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# Food Fight!

Some foods may seem pretty similar nutrition wise at a glance (like chicken breast and turkey breast). But are they really? Is one better than the other? Click on the link to see tons of food match ups (like strawberries vs. blueberries) and which is better for you and why (blueberries are better for you, click on the link to find out why).

As a health-savvy runner, you try to toss nutrient-packed foods into your grocery cart. But when you're deciding between similar-seeming nutritious items (say, turkey or chicken?), you may not know the superior choice. "Food is your fuel," says Mitzi Dulan, R.D., co-author of *The All-Pro Diet*. "Selecting the most nutritious options will improve your diet and give you a competitive edge." While you can't go wrong eating both [quinoa](#) and brown rice, choosing the nutritional champ may give your running the boost it needs. In a healthy-food smackdown, here are our winning picks.

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