

MyPyramid Amounts of Foods and Calories for a Day *(Chart for Women)*

The *MyPyramid Amounts of Foods* charts identify the amounts of foods needed from the Mypyramid food groups, based on different ages, gender, and physical activity levels. The charts are based on: Table 3 (page 12) and Appendix A-2 (page 53), 2005 Dietary Guidelines for Americans. Amounts of foods for age and activity levels represent the estimated amounts for each category.

Go to **MyPyramid.gov** for you personal plan. The numbers shown below are estimated amounts.

Women 51+ Years			
<i>Where do you fit?</i>	<i>Inactive</i>	<i>Somewhat Active</i>	<i>Active</i>
Fruits Group	1½ cups	1½ cups	2 cups
Vegetables Group	2 cups	2½ cups	2½ cups
Milk Group	3 cups or equivalent		
Meat and Beans Group	5 ounces or equivalent	5 ounces or equivalent	5½ ounces or equivalent
Grains Group	5 ounces or equivalent	6 ounces or equivalent	6 ounces or equivalent
Calories	1,600	1,800	2,000

KEY: Less Food Amounts for about 2,000 calories More Food

WHERE DO YOU FIT?

Inactive lifestyle includes only the light physical activity of typical, day-to-day life.

Somewhat Active Lifestyle includes physical activities equal to walking about 1½ to 3 miles at a3 to 4 miles per hour, in addition to typical activities of day-to-day life.

Active Lifestyle includes physical activities equal to waling more than 3 miles at 3 to for miles per hour , in addition to typical activities of day-to-day life.

(Source: Adapted from United States Department of Agriculture Food and Nutrition Service)