



## THE RIGHT FOOD TO EAT WHILE FLYING

HOW TO ORDER THE HEALTHIEST MEALS.



Nothing is worse than empty calories at 30,000 feet. Most health experts will tell you to brown-bag it, but if there's no time to pick something up, you'll need a smart strategy for choosing from the in-flight menu. Here, nutritionist Christine Avanti reviews the gourmet fare on four major airlines.

### AMERICAN (Lunch/Domestic)

**SKIP:** Flatiron steak topped with a rich sauce of mushrooms and pearl onions, served with broccolini

**PICK:** Teriyaki-ginger-glazed salmon with taro mash and julienned carrots

**WHY:** "Both are proteins, but salmon has omega-3s, while the steak is higher in saturated fat."

### UNITED (Dinner/Domestic)

**SKIP:** Fresh seasonal greens; hearty vegetable chili in a sourdough bread bowl

**PICK:** Shrimp cocktail; lemon-grass chicken with Thai barbecue sauce, brown rice, and stir-fried vegetables

**WHY:** "The salad won't satisfy you the way the shrimp will, and the chili gives you a lot more fat and carbs."

### VIRGIN AMERICA (Anytime Meals)

**SKIP:** Artisanal cheese and fruit

**PICK:** Bavarian roast-beef sandwich

**WHY:** "You get more protein and less fat with the sandwich."

### DELTA (Dinner/International)

**SKIP:** Mixed green salad; seared cod fillet with tomato-and-olive ragout, potato galette, and sautéed leeks

**PICK:** Smoked salmon with caramelized leeks; grilled fillet of beef with port-wine sauce, potato wedges, and asparagus

**WHY:** "Both the cut of steak and the cod are lean, but the potato galette is much higher in fat than the potato wedges."

### THE SNACKS TO GRAB BEFORE YOU BOARD

Nutritionist Kerl Gans on what you can eat in the air so you'll feel sharp when you're back on the ground.



**Almonds, walnuts, or cashews:** "All are rich in monounsaturated fats, so they're more satiating than pretzels and good for the heart."



**Roasted edamame:** "Low in saturated fat and high in fiber. Plus, research suggests that soy can help lower cholesterol."



**Fruit:** "Always bring a piece of fruit to get some high-fiber carbohydrates—that will give you energy."



**Yogurt:** "Instead of sugary flavored yogurt, buy low-fat plain yogurt and toss in fresh fruit."



**Energy bars:** "Don't exceed 200 calories, because otherwise you're getting a lot of fat and sugar."

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*I always have these with me when flying: Purell, Afta, Listerine breath spray, Zicam, and cookie-dough-flavored Balance Bars.”*

—SCOTT STERNBERG, BAND OF OUTSIDERS