

## What about healthy eating on an airplane? 26107

Dietitian Jennifer Baumann, TrimTalk.com Director of Nutrition, has you covered with diet-friendly airline travel tips. "Plan and pack ahead so you can snack happy and healthy," urges Baumann.

Here are some of her healthy snack ideas that travel well:

- Any kind of pre-washed fresh fruit.

- Popcorn: Top air-popped popcorn with "butter buds" or with light parmesan cheese. Put in a baggie and off you go.



- Pretzel sticks.

- Nuts: roasted or raw almonds, walnuts or peanuts (not oiled or candied).

- Low-fat string cheese or chunked low-fat cheese.

- Cereal bars (first ingredient should be whole grain; each should have less than 10 grams of sugar per bar and a maximum of 3 to 4 grams of fat).

- Dried or dehydrated fruit: raisins, apricots, pears, apples.

- Frozen grapes make deliciously icy finger-popping foods.

- Baked chips, or healthy pita chips (quarter whole-wheat pitas; season, bake and bag to go).

- Don't forget the water — you can get dehydrated quickly when flying.

Source: TrimTalk.com