

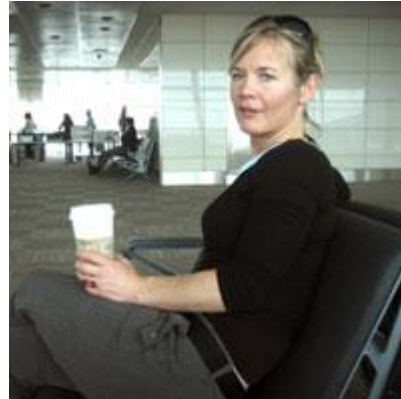
Vegan Stromboli Among Offerings on List of Airports with Most Healthful Food

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Holiday travelers should have little trouble finding a healthful meal in many of the nation's busiest airports—including Dallas, Detroit, and Chicago—according to PCRM's 2008 Airport Food Review. But the report, now in its eighth year, also found that airports in Atlanta, Las Vegas, and Washington lag far behind.

PCRM dietitians found that 80 percent of the airport restaurants surveyed offer at least one low-fat, cholesterol-free vegetarian entrée, making this the third year in a row with such a high score. The survey examined food served at 15 of the busiest airports in the country.



Some airports are much better than others. Travelers with a layover in Dallas, Detroit, or Chicago will have no trouble finding a healthful meal. But those traveling through Las Vegas or Atlanta will have to look much harder: Las Vegas McCarran International and Hartsfield-Jackson Atlanta International both scored near the bottom of PCRM's report.

"Travelers looking for healthy food should choose vegetarian options, which are naturally low in artery-clogging saturated fat and high in fiber," says [Susan Levin, M.S., R.D.](#), a PCRM dietitian. "Even in the lowest-ranking airports, it's easy to find a bean burrito or a veggie burger."

Ninety-five percent of the restaurants at both Dallas/Fort Worth International and Detroit Metropolitan Wayne County offer at least one healthful option. At Hartsfield-Jackson Atlanta International, the figure is 67 percent. Although Ronald Reagan Washington National's score is a dismal 60 percent, it made the largest improvement this year, gaining 18 points.

PCRM dietitians gave each restaurant a point if its menu included at least one low-fat, high-fiber, cholesterol-free vegetarian entrée. The final percentage score was derived by dividing the airport's number of restaurants serving health-conscious fare by its total number of restaurants.

Airport	Score	Healthy Restaurants/ Total Restaurants
1. (tie) Dallas/Fort Worth International Airport	95%	86/91
1. (tie) Detroit Metropolitan Wayne County Airport	95%	59/62
2. Chicago O'Hare International Airport	88%	78/89
3. Houston George Bush Intercontinental Airport	83%	50/60
4. Phoenix Sky Harbor International Airport	82%	50/61
5. Los Angeles International Airport	81%	48/59
6. Denver International Airport	79%	38/48
7. (tie) Minneapolis-St. Paul International Airport	77%	46/60
7. (tie) San Francisco International Airport	77%	47/61
8. Orlando International Airport	76%	29/38
9. (tie) Miami International Airport	75%	24/32
9. (tie) Newark Liberty International Airport	75%	53/71
10. Las Vegas McCarran International Airport	71%	41/58
11. Hartsfield-Jackson Atlanta International Airport	67%	56/83
12. Ronald Reagan Washington National Airport	60%	18/30

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