USA Today reports results of a survey of U.S. airports conducted by the Physicians Committee for Responsible Medicine. The conclusion of its annual Airport Food Review is that Los Angeles International Airport (LAX) serves the healthiest foods.

The selection, as quoted in the report, includes "the healthy basics" -- veggies, fruits, whole grains and legumes." This, of course, is good news to seasoned air travelers who've spent decades cruising airports with only fast-food and greasy spoon eateries greeting them while on their way to flights.

So, next time you're at the airport and have time for a meal, stop at one that serves the freshest and healthiest foods. And when finishing your meal, buy a take-out package for when aboard your flight. We're sure you've noted that in-air airline food keeps getting more expensive and less edible.