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| **Antioxidants are healthy!**  Antioxidants are good for us because they can kill free radicals before they attack our healthy cells  Some examples of foods high in antioxidants include:   * Blueberries * Raspberries * Purple/red grapes * Image result for blueberries clipart no backgroundDark chocolate * Kale * Beans * Beets * Artichokes * Nuts |