

# NEWSWORTHY TRENDS

## The Mad Dash: Snacking While Traveling For Business

(NAPSA)—Business travel has become downright grueling. Security lines. Flight delays. Higher prices. Tighter connections. Lost luggage. It all adds up to frayed nerves and exhaustion.

According to the Department of Transportation, U.S. airlines had a lower rate of on-time flights and more reports of mishandled baggage last year than in 2006. In fact, consumers filed more than 13,000 complaints about airline service with the federal government, a 58 percent increase over the year before.

“These days, a delayed flight means eating while traveling is a major challenge,” says Sunbelt Snacks Registered Dietitian Joanne V. Lichten, Ph.D., R.D., author of “Dr. Jo’s How To Stay Healthy & Fit on the Road.”

Consider what happens if you don’t take food with you when you fly. If your original flight is delayed, your idea of sitting down for a decent meal has just been cancelled. Your options are now limited to the food establishment with the shortest line nearest the gate for your connecting flight.

Lichten recommends frenzied travelers plan ahead and consider these options for your carry-on bag:

- Bottled water (buy it just as soon as you pass the security line).
- Fresh or dried fruit, such as raisins, bananas, apricots and cranberries.
- Dry cereal such as granola that can be carried in a zip-top plastic bag, since you’re buying more plastic bags anyway for those airport security lines.
- Trail mix.
- Dehydrated, high-protein, high-fiber soups such as black



**Frenzied travelers need to plan ahead when eating on the go.**

bean and lentil. The hot water is available in the airport or on the plane.

- Granola or cereal bars.

Sunbelt Oatmeal Raisin low-fat Chewy Granola Bars are individually wrapped for freshness and portion management. Each granola bar has whole-grain oats, no cholesterol and is just 140 calories.

Whether you’re traveling by plane or spending this week on your home turf, Lichten says to be sure to eat a balanced diet and watch your portion sizes to maintain a healthy weight and proper health. You should also get 30 minutes of moderately intensive exercise such as walking, jogging or bicycling five days a week outdoors or in a fitness room—enough to raise your heart rate, break a sweat and still be able to carry on a conversation.

For more information, visit [SunbeltSnacks.com](http://SunbeltSnacks.com).