

In Pictures: How To Find Healthy Airport Food

Healthy food is no longer hard to come by at the airport. Restaurants and kiosks have added fresh, light and nutritious options in recent years. We asked Joan Salge Blake, professor of nutrition at Boston University and author of *Nutrition & You*, to evaluate menus from eateries at 10 of the nation's busiest airports. She was able to find healthy alternatives at each one, including at Ben & Jerry's and Taco Bell. Please note that menu items may vary at different airports.

March, a special KFC Do you take me with Fun activities in the shop built decades KFC restaurant shiny ITC opening. I take with your activities with the children in the form of diet and nutrition with a balanced combination of ideas, and to implement KFC food health policy, advocacy nutritious began in the spring. Children happily own hands Games, Kentucky countryside Hamburg, nine-zhen juice, corn stick, chicken, etc. Naturally, that original flavor punch

The first product with a delicious free packages, which have been invited from experienced by the child health nutrition dietitians in accordance with the principle of balanced children to be with their comments, and tell you the spring special attention to the diet, with vice, meat, with - and the coarse grain and fine grain nutrition with the concept. Professor Shao decide the final package with both delicious and reasonable child, presented a balanced nutrition experts on the certificate of honour. Dietitians also to the presence of every customer, gave a lecture on healthy eating knowledge, and gave briefings on China KFC food health policy, Do you take me with Fun happy atmosphere with easy to understand how both can be delicious more healthy. As Lang Lang

Breakfast vibrant, exciting appeal will promote the same, it seems that KFC Shiqiang nutritious food health policy in the end.

KFC began in the spring nutritious value. Spring March, on the Jin Mao Ju, in one breath introduced two new products, a children s set, a re-launch of salads, healthy breakfast also launched the sports Beat Route 3 lindane for publicity. The listing of new products, bring the people more diversified choice nutritionally balanced concept of advocacy so that people can enjoy delicious food KFC at the same time a healthy harvest. KFC products in March this year has really colorful fun. Sichuan-Hemiptera, Kentucky s leading fin products Adds new family members. Will be divided into two wings, with a thick Yanliao Rolling peppery marinated, the flavor more Yanliao infiltration, the Frying after Sprinkle with seasoning second peppery sauce, to the full Ruwei. Hi believe spicy friends will not be disappointed, try one on, once unveil delicious. Kabuainuo coffee egg tarts, in that it retains the original flavor of the egg tarts Xiangsu served, another aromatic mellow taste of coffee, is the perfect combination of the two. As for the double-tender bamboo shoots salad, in the KFC restaurant had earlier launched by the consumers because of love, the re-landing, fresh spring fills the rushing toward us. At the same time, KFC has not neglected children groups, taking into account the physical spring is a long time, nutritional balance is not ignored, on the 20th is introducing a new portfolio D packages, from Fort Pastoral crispy chicken, fresh vegetables and nine seasons Jindo Juice composition, intended to provide more choices, and guide the children eat a balanced, nutritional eating.

KFC under the world s largest catering group - Yum Global Food Group. Yum groups in more than 100 countries worldwide with more than 33,000 chain restaurants and 840,000 employees. Its affiliates, including KFC, Pizza Hut, bell tower can be (Taco Bell), A W and Long John Silver s (LJS) five of the world s famous restaurant brands, respectively, in the global cooked chicken, pizza, Mexican food and seafood flavor chain catering areas ranked first in the world. KFC has been present in China more than 1,500 restaurants.

About the Author

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