



Superfoods: Fruits

These foods are a great way to boost your health.

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Imagine if you could lower your cholesterol, reduce the risk of heart disease and cancer and improve your state of mind with food? Turns out, you can! Superfoods contain a high level of certain nutrients and are a great way to boost your health.

Put these fruits in your grocery cart:

Apples

Avocados

Bell peppers

Blueberries

Cherries

Goji berries

Lemons

Limes

Pineapples

Pumpkins

Tomatoes

Winter squashes

Craig Ramsay is a fitness expert, an author and a winner of season 8 of The Amazing Race Canada. Follow him on Instagram at [@craigramsayfit](https://www.instagram.com/craigramsayfit).
