



SuperFoods: Vegetables

Toss these vegetables into your grocery cart

November 11, 2024 By Craig Ramsay

What if you could lower your cholesterol, reduce your risk for heart disease 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 vegetables into your grocery cart:

- Asparagus
- Beets
- Broccoli
- Brussels sprouts
- Garlic
- Kale
- Spinach
- Sweet potatoes
- Swiss chard

Note: Even though beans, dried peas and lentils are legumes (technically fruits), the Department of Agriculture dietary guidelines consider these superfoods vegetables, so enjoy them too!

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).
