

Chapter 4: Nutrition

Popcorn is a unique snack food in that it is very often considered to be a healthy snack and is not termed a “junk food” as some snacks are. The nutritional analysis shows that popcorn is comparable to rice cakes which are generally considered to be a healthful snack.

	Calories	Protein	Carbohydrates gm	Fiber gm	Fat gm	Calcium mg	Phosphorus mg	Iron mg	Thiamin B1 mg	Riboflavin B2 mg	Niacin mg	Vitamin C mg	Vitamin A Iu
Plain Popcorn, Air popped (one cup)	25	1	5	0.4	(TR)	1	17	0.2	(TR)	0.01	0.1	-	-
Plain Popcorn, Oil popped (one cup)	40	1	5	0.37	2	1	19	0.2	(TR)	0.01	0.2	-	-
Potato Chips (1 small bag, approx. 1 cup)	150	2	16	1	9	0	47	-	0.05	-	1.1	12	-
Ice Cream, (rich vanilla, one cup)	349	4.1	32	-	23.7	151	115	0.1	0.04	0.3	0.11	0.61	207
Pretzels, (1 small bag, approx. 1 cup)	111	2.6	23	-	1	7.2	25.4	0.6	0.09	0.09	1.2	(TR)	-
Rice Cake, (1 large cake 5 mg)	21	0.5	4.6	0.07	(TR)	0.37	4.4	(TR)	(TR)	-	(TR)	(TR)	-

Data courtesy of the Popcorn Institute