

CANCER-FIGHTING FOODS

Shopping List

Evidence shows that eating a diet full of plant foods such as vegetables, fruits, whole grains, and beans may help lower risk for many cancers.* Use this list next time you go to your nearby *Harmons* grocery store.

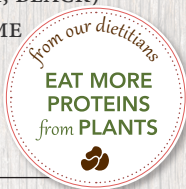
Fruits

- ☐ APPLES
- ☐ BLUEBERRIES
- ☐ CHERRIES
- ☐ CRANBERRIES
- ☐ GRAPEFRUIT
- ☐ GRAPES
- ☐ _____
- ☐ _____
- ☐ _____



Proteins

- ☐ DRY BEANS
(KIDNEY, BLACK)
- ☐ EDAMAME
- ☐ LENTILS
- ☐ PEAS
- ☐ TOFU
- ☐ _____
- ☐ _____
- ☐ _____



Vegetables

- ☐ BROCCOLI
- ☐ BRUSSELS SPROUTS
- ☐ CABBAGE
- ☐ CAULIFLOWER
- ☐ GARLIC
- ☐ KALE
- ☐ LETTUCE
- ☐ SPINACH
- ☐ TOMATOES
- ☐ WINTER SQUASH
- ☐ _____
- ☐ _____
- ☐ _____



Nuts and Seeds

- ☐ FLAX SEED
- ☐ WALNUTS
- ☐ _____
- ☐ _____
- ☐ _____



Drinks

- ☐ COFFEE
- ☐ GREEN TEA
- ☐ _____
- ☐ _____
- ☐ _____

Whole Grains

- ☐ 100% WHOLE GRAIN BREAD
- ☐ BROWN RICE
- ☐ OATS
- ☐ _____
- ☐ _____
- ☐ _____



HARMONS
NEIGHBORHOOD GROCER®

HUNTSMAN
CANCER INSTITUTE
UNIVERSITY OF UTAH

 UNIVERSITY OF UTAH
HEALTH CARE

*Source: American Institute for Cancer Research

TIPS FOR HEALTHY SHOPPING

from Harmons dietitians



FILL HALF YOUR CART WITH FRUITS
AND VEGETABLES



CHOOSE WHOLE GRAINS AT LEAST
HALF OF THE TIME



ENJOY FISH TWICE PER WEEK



CHOOSE LOW-FAT OR NON-FAT
DAIRY PRODUCTS



CHOOSE SKINLESS POULTRY



LIMIT RED AND PROCESSED MEAT

Look for this tag at your Harmons
store to make healthy choices.



LEARN MORE AT

WWW.HARMONSGROCERY.COM/DIETITIANS-CHOICE

WWW.HUNTSMANCANCER.ORG/PREVENTION



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