

YOUR FLYING FIX!

- ✓ Skip in-flight meals that are loaded with salt, sugar and carbs. Protein bars are a better option; look for bars that contain at least 20 grams of protein and no more than 8 grams of sugar. Craving a traditional meal? Scope out the terminal for a salad with grilled protein.
- ✓ Blood circulation slows down in the air, resulting in swollen feet. Kick up the flow with a pair of tight (but not constriction) socks. They massage your feet and help prevent puffiness. Try: Smart Wool Adventurer wool-nylon socks, \$21. www.smartwool.com
- ✓ For maximum hydration in-flight, eat water-rich veggies like celery and red bell peppers which contain more vitamin C than an orange and you're fending off the possible effects of germs and dehydration with every bite.
- ✓ Flying is tough on the body. The recycled air, the altitude and the guy sneezing next to you take a toll. Relax with bottled mint green tea (or tuck a few tea bags in your carry-on and ask for a cup of hot water!) which is loaded with antioxidants and bioflavonoids that boost immunity and fight free radicals. Another bonus, it won't increase jet lag or sap your energy like a glass of wine.