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## **RECOMMENDED LINKS**

### **Eat Healthy Links:**

- MyPyramid: <http://www.mypyramid.gov/>
- US Department of Agriculture Nutrient Database: [http://nal.usda.gov/fnic/cgi-bin/nut\\_search.pl](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](http://americanheartassociation.org)
- American Cancer Society: <http://www.cancer.org/Healthy/index>
- Mayo Clinic :

### **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/>

### **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/>

Please feel free to drop us a note if you have any sites that you find most helpful in your journey! Ms. Mitchell's is my current favorite!!

Come join us for some more valuable information on My DIET-Tribe™ member's forum!!