



HEALTH IS IN YOU

Let's find it... together!



DIETtrifecta

My
DIET & Fitness
Journal

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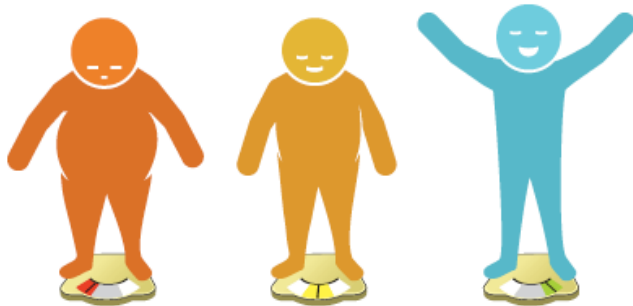
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My DIET-Tri™:

- I approach my DIET in a(n) _____ and _____ Manner.
- I am motivated to succeed by _____ and _____.
- My social environment for success should be _____ and _____.

DIET-Trifecta™ Success Tips:

M - Move! Make your destiny happen.

Y - Yearn to succeed.

D - Decide to Just Do IT!! The hardest step to make.

I - Initiate a plan of action.

E - Exercise. Create your own energy.

T - Take Control. Don't let a scale tell YOU how to feel.

T - Track your food intake and levels of physical activity daily.

R - Be Realistic. Make small changes over time.

I - Inspire yourself!

B - Balance your food and physical activity & adjust accordingly.

E - Enjoy yourself! ☺

™



www.MyPyramid.gov

The Pyramid below was established in 1994 by the Center for Nutrition Policy and Promotion, an organization of the U.S. Department of Agriculture to improve the nutrition and well-being of Americans.

Toward this goal, the Center focuses its efforts on two primary objectives:

1. Advance and promote dietary guidance for all Americans, and
2. Conduct applied research and analyses in nutrition and consumer economics.

For more information on CNPP, or to get more information on these products, please visit www.cnpp.usda.gov.



MyPyramid.gov
STEPS TO A HEALTHIER YOU

My pyramid s made up of 5 food groups plus Oils. Remember these are recommended and you may not hit this number of servings everyday.



My Pyramid Food Groups Defined

Food Group	What's in this Group?
GRAINS	Any food made from wheat, rice, oats, cornmeal, barley or another cereal grain. "Whole grains" include whole-wheat flour, bulgur, oatmeal, whole cornmeal and brown rice.
VEGGIES	Any vegetable or 100% vegetable juice. Vegetables may be raw or cooked, fresh, frozen, canned or dried/dehydrated.
FRUITS	Any fruit or 100% fruit juice. Fruits may be fresh, canned, frozen or dried; and may be whole, cu-up, pureed, raw or cooked.
MILK	All fluid milk products and many foods made from milk. Examples include cheese and yogurt. <i>**cream cheese , cream and butter do not count in the milk group since they contain little or no calcium.</i>
MEAT & BEANS	All foods made from beef, pork, poultry, fish, dry beans or peas, eggs, nuts and seeds.
OILS	Oils are fats that are liquid at room temperature. Mayonnaise and certain salad dressings are made with oils. Nuts, olives, avocados and some fish are naturally rich in oils.



Physical Activity Guidelines

First and foremost - you need to figure out what really moves you. Is it going for a brisk walk, running, dancing, bowling, playing a sport (no - watching one on TV does not count ☺)....whatever it may be - own and love it.



Remember these few things as you chose:

- How does it make me feel?
- Does it get me excited?
- How do I feel AFTERwards?
- Better with or without a partner?

Guidelines suggest you get in at least 45 - 60 minutes of exercise a day.

Sound like a lot? Well, consider how much time you actually walk to places, and.....it's not that scary anymore. ☺

If you can.....

Walk or ride a bike instead of driving.

Take the stairs instead of the escalator or elevator.

Suggestions:

Go bowling

Take a walk with your dog

Join a sports league.

Dance (for extra fun - dance with your kids!)

BE PATIENT.

As in dieting, sometimes it takes awhile to find your nitch in the activity you chose. Play around and experiment. You might surprise yourself.

Most of all.....

LOVE what you do. LOVE who you are NOW.

No one can make you become a healthier you, but you.



Weekly DIET and Nutrition Worksheets



~ Weekly Planner ~ Dates: / /20 ~

My Weekly Goal is: _____ Weight: _____

SUNDAY

How do I feel today? (circle one) **Awesome!** **Good** **Tired, Sluggish**

Nutrition		Physical Activity	
Grains		<u>Warm-Up</u>	Time: _____
Veggies		<u>Strength Training</u>	_____ sets/reps _____ weight _____
Fruits		_____ sets/reps _____ weight _____	_____ sets/reps _____ weight _____
Milk		<u>Cardio</u>	Activity _____
Meat & Beans		Distance _____	Time _____
Oils		<u>Flexibility</u>	Time: _____
Water	_____ Ozs.	<u>Cool Down</u>	Time: _____

MONDAY

How do I feel today? (circle one) **Awesome!** **Good** **Tired, Sluggish**

Nutrition		Physical Activity	
Grains		<u>Warm-Up</u>	Time: _____
Veggies		<u>Strength Training</u>	_____ sets/reps _____ weight _____
Fruits		_____ sets/reps _____ weight _____	_____ sets/reps _____ weight _____
Milk		<u>Cardio</u>	Activity _____
Meat & Beans		Distance _____	Time _____
Oils		<u>Flexibility</u>	Time: _____
Water	_____ Ozs.	<u>Cool Down</u>	Time: _____



~ Weekly Planner ~ Dates: / /20 ~

My Weekly Goal is: _____ Weight: _____

TUESDAY

How do I feel today? (circle one) **Awesome!** **Good** **Tired, Sluggish**

Nutrition		Physical Activity
Grains		<u>Warm-Up</u> Time: _____
Veggies		<u>Strength Training</u> _____ sets/reps _____ weight _____
Fruits		_____ sets/reps _____ weight _____ _____ sets/reps _____ weight _____
Milk		<u>Cardio</u> Activity _____
Meat & Beans		Distance _____ Time _____
Oils		<u>Flexibility</u> Time: _____
Water	_____ Ozs.	<u>Cool Down</u> Time: _____

WEDNESDAY

How do I feel today? (circle one) **Awesome!** **Good** **Tired, Sluggish**

Nutrition		Physical Activity
Grains		<u>Warm-Up</u> Time: _____
Veggies		<u>Strength Training</u> _____ sets/reps _____ weight _____
Fruits		_____ sets/reps _____ weight _____ _____ sets/reps _____ weight _____
Milk		<u>Cardio</u> Activity _____
Meat & Beans		Distance _____ Time _____
Oils		<u>Flexibility</u> Time: _____
Water	_____ Ozs.	<u>Cool Down</u> Time: _____



~ Weekly Planner ~ Dates: / /20 ~

My Weekly Goal is: _____ Weight: _____

THURSDAY

How do I feel today? (circle one) **Awesome!** **Good** **Tired, Sluggish**

Nutrition		Physical Activity	
Grains		<u>Warm-Up</u>	Time: _____
Veggies		<u>Strength Training</u>	_____ sets/reps _____ weight _____
Fruits		_____ sets/reps _____ weight _____	_____ sets/reps _____ weight _____
Milk		<u>Cardio</u>	Activity _____
Meat & Beans		Distance _____	Time _____
Oils		<u>Flexibility</u>	Time: _____
Water	_____ Ozs.	<u>Cool Down</u>	Time: _____

FRIDAY

How do I feel today? (circle one) **Awesome!** **Good** **Tired, Sluggish**

Nutrition		Physical Activity	
Grains		<u>Warm-Up</u>	Time: _____
Veggies		<u>Strength Training</u>	_____ sets/reps _____ weight _____
Fruits		_____ sets/reps _____ weight _____	_____ sets/reps _____ weight _____
Milk		<u>Cardio</u>	Activity _____
Meat & Beans		Distance _____	Time _____
Oils		<u>Flexibility</u>	Time: _____
Water	_____ Ozs.	<u>Cool Down</u>	Time: _____



~ Weekly Planner ~ Dates: / /20 ~

My Weekly Goal is: _____ Weight: _____

SATURDAY

How do I feel today? (circle one) **Awesome!** **Good** **Tired, Sluggish**

Nutrition		Physical Activity
Grains		<u>Warm-Up</u> Time: _____
Veggies		<u>Strength Training</u> _____ sets/reps _____ weight _____
Fruits		_____ sets/reps _____ weight _____ _____ sets/reps _____ weight _____
Milk		<u>Cardio</u> Activity _____
Meat & Beans		Distance _____ Time _____
Oils		<u>Flexibility</u> Time: _____
Water	_____ Ozs.	<u>Cool Down</u> Time: _____

Weekly Review:

All in all, this week I felt:

- Awesome!
 Good
 Tired, Sluggish

Comments: _____

Goals Met?:

- You Bet!
 So Close
 I could do better

Comments: _____

Conclusions/Changes to Make?:



Recommended Websites

All Encompassing:

- DIETtrifecta, LLC
 - My DIET-Tribe™: Our member's forum to either share your thoughts and questions or simply for diet and fitness research, information, training tips, etc. Login in to the website at <http://www.diettrifecta.com>
 - Your dieting style: Understanding the how, why and what of who you are **INSIDE** to give you the best chance for long-term success.

Eat Healthy Links:

- MyPyramid: <http://www.mypyramid.gov/>
- US Department of Agriculture Nutrient Database: http://nal.usda.gov/fnic/cgi-bin/nut_search.pl
- American Dietetic Association: <http://www.eatright.org/>
- U.S. Food and Drug Administration: <http://www.fda.gov/>
- American Diabetes Association: <http://www.diabetes.org>
- Calorie Count: <http://caloriecount.about.com/>

Get & Stay Healthy Links:

- Department of Health and Human Services: <http://www.smallstep.gov/>
- American Heart Association: <http://www.heart.org/> OR americanheartassociation.org
- American Cancer Society: <http://www.cancer.org/Healthy/index>
- Mayo Clinic :



Recommended Websites (continued)

Fitness Specific Links:

- American Council on Fitness: <http://www.acefitness.org/>
- National Institutes of Health : <http://health.nih.gov/>
- Let's Move - America's Move to Raise a Healthier Generation of Kids: <http://www.letsmove.gov/>
- US Department of Health and Human Services: <http://health.nih.gov/>
- Fit Watch: <http://www.fitwatch.com/>

Recommended Blog

Patti's Favorite Blog spot (also a Top Rated Blog):

I love this site. It's filled with information in an easy to read format that keeps you enthralled to the very end. Ms. Mitchell has a wealth of insight worth sharing and reading!

Traci D Mitchell: Writer & Speaker, Fitness, Nutrition and Health
<http://tracidmitchell.com/>

Come join us for some more valuable information or to order another journal on My DIET-Tribe™!!



SAMPLE MENU
for a
2200 calorie/day Diet

MyPyramid.gov



MyPyramid Sample Menus

Sample Menus on the following pages are presented to you by [mypyramid.gov](http://www.mypyramid.gov).

MyPyramid is a step-by-step guide to healthy eating. Visit <http://www.mypyramid.gov> to calculate your daily caloric needs and download a sample menu (2000 calorie diet sampled below and on the following page) to assist you on your personal journey to a healthier lifestyle.

My pyramid s made up of 5 food groups plus Oils. Remember these are recommended and you may not hit this number of servings everyday.

Sample Menu for a 2200 calories Diet:

<p>GRAINS 7 ounces</p> <p>Make half your grains whole</p> <p>Aim for at least 3 1/2 ounces of whole grains a day</p>	<p>VEGETABLES 3 cups</p> <p>Vary your veggies Aim for these amounts each week: Dark green veggies = 3 cups Orange veggies = 2 cups Dry beans & peas = 3 cups Starchy veggies = 6 cups Other veggies = 7 cups</p>	<p>FRUITS 2 cups</p> <p>Focus on fruits</p> <p>Eat a variety of fruit Go easy on fruit juices</p>	<p>MILK 3 cups</p> <p>Get your calcium-rich foods</p> <p>Go low-fat or fat-free when you choose milk, yogurt, or cheese</p>	<p>MEAT & BEANS 6 ounces</p> <p>Go lean with protein</p> <p>Choose low-fat or lean meats and poultry Vary your protein routine--choose more fish, beans, peas, nuts, and seeds</p>
<p>Find your balance between food and physical activity Be physically active for at least 30 minutes most days of the week.</p>		<p>Know your limits on fats, sugars, and sodium Your allowance for oils is 6 teaspoons a day. Limit extras--solid fats and sugars--to 290 calories a day.</p>		

*** This caloric level is only an estimate.. Please monitor your weight and adjust your intake accordingly,*



Sample Menus for a 2000 Calorie Food Pattern

Averaged over a week, this seven day menu provides all of the recommended amounts of nutrients and food from each food group. (Italicized foods are part of the dish or food that precedes it.)

Day 1	Day 2	Day 3	Day 4
BREAKFAST Breakfast burrito 1 flour tortilla (7" diameter) 1 scrambled egg (in 1 tsp soft margarine) 1/3 cup black beans* 2 tbsp salsa 1 cup orange juice 1 cup fat-free milk LUNCH Roast beef sandwich 1 whole grain sandwich bun 3 ounces lean roast beef 2 slices tomato 1/4 cup shredded romaine lettuce 1/8 cup sauteed mushrooms (in 1 tsp oil) 1 1/2 ounce part-skim mozzarella cheese 1 tsp yellow mustard 3/4 cup baked potato wedges* 1 tsp ketchup 1 unsweetened beverage DINNER Stuffed broiled salmon 5 ounce salmon filet 1 ounce bread stuffing mix 1 tbsp chopped onions 1 tsp diced celery 2 tsp canola oil 1/2 cup saffron (white) rice 1 ounce silvered almonds 1/2 cup steamed broccoli 1 tsp soft margarine 1 cup fat-free milk SNACKS 1 cup cantaloupe	BREAKFAST Hot cereal 1/2 cup cooked oatmeal 2 tbsp raisins 1 tsp soft margarine 1/2 cup fat-free milk 1 cup orange juice LUNCH Taco salad 2 ounces tortilla chips 2 ounces ground turkey, sauteed in 2 tsp sunflower oil 1/2 cup black beans* 1/2 cup iceberg lettuce 2 slices tomato 1 ounce low-fat cheddar cheese 2 tbsp salsa 1/2 cup avocado 1 tsp lime juice 1 unsweetened beverage DINNER Spinach lasagna 1 cup lasagna noodles, cooked (2 oz dry) 2/3 cup cooked spinach 1/2 cup ricotta cheese 1/2 cup tomato sauce tomato bits* 1/2 cup part-skim mozzarella cheese 1 ounce whole wheat dinner roll 1 cup fat-free milk SNACKS 1/2 ounce dry-roasted almonds* 1/4 cup pineapple 2 tbsp raisins	BREAKFAST Cold cereal 1 cup bran flakes 1 cup fat-free milk 1 small banana 1 slice whole wheat toast 1 tsp soft margarine 1 cup prune juice LUNCH Tuna fish sandwich 2 slices rye bread 3 ounces tuna (packed in water, drained) 2 tsp mayonnaise 1 tsp diced celery 1/4 cup shredded romaine lettuce 2 slices tomato 1 medium pear 1 cup fat-free milk DINNER Roasted chicken breast 3 ounces boneless skinless chicken breast* 1 large baked sweetpotato 1/2 cup peas and onions 1 tsp soft margarine 1 ounce whole wheat dinner roll 1 cup fat-free milk 1 cup leafy greens salad 3 tsp sunflower oil and vinegar dressing SNACKS 1/4 cup dried apricots 1 cup low-fat fruited yogurt	BREAKFAST 1 whole wheat English muffin 2 tsp soft margarine 1 tbsp jam or preserves 1 medium grapefruit 1 hard-cooked egg 1 unsweetened beverage LUNCH White bean-vegetable soup 1 1/4 cup chunky vegetable soup 1/2 cup white beans* 2 ounce breadstick 8 baby carrots 1 cup fat-free milk DINNER Rigatoni with meat sauce 1 cup rigatoni pasta (2 ounces dry) 1/2 cup tomato sauce tomato bits* 2 ounces extra lean cooked ground beef (sauteed in 2 tsp vegetable oil) 3 tsp grated Parmesan cheese Spinach salad 1 cup baby spinach leaves 1/2 cup tangerine slices 1/2 ounce chopped walnuts 3 tsp sunflower oil and vinegar dressing 1 cup fat-free milk SNACKS 1 cup low-fat fruited yogurt
Day 5 BREAKFAST Cold cereal 1 cup shredded wheat cereal 1 tbsp raisins 1 cup fat-free milk 1 small banana 1 slice whole wheat toast 1 tsp soft margarine 1 tsp jelly LUNCH Smoked turkey sandwich 2 ounces whole wheat pita bread 1/4 cup romaine lettuce 2 slices tomato 3 ounces sliced smoked turkey breast* 1 tbsp mayo-type salad dressing 1 tsp yellow mustard 1/2 cup apple slices 1 cup tomato juice* DINNER Grilled top loin steak 5 ounces grilled top loin steak 3/4 cup mashed potatoes 2 tsp soft margarine 1/2 cup steamed carrots 1 tbsp honey 2 ounces whole wheat dinner roll 1 tsp soft margarine 1 cup fat-free milk SNACKS 1 cup low-fat fruited yogurt	Day 6 BREAKFAST French toast 2 slices whole wheat French toast 2 tsp soft margarine 2 tbsp maple syrup 1/2 medium grapefruit 1 cup fat-free milk LUNCH Vegetarian chili on baked potato 1 cup kidney beans* 1/2 cup tomato sauce w/ tomato tidbits* 3 tbsp chopped onions 1 ounce lowfat cheddar cheese 1 tsp vegetable oil 1 medium baked potato 1/2 cup cantaloupe 3/4 cup lemonade DINNER Hawaiian pizza 2 slices cheese pizza 1 ounce canadian bacon 1/4 cup pineapple 2 tsp mushrooms 2 tbsp chopped onions Green salad 1 cup leafy greens 3 tsp sunflower oil and vinegar dressing 1 cup fat-free milk SNACKS 5 whole wheat crackers* 1/8 cup hummus 1/2 cup fruit cocktail (in water or juice)	Day 7 BREAKFAST Pancakes 2 buckwheat pancakes 2 tsp soft margarine 3 tsp maple syrup 1/2 cup strawberries 3/4 cup honeydew melon 1/2 cup fat-free milk LUNCH Manhattan clam chowder 3 ounces canned clams (drained) 3/4 cup mixed vegetables* 1 cup canned tomatoes* 10 whole wheat crackers* 1 medium orange 1 cup fat-free milk DINNER Vegetable stir-fry 4 ounces tofu (firm) 1/4 cup green and red bell peppers 1/2 cup bok choy 2 tsp vegetable oil 1 cup brown rice 1 cup lemon-flavored iced tea SNACKS 1 ounce sunflower seeds* 1 large banana 1 cup low-fat fruited yogurt	* Starred items are foods that are labeled as no-salt-added, low-sodium, or low-salt versions of the foods. They can also be prepared from scratch with little or no added salt. All other foods are regular commercial products which contain variable levels of sodium. Average sodium level of the 7 day menu assumes no salt-added in cooking or at the table



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