [more detail here](#).

This [hot air popper machine](#) is the same one I've used for a decade. It's so user-friendly that my kids can use it, and they do!

2. Use healthy oil

The type of oil you use makes all the difference. If you're using any of the above-mentioned methods (except for the hot air popper), you'll want to use a heart-healthy, anti-inflammatory oil that can withstand high heat, like avocado or coconut oil. When it comes to seasoning your popcorn, extra virgin olive oil is a tasty choice.

3. Avoid synthetic seasonings

Simple toppings always taste best on popcorn. However, if you're opting for a pre-made popcorn seasoning, check the ingredient label for anything artificial, like added colours, flavours and ingredients that don't make sense, or you can't pronounce.

TASTY HEALTHY RECIPE OF THE WEEK

This dairy-free air-popper popcorn recipe tastes **exactly like movie theatre popcorn** but with a fraction of the calories. In this recipe post, you'll also learn how to prepare it so it stays fresh and crunchy for two weeks or more!



DAIRY-FREE AIR-POPPED POPCORN

HEALTHY QUOTE OF THE WEEK

"Popcorn is prepared in the same pot, in the same heat, in the same oil, and yet... the kernels don't pop at the same time. Don't compare yourself to others. Your turn to pop is coming."

- Author Unknown

That's it for today, friend. I hope you have a wonderful week!

Until next time,

ash xo