

Healthy Children, Healthy Family

Popcorn Snack



Makes: 10 servings of 1 cup each

Preparation time: 10 minutes

Ingredients:

- 3 Tbsp. of popcorn kernels, unpopped
- 4 cups of pretzel sticks
- 1 cup of dried fruit (raisins or craisins)
- Optional: 2 Tbsp margarine (0 trans fat) or butter, melted

Instructions:

- 1) Make the popcorn in an air popcorn machine.
- 2) Mix the popcorn, pretzels, and dried fruit in a bowl.
- 3) Add the margarine.
- 4) Put a cup of the mixture in a bag to carry.



Nutrition Facts

Serving Size (21g)	
Servings Per Container	
Amount Per Serving	
Calories 80	Calories from Fat 15
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 65mg	3%
Total Carbohydrate 15g	5%
Dietary Fiber 1g	4%
Sugars 6g	
Protein 1g	
Vitamin A 2%	• Vitamin C 0%
Calcium 0%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

My Family's Goal: We will try our best to
