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The millennials may be onto something. Their favored avocado toast features a mixture of healthy fats, seeds, and grains recommended by nutrition experts in a consensus reading of available scientific

studies. This special issue explores what we know—and what we need to learn—about defining a healthy diet that can sustain a strong body and protect against age-associated diseases. See page 762. *Photo: Scott Suchman; Styling: Nichole Bryant*

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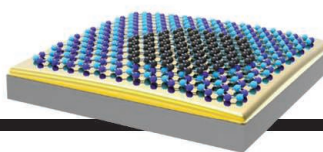
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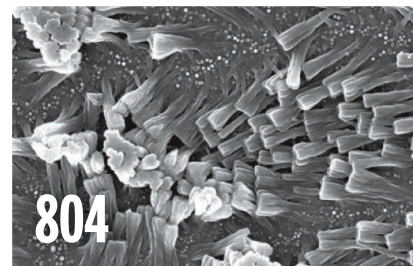
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