



Can I eat healthy at the movies?



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While I was stuck in the apartment resting my arm for the past week and a half, I rummaged in the cabinets a little bit too often. When I'm working out, I feel more motivated to stay away from the ice cream and pick up a banana instead, but I do get lazy when I'm lounging on the couch and not exercising as much (even the healthiest of us have couch potato days). So when my friend offered to see *Dear John* with me, I jumped at the opportunity to get out and do something.

I'm a huge movie buff, a little bit because I just love movie theater popcorn! It's my one and only biggest treat and sometimes I'll skimp all day to allow myself to have just some of that buttery popcorn (mmm I can taste it just thinking about it!). However, I was so lazy all week that I knew it wouldn't be good to splurge this time. Since I'm coordinating our annual snack awards and have access to my favorite treats right now—and because we have so many yummy snacks just hanging around the office—I made a quick stop to pick up a bag of my favorite [Popcorn Indiana](#) "Original Movie Theater Popcorn." I've tried them all, and this one tastes so much like the real thing—but with so fewer calories and grams of fat. (A serving of this stuff has only 160 calories and 12 grams of fat—but a medium-sized popcorn with butter from [Regal Cinemas](#) has 1,200 calories!!!) So I packed some popcorn in Ziploc baggies and took it with me to the theater.

The thing is, once I was in my seat and munching away, I didn't even want the tub of popcorn the guy next to me was eating. It's really true: if you're prepared with a snack on hand, you won't be as tempted to eat the bad stuff. The girl next to my friend must have thought so too because she was eating from a 100-calorie pack of popcorn from home. We just looked at each other and laughed!