

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
- ❖ Dark chocolate
- ❖ Kale
- ❖ Beans
- ❖ Beets
- ❖ Artichokes
- ❖ Nuts

