



SuperFoods: Miscellaneous

Toss these miscellaneous items into your grocery cart:

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

Toss these miscellaneous items into your grocery cart:

Basil

Dark chocolate

Eggs

Flax

Ginseng

Greek yogurt

Green tea

Lemons

Oats

Quinoa

Reishi mushrooms

Spirulina

Turmeric

Walnuts

Wild-caught salmon

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).

