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JANUARY 23RD, 2014

DFW Airport aiming to be the "World's Healthiest Airport"

Jan 23, 2014

Kristy Williams

No comments yet

Air Travel, Food & Drink, The Jet Diet

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Passengers traveling through Dallas/Fort Worth (DFW) International Airport can avoid diet turbulence and fuel their bodies with the right nutrients thanks to the healthy offerings available at any DFW restaurant. The Airport has launched a marketing campaign entitled "Eat Healthy at DFW" to support the effort of DFW concessionaires in providing healthy eating options. DFW concessionaires are participating in the campaign, each offering at least one low-calorie, low-fat, low-sodium, cholesterol-free, plant-based, or high-in-fiber entree or menu item.

"Although we are very proud to be the fourth busiest airport in the world, we are equally as proud to be one of the healthiest," said Ken Buchannan, executive vice president of revenue management at DFW Airport. "Providing our customers with healthy, diverse and nutritious dining options is another sign of our commitment to making our customer experience exceptional and supporting those who strive to maintain a healthy lifestyle, even while traveling."

DFW Airport requires all food and beverage concessionaries to offer at least one healthy entrée or menu item. Examples of such options include:

- Roasted corn and lime crema tacos and black bean and roasted red pepper quesadillas from Urban Taco (C22);
- Enchiladas de avocado (vegetarian enchiladas with artichoke and avocado) from Cantina Laredo (D24);
- Veggie-packed teriyaki bowls from Blue Bamboo Xpress (D31);
- "Tofusion" whole-grain brown rice bowls from UFood Grill (B8);
- Gourmet veggie plates such as the "Southern Classic" at Cousins Bar-B-Q (B28, D28), with baked beans, corn-on-the-cob, green beans, black-eyed peas, and okra; and the award-winning "Martha's Vegetable Plate" at Reata (D33), an expansive raft of simply grilled and roasted asparagus, zucchini, yellow squash, red bell pepper, tomato, sweet potato, spinach, balsamic-glazed Portobello, sweet onion, ranch beans and Spanish rice.

According to the Physicians Committee for Responsible Medicine's 2013 Airport Food Review, DFW Airport ranked as the 5th best for healthy eating, with 79% of on-site restaurants offering at least one plant-based, fiber-packed entrée. The rankings are determined by dividing the number of on-site airport restaurants offering at least one healthful plant-based entrée by the total number of restaurants in the airport. A restaurant ranks as "healthful" if it serves at least one high-fiber, cholesterol-free menu item, which includes a breakfast, lunch, or dinner entrée. The healthful option must include at least two of the four food groups on the Physicians Committee's Power Plate: fruits, vegetables, whole grains, or legumes.

"It is our priority to top the 2014 Airport Food Review ranking with 100% of our eateries serving a nutritious option," added Buchanan. "Our concessionaires are excited about ramping up their offerings to include gourmet, fresh, and even organic selections, and our passengers are excited to know they can avoid diet 'turbulence' when traveling through DFW."

The Airport's healthy eating campaign is its latest initiative aimed at supporting healthy life choices for passengers. In 2012, DFW unveiled its LiveWell Walking Path – measuring seven-tenths of a mile – inside Terminal D to give traveling passengers an option to exercise while on-the-go. A full-service Yoga Center and multiple children's play areas complete with games, activities and playscapes provide additional opportunities for staying fit while traveling.

Last updated by [Kristy Williams](#) on January 22, 2014.

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