

# 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 the winner of season 8 of The Amazing Race Canada. Follow him on Instagram at [@craigramsayfit](https://www.instagram.com/craigramsayfit).

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