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FITNESS FOODS

The Best Fitness Foods for Women

17 foods everyone should eat



1 of 17 Avocados

The cholesterol-lowering monounsaturated fat in these green health bombs can help keep your body strong and pain free. University of Buffalo researchers found that competitive women runners who ate less than 20 percent fat were more likely to suffer injuries than those who consumed at least 31 percent. Peter J. Horvath, Ph.D., a professor at the university, speculates that the problem is linked to extreme low-fat diets, which weaken muscles and joints. "A few slices of avocado a day are a great way to boost fat for women who are fat shy," says Leslie Bonci, R.D., director of sports nutrition at the University of Pittsburgh Medical Center.



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