

# MyPyramid for Women



MyPyramid can help you make healthy food choices and be physically active every day.

## Nutrition Needs for Adult Women

One size doesn't fit all. The exact amounts of different foods you need depends upon your age, height, weight and level of physical activity. If you need help in determining your own personalized eating plan, visit [www.mypyramid.gov](http://www.mypyramid.gov) or talk with a WIC nutritionist. Remember these basics though:

- ➔ Make half your grains whole. Use whole grains in place of refined grains. Choose whole grain foods such as whole wheat bread, cereals made with whole grains, oatmeal, and low-fat popcorn more often.
- ➔ Vary your veggies. Enjoy dark green and orange vegetables like spinach, broccoli, carrots and sweet potatoes. Dry beans and peas and starchy veggies such as potatoes count too. Choose fresh veggies in season for lower cost and peak flavor.
- ➔ Focus on fruits. Eat a variety of fresh, frozen, canned or dried fruits at meals and snack time. Cut-up fruit and keep it handy for snacks. Go easy on fruit juices.
- ➔ Get calcium-rich foods to build strong bones. Serve nonfat and low-fat milk, cheese and yogurt several times daily. Drink nonfat or low-fat milk at most meals.
- ➔ Go lean with protein. Choose lean or low-fat meat (round or loin cuts), chicken, turkey and fish. Trim any fat you can see to keep it lean. Opt for dry beans and peas, nuts and seeds to vary your routine.
- ➔ Know your limits on fat and oils. We all need fat and oil but get yours from fish, nuts and liquid oils such as corn, soybean, canola and olive oil.
- ➔ Check the ingredients and Nutrition Facts labels for saturated fat, trans fat, cholesterol, and sodium content of packaged foods to be sure you are making the healthiest choices.

## Weight Management

Find the balance between what you eat and how physically active you are in order to maintain your weight. If you want to lose weight, you will need to eat less or exercise more. For most people, eating a little less and increasing your physical activity is easier than just eating a lot less.

- ➔ Watch your discretionary or optional calories—what's left over when you've met all the MyPyramid requirements. If you aren't careful, these calories can add up quickly and may lead to weight gain.
- ➔ Shoot for at least 30 minutes of physical activity a day to maintain your weight, and at least 60 minutes or more every day to lose weight, if possible.
- ➔ Take small steps to change. Even small changes, like reducing the number of calories you eat each day by 50-100 or increasing the number of steps you take by 2500, can lead to weight loss.

### Step Up! Here are some ideas to help you boost your steps each day!

- Instead of shouting across the room, walk over to your child or toddler, kneel beside him or her and talk face to face.
- Walk to your child to the door at school or daycare.
- Exit the bus 1 or 2 stops early and walk the remainder of the way.
- Park in the back of the parking lot and walk to the door.
- Push or pull your child or toddler in a wagon or scooter—on the sidewalk, in the garage, or around the kitchen.
- Join your child or toddler when chasing a ball.
- Walk to your place of worship, work, or grocery store if it's close enough.
- Make several trips to do laundry or other household chores—and have your child or toddler join you.
- Walk in place while watching t.v.
- Decorate your home around the holidays. Remember to put items away once the holiday has passed.