



In a recent Yahoo article, the international foodie guru insists he never eats while flying coach. He cites lack of cleanliness, reheating of old food and other unhealthy practices by airline attendants.

Your travel4seniors.com editor, with more than a half-century of flying in the cheap seats, agrees. Also, the price of an airline meal has risen during those years from \$5 (often free back then) to as much as \$50.

As Ramsey suggests, if you're flying coach, before leaving home, pack a healthy, easy-to-eat sandwich or salad, and take along a sealed paper or plastic cup of juice. Or stop at a deli, fast food or Chinese restaurant on the way to the airport.

Take aboard a paper plate of your favorite snacks. Just make sure everything you're carrying to your seat doesn't violate airport security rules.