BE A
HEALTHY HERO

with Whole Grains

BE YOUR BEST SUPERHERO
Create a healthy action plan
Picture what the healthiest you looks like.
Join forces with other healthy heroes.
Fuel your body with super foods.
Train like a superhero.
Rid the world of evil junk food villains.
Share your healthy superpowers with others.

SNACK SMART
Snack healthy and smart throughout the day:
Whole grains help you feel full longer AND give you energy.
Pack healthy snacks while you’re on the go.

HEALTHY BODY BLASTOFF

5 ounce equivalents of protein
4-5 cups veggies and fruits
3 servings whole grains
3 cups of milk

No more than 2 hours of tv/video/internet/apps
At least 1 hour of exercise
0 sugary drinks

BLASTOFF!
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.

GET ACTIVE
Superheroes are active all day, get your body moving with exercise and fun activities.

EXERCISE YOUR BRAIN
Visit popcorn.org/activities to download these popular activities!
Match the Kernels

healthy eating facts

Popcorn is a whole grain food, which makes it a high-quality carbohydrate source that is low in calories, and provides fiber to the diet. Air-popped popcorn has only 30 calories per cup, oil-popped has 35 calories/cup, and buttered has 80 to 90 calories/cup. Three cups of popcorn counts as 1-ounce equivalent 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.

Visit chooseMyPlate.gov for more healthy tips.