

Posted on Wed, Dec. 28, 2011

MIA scores high for healthy food

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Miami International Airport got high marks for healthy food offerings in a report by the Physicians Committee for Responsible Medicine.

The airport tied for sixth place with Denver International Airport. Detroit Metropolitan Wayne County Airport was the winner for the third year in a row.

In the report, dietitians from the Washington, D.C.-based group that advocates vegan and vegetarian diets scrutinized the food options at 15 major airports. They found that 83 percent of restaurants at those airports offer at least one low-fat, high-fiber, cholesterol-free vegetarian entrée. Eateries that did not serve entrées were not included.

The report singles out the hummus platter at Beaudevin and Unique veggie burger or Asian veggie salad bowl at The Counter at MIA, which moved from last year's rank of eighth place.

Restaurants were rated as healthy if they served at least one lunch or dinner entrée that was low in fat, high in fiber and free of cholesterol.

Read more: <http://www.miamiherald.com/2011/12/28/v-print/2564735/mia-scores-high-for-healthy-food.html#storylink=cpy>

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