

Superfoods: Miscellaneous

Toss these items into your grocery cart.

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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 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 the winner of season 8 of The Amazing Race Canada. Follow him on Instagram at @craigamsayfit.

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