

## Air-Popped Popcorn Pouch Size & Weight Guide

| Pouch Size | Savory Weight<br>(Grams) | Sweet Weight<br>(Grams) |
|------------|--------------------------|-------------------------|
| Mini       | 12g – 17g                | 25g – 35g               |
| Medium     | 40g – 50g                | 130g – 150g             |
| Large      | 95g – 110g               | 225g – 275g             |
| Family     | 120g – 150g              | 400g – 500g             |

### Important Notes:

- **Flavor Variations:** Actual weights may vary slightly depending on the specific flavor.
- **Sweet vs. Savory:** Sweet flavors are naturally denser and heavier than savory ones, resulting in a wider weight variation across sizes.
- **Caloric Density Disclaimer:** Gram for gram, Lite popcorn is much lighter! A 30g serving gives you more actual popcorn than the regular version, which is why the 30g caloric count appears slightly higher—you're getting more pieces per bowl!
- **Margin of Error:** Please allow for a 5% to 10% variance in pouch weights due to standard manufacturing and filling tolerances.