

## Nine Muscle Toning Foods for Athletes

It's important to learn what to eat if you want to stay healthy.

Generally, lean proteins, fresh fruit, vegetables and leafy greens are preferred when partaking in a boot camp, since these foods aid in providing the essential nutrient requirements of the body.

Here are the top 10 foods and nutrients that women should be consuming on a regular basis.

### Cold Water Fish

A problem with some fish is that it is farm raised. Many of these farm raised fish are given hormones that accelerate the rate of it's development and growth. Be sure to eat only wild fish - not farm raised. Wild salmon is a great source of omega-3 fatty acids that are very important for women in particular.

### Yogurt with Live Cultures

Due to pregnancy and other issues, the level of calcium can become low in a woman's body. Therefore, yogurt can be a great source of calcium since it also has friendly bacteria that can be digested easily.

### Greens

Vegetables like broccoli, collard and kale are great store houses of a wide variety of nutrients including calcium, potassium and vitamin B complex. Apart from these, they also contain a high amount of antioxidants as well.

### H2O

Water is great as an appetite suppressant and also essential for the proper functioning of your body. Hence, this the drink you need everyday. A great strategy is to set a timer and take a few sips every 15 - 20 minutes.

### Soy Beans

Soy is an excellent way to enhance your good cholesterol or HDL levels. Soy beans and soy products can be eaten in the natural form as Edame or as Tofu. Other options are also available.

### Red Meat

Red meat is a great way to get the essential nutrient known as iron, ladies. You will find this nutrient in abundance in foods like lentils, lean red meats and dark poultry.

### Flax Seed

Flax products are one of the best sources of Omega 3 fatty acids. Omega 3's are essential for the proper functioning of your brain and body. Be sure to supplement daily to make sure you are getting enough.

### Pumpkin

Beta Carotene is also an essential super nutrient found in foods like carrots, pumpkin, sweet potato and squash. These foods are rich in antioxidants which help in preventing ageing and breast cancer problems.

### Bean

Beans are rich in soluble fiber, protein and they also attract bile. This is good because it removes it from your system before the cholesterol inside of it can do damage.

After you incorporate these amazing super foods into your diet you'll notice a significant jump in your overall performance level. Your energy will be sustain itself all day long.

### About the Author

For more great fitness, weight loss and nutrition information be sure to check out the excellent free articles from [Fullerton Boot Camp](#) and Curtis Joel Ludlow.

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