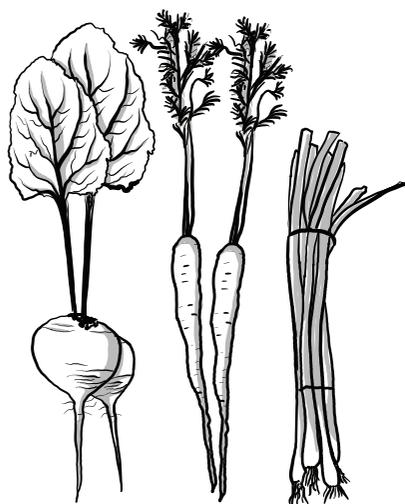


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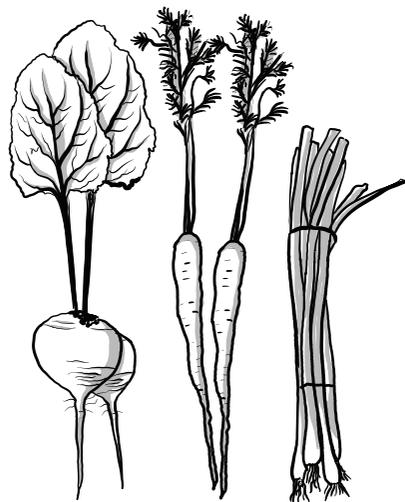


Root vegetables (carrots, radishes, beets, turnips, onions, potatoes, etc.) grow underground and they absorb a great amount of nutrients from the soil. They are packed with a high concentration of antioxidants, Vitamins C, B, A, and iron. You should be eating at least 3 servings of vegetables a day.

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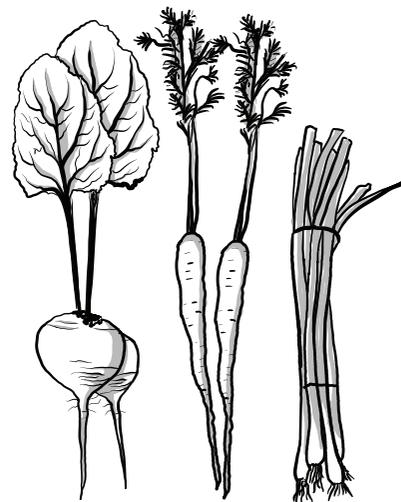


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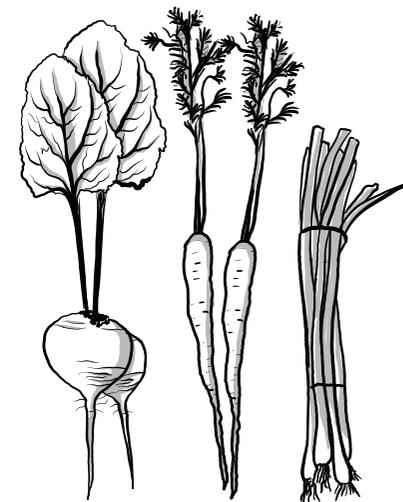


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