

THE HARTFORD COURANT

# FLAVOR

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## Support A Key In Dieting

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■ At Buckland Hills Mall — maybe elsewhere, too — there's a candy store on the upper level called Tropic Sun that sells toppers to flavor popcorn in many different ways. They have no calories or fat. The flavors range from "white cheddar to Cajun to chocolate marshmallow to garlic and onion. The ones I tasted seemed quite authentic," this woman writes.

This strikes me as a real breakthrough because when you use an air popper, you have a decent snack for a weight watcher, but you're also eating puffed-up cardboard. I've tried soy sauce and other seasonings, but they don't add up to a treat. The company also has a website, [nomorenaked-popcorn.com](http://nomorenaked-popcorn.com), which is such an amusing name, I just ordered the white cheddar topping from it. The shipping was \$1 more than the topping — it better be good!