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| **Antioxidants are healthy!**Antioxidants are good for us because they can kill free radicals before they attack our healthy cellsSome 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
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