

# *Fundamentals of a Health-promoting Diet: Can We Map Out Common Ground?*

- Reduce trans fat
- Reduce saturated fat
- Reduce sodium
- Increase fruits and vegetables
- Increase whole grains
- Reduce refined starches and simple sugars
- Replace “bad” fats with “good”
- Increase fiber
- Increase micronutrients
- Control portion size and total calories
- Increase physical activity