Harmons and Huntsman Cancer Institute Partner to Fight Cancer With Food

SALT LAKE CITY, Utah – Harmons Grocery Store and Huntsman Cancer Institute have teamed up to help Utahns fight cancer with food. The new Cancer-Fighting Foods Shopping List was created after several months of collaboration and highlights the very best foods, based on research from the American Institute of Cancer Research (AICR), to help shoppers prevent disease. Evidence shows that a healthy diet, combined with regular physical activity and healthy body weight, lowers the risk of many cancers.

“Eating a balanced, healthy diet rich in fruits, vegetables, whole grains and plant-based proteins is great for cancer prevention and overall health and well-being,” said Harmons registered dietitian Jonnell Masson. “Harmons strives to provide our customers with a wide array of fresh, healthy options, and partnering with the Huntsman Cancer Institute on this project is a wonderful opportunity to help Utah families stay healthy.”

Tips for creating a cancer-fighting diet include:
- Fill half of your shopping 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

“The Cancer-Fighting Foods Shopping List is a great way to add cancer prevention to your kitchen,” said Garrett Harding, community outreach coordinator at Huntsman Cancer Institute. “In partnering with Harmons, we hope that individual shoppers will see that even small changes in their diet – like incorporating a variety of fruits and vegetables – may significantly improve future health outcomes.”

The shopping list includes easily accessible, great-tasting foods such as blueberries, tomatoes, spinach and whole grains. Shoppers can find the list at any of Harmons 16 locations, Huntsman Cancer Institute, and on HarmonsGrocery.com and huntsmancancer.org.

Shoppers interested in learning more about eating for cancer prevention or other dietitian services are encouraged to schedule a consultation with one of Harmons five registered dietitians. From health screenings to menu planning, Harmons dietitians are available to help make eating healthy simple for everyone.
About Harmons
Harmons Grocery Store is known for its unique grocery industry approach, which provides true value to its customers through fresh, local foods prepared in-store by chefs, artisans and experts; Utah's Own products; and an aggressive sustainability program. For more information about our stores, please visit HarmonsGrocery.com.

About Huntsman Cancer Institute at the University of Utah:
Huntsman Cancer Institute (HCI) is one of the world’s top academic research and cancer treatment centers. HCI manages the [Utah Population Database](#) - the largest genetic database in the world, with more than 16 million records linked to genealogies, health records, and vital statistics. Using this data, HCI researchers have identified cancer-causing genes, including the genes responsible for melanoma, colon and breast cancer, and paraganglioma. HCI is a member of the [National Comprehensive Cancer Network](#) (a 26-member alliance of the world's leading cancer centers) and is a [National Cancer Institute-Designated Cancer Center](#). HCI treats patients with all forms of cancer and operates several high-risk clinics that focus on melanoma and breast, colon, and pancreas cancers. The HCI Cancer Learning Center for patient and public education contains one of the nation’s largest collections of cancer-related publications. The institute is named after Jon M. Huntsman, Sr, a Utah philanthropist, industrialist, and cancer survivor.

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