



Nutritional Value and Health Benefits of Popcorn

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Description

Popcorn, already known as a good source of fiber, has higher levels of healthy antioxidants than other fruits and vegetables, according to a new study. Antioxidants reverse the damage to unstable molecules known as "free radicals." "Popcorn polyphenols are not diluted with water like those in fruit. Popcorn starts with about 15% water and ends with a few percent." In addition to fiber, popcorn is also a good source of polyphenols, which are antioxidants linked to better blood circulation and digestive health, as well as the lower risk of certain cancers. Another health benefit of popcorn is its high saturation.

Plants are known to contain high levels of organic matter known as polyphenols; studies have shown that they have antioxidant activity. Maize is generally known for its high levels of phenolic acid, and ferulic acid is abundant. The main difference between popcorn and other maize is that the pericarp (skin) of popcorn is very hard and not as porous as the pericarp of other corn varieties. This is the area that allows popcorn to explode when burned as the internal water turns to steam and the hull explodes. The skins of fruit and vegetables are known to have more polyphenols than the inner fruit. Since hull or pericarp is more concentrated in popcorn than in other cereals, popcorn should have significant amounts of polyphenols.

Nutritional value of popcorn

Popcorn is a complete cereal and contains high levels of a few essential nutrients. 100 grams of airborne popcorn provides 387 calories, 13 grams of protein, 78 grams of carbohydrates, 5 grams of fat, 15 grams of fiber, 7% vitamin B1 (thiamine), 12% vitamin B3 (niacin), 8% vitamin B6, 18% iron, 36% magnesium, 36% phosphorus, 9% potassium, 21% zinc, 13% copper and 56% manganese.

Health benefits

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.

Supports healthy bone function: Popcorn contains phosphorus, a mineral that helps support bone function, and the function of many cell types throughout the body. Manganese is mineral found in popcorn that also supports healthy bones.

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.