**Major Maize**

Power of: Longevity, Strength

Major Maize withstands the test of time. She’s durable and strong with the power of whole grains to fuel her.

Quick Facts:
- Popcorn is a whole grain, a type of maize, and a member of the grass family
- Maize has been around for thousands of years — the oldest ears of popcorn ever found were about 4,000 years old!

**Captain Kernel**

Power of: Quality Control, Regeneration

U.S. popcorn processors are responsible for producing most of the popcorn consumed throughout the world. Captain Kernel makes sure popcorn remains a high-quality, affordable food.

Quick Facts:
- All U.S. grown popcorn is 100% non-GMO
- 13.5 percent moisture is considered ideal to ensure maximum popcorn popability

**Fiborg**

Power of: Converting Data

Fiborg’s spray jets allow him to infuse you with nutrients. He takes popcorn apart, and feeds the nutrient data into the human system.

Quick Facts:
- One serving of popcorn can provide about 70-percent of your recommended daily intake of whole grain
- Popcorn contains a number of essential nutrients, including dietary fiber, iron, and B vitamins

**Super Poppy**

Power of: Magnetism, The Senses, Happiness Generator

Super Poppy draws you in for an extraordinary snack, awakening your senses through his powerful, delicious smell and taste!

Quick Facts:
- The smell of freshly popped popcorn can stimulate your appetite — and whole grains can satisfy hunger cravings
- Americans are so drawn to popcorn that we consume some 13 billion quarts of this whole grain, good-for-you treat

**Edible Hull**

Power of: Transformation, Shapeshifting, Flight

When he’s hot, the Edible Hull bursts and changes into another form. He’s protected by a natural armor — a power suit — which gives him strength.

Quick Facts:
- Popcorn has a hard outer layer, the hull, which is essential for making it pop
- A single kernel can swell to 40–50 times its original size

**PipPop**

Power of: Energy, Suppression, Protection

PipPop is a lean, mean, hunger-fighting machine. She’s fast enough to make you feel full quickly, and keeps you satisfied for a longer time.

Quick Facts:
- Popcorn is a whole grain that contains fiber, which grabs onto toxins as it makes its way through the digestive system
- Whole grains contain complex carbohydrates that digest slower, helping you control your appetite and delay hunger

**Super Snacking Tips**

Fuel your body between meals. A little whole grain snacking will go a long way in keeping hunger pangs away.

Take healthy snacks with you on the go. You can satisfy hunger without being tempted by junk food.

1 cup of air-popped popcorn
- 30 CALORIES
1 cup of lightly buttered popcorn
- 80–90 CALORIES
3 cups of popcorn
- 1SRV WHOLE GRAINS

**Be Your Best Superhero**

Superheroes know the importance of a strong, healthy body.

- Create an action plan
- Picture what the healthiest you looks like
- Join forces with other healthy heroes
- Fuel your body with super foods.
- Treat like a superhero
- Share your healthy superpowers with others

**Get Active**

Superheroes are active all day — get your body moving with exercise and fun activities. Eating foods from each food group every day is your best bet for staying healthy, and when it comes to grains, choose whole grains over refined grains.

**Whole Grains**

Whole grains contain the entire kernel — the bran (pericarp), germ, and endosperm. Refined grains have been milled, a process that removes the bran and germ. This is done to give the grains a finer texture, but it also removes dietary fiber, iron, and many B vitamins. Because whole grains keep their dietary fiber, they play a key role in keeping bodies healthy.

**Exercise Your Brain**

Visit popcorn.org/activities for activities, fun facts, downloadable trading cards, and more!