



4 Healthy Lunch Tips for Travelers

Nutritious eating on the go while getting from place A to place B can be a challenge. Here are tips for eating right at the airport and on the road:

1. Planning ahead saves you time and money. Having snacks on hand will help keep temptation at bay during delays and layovers. Slip some of these security-friendly snacks into your carry-on...
 - Nuts
 - Apples or grapes
 - Whole grain crackers
 - Granola bar
 - Peanut butter sandwich
2. Save money on drinks by bringing a reusable empty water bottle. Bottled water is more expensive in the airport. Fill up your water bottle at a drinking fountain (after you pass through security screening, if flying).
3. Many airport eateries—both fast food and sit down restaurants—offer healthier choices these days. If your travels are long, do a bit of research online to see what's available at your layover airport.
4. Keep these healthful tips in mind when ordering at a restaurant:
 - Order the smallest sandwich, without cheese and sauces.
 - Get all the sauces on the side
 - Split something if entrées are large
 - Order a lunch portion, if available
 - Avoid fried foods and sides
 - Ask for a salad or vegetables instead of fries.