Dear A Moment of Science,  
I love to snack, but I also want to lose weight. The problem is, I really hate vegetables and fruit, at least as snack foods. I want something with a little [salt](http://indianapublicmedia.org/amomentofscience/thirsiter-salt-sugar/), a little crunch. So are there any salty, crunchy snacks that are actually good for me?

Well, if snacking on baby carrots isn’t your bag, and crisp grapes don’t deliver the sort of crunch you’re looking for, there is one snack that may do the trick: popcorn.

Wait. I’ve always thought of popcorn as, well, as straight up junk food. Isn’t popcorn full of salt and butter and all sorts of other high fat, high-calorie stuff?

**Movie Theater Popcorn Vs Plain Popcorn**

Sure, if you’re talking about movie theater popcorn, or caramel corn, or the bagged, cheese sprayed junk at the grocery store. But plain, simple popcorn is not only a healthful snack but also one of the most nutritious foods you can eat.

Popcorn is a whole grain that’s high in fiber and low in calories. Beyond that, food researchers have found that [popcorn is teeming with antioxidant molecules](http://abcnews.go.com/blogs/health/2012/03/26/popcorn-packs-antioxidants-study-finds/)that help protect against [cancer](http://indianapublicmedia.org/amomentofscience/cancer-bloodtest/), heart disease and other illnesses, and repair damaged cells. In fact, like many whole grains, popcorn has more [antioxidants](http://indianapublicmedia.org/amomentofscience/questioning-antioxidants/)than most fruits and vegetables.

**Antioxidants**

It’s still not clear what percentage of those antioxidants is absorbed by the body. But in any case, if you air-pop popcorn and don’t douse it in butter, salt, and other less healthful things, popcorn is really a very nutritious snack.

**Source:**

Moisse, Katie. “[Popcorn Packs Antioxidants, Study Finds](http://abcnews.go.com/blogs/health/2012/03/26/popcorn-packs-antioxidants-study-finds/).” ABC News. March 26, 2012. Accessed February 09, 2017.

百胜！看看营养丰富的小吃！

亲爱的科学时刻，  
我喜欢吃零食，但我也想减肥。问题是，我真的很讨厌蔬菜和水果，至少作为休闲食品。我想要一些[盐](http://indianapublicmedia.org/amomentofscience/thirsiter-salt-sugar/)，一点点紧缩的东西。那么有什么咸的，脆脆的小吃对我有益吗？

好吧，如果吃小胡萝卜的零食不是你的包，而且脆的葡萄不能提供你正在寻找的那种紧缩，有一种小吃可以做到这一点：爆米花。

等待。我一直认为爆米花就像直接的垃圾食品一样。爆米花不是充满了盐和黄油以及各种其他高脂肪，高热量的东西吗？

### 电影院爆米花与普通爆米花

当然，如果你在谈论电影院爆米花，或焦糖玉米，或在杂货店的袋装，奶酪喷洒垃圾。但简单，简单的爆米花不仅是一种健康的零食，也是你可以吃的最有营养的食物之一。

爆米花是一种纤维含量高，热量低的全谷物。除此之外，食品研究人员发现，[爆米花里充满了抗氧化剂分子](http://abcnews.go.com/blogs/health/2012/03/26/popcorn-packs-antioxidants-study-finds/)，有助于预防[癌症](http://indianapublicmedia.org/amomentofscience/cancer-bloodtest/)，心脏病和其他疾病，并修复受损细胞。事实上，像许多全谷物一样，爆米花比大多数水果和蔬菜含有更多的[抗氧化剂](http://indianapublicmedia.org/amomentofscience/questioning-antioxidants/)。

### 抗氧化剂

目前尚不清楚这些抗氧化剂的百分比是否被人体吸收。但无论如何，如果你播放爆米花并且不用黄油，盐和其他不太健康的东西，爆米花真的是一种非常有营养的零食。

### 资源：

Moisse，Katie。“ [爆米花包装抗氧化剂，研究发现](http://abcnews.go.com/blogs/health/2012/03/26/popcorn-packs-antioxidants-study-finds/)。”ABC新闻。2012年3月26日。访问时间为2017年2月9日。