



Health Benefits of Popcorn

POP ART SNACKS

Popcorn Improves Digestive Health

Popcorn is good for the digestive system and tract, popcorn is high in fiber, helps with digestion, maintains a sense of fullness throughout the day, is important for a healthy heart, and may even help prevent colon cancer. Due to its high fiber content, eating popcorn can help promote healthy gut bacteria that are important not only for digestion but also for healthy immune systems.



Popcorn Antioxidants Benefits

Yellow popcorn is rich in carotenoid antioxidants, including lutein and zeaxanthin, which not only help prevent eye health, and may prevent age-related macular degeneration, but also works to fight systemic inflammation, which may be lower in the number of chronic diseases.



Helps in Metabolism and Provides Energy

Popcorn is rich in vitamin B, which includes vitamins B3, B6, folate, and pantothenic acid. Vitamin B is essential for regulating the body's processes throughout many systems. Two examples of this are energy production and digestion of various nutrients.



Helps to Reduce Depression

The Vitamin B3 present in popcorn, also known as niacin, has been shown to have a natural anti-depressant effect, making popcorn a “comforting food” in a literal sense



Controls Blood Sugar Level

Dietary fiber also affects blood sugar levels in the body. When the body has a sufficient amount of fiber, it regulates the release and management of blood sugar and insulin levels better than people with low fiber levels.



Pop Art Snacks

Pop Art Snacks elevates POPCORN by infusing it with fun and unique flavour combinations that appeal to the eccentric foodie and snack lover. We take the traditional snack, popcorn, and elevate it by adding our own style of flavour using natural ingredients and turning it into a savoury "taste of art".



<https://popartsnacks.com/>



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