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.

*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.HUNSTMANCANCER.ORG/PREVENTION