

Airport Healthy Eating Pocket Survival Guide

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The health conscious traveler wants food that will:

- Provide sustained energy
- Prevent hunger & cravings
- Travel well



Choose restaurants that serve:

- Protein (meat, seafood, tofu) entrees with vegetables, salad, or fruit.
- Salads with protein
- Charcuterie—meat, cheese, olives, nuts, fruit
- Eggs & bacon



Choose express food stands that sell grab & go options such as:

- Protein (meat, seafood, tofu) entrees with vegetables, salad, or fruit.
- Salads with protein
- Charcuterie—meat, cheese, olives, nuts, fruit
- Eggs & bacon

Because the perfect option isn't always available, you will need to adapt what is offered to meet your needs.



What to Look Out For

Airports are full of what have traditionally been thought of as “comfort” foods. They seduce you with their promise of comfort, but that is not what they deliver. What you get instead is a fleeting carb buzz, followed by depleted energy, hunger, cravings, and bloating.

Foods to Avoid:

- Sweets—pastries, sweetened drinks, candy
- Starchy foods—bread, crackers, chips, pretzels, pasta, potatoes
- Alcohol

When ordering restaurant dishes that include these foods, request that they be removed before your food is served or packed for carry on. Many places will substitute these items with fruit, extra vegetables, or extra nuts. All you have to do is ask.

Insider Tip:

If you can't find any of these options, either due to time constraints or availability, grab a burger or sandwich and remove the bread. Or when ordering a freshly made burger or sandwich, ask for it to be made as a lettuce wrap.