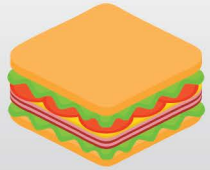


# HEALTHY SNACKS AND MEAL OPTIONS AT THE AIRPORT

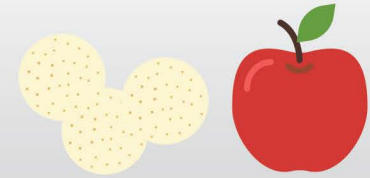
Sandwiches and wraps on whole-grain bread



Whole-grain, low-sugar granola bar or trail mix paired with Greek yogurt



String cheese, fruit, and whole-grain crackers



Salads with a lean protein, whole grains, and 2-3 vegetables



Grilled protein entrée (chicken or fish) with vegetables and a whole-grain starch



Snack or bento boxes that include a protein, fruit, whole-grain side and a healthy fat source (e.g., avocado, nuts, nut butter, or cheese)



Greek yogurt paired with fruit and nuts



Broth-based vegetable soup with whole-grain bread and 1 piece of fruit or fruit cup



Sushi (if fresh)

