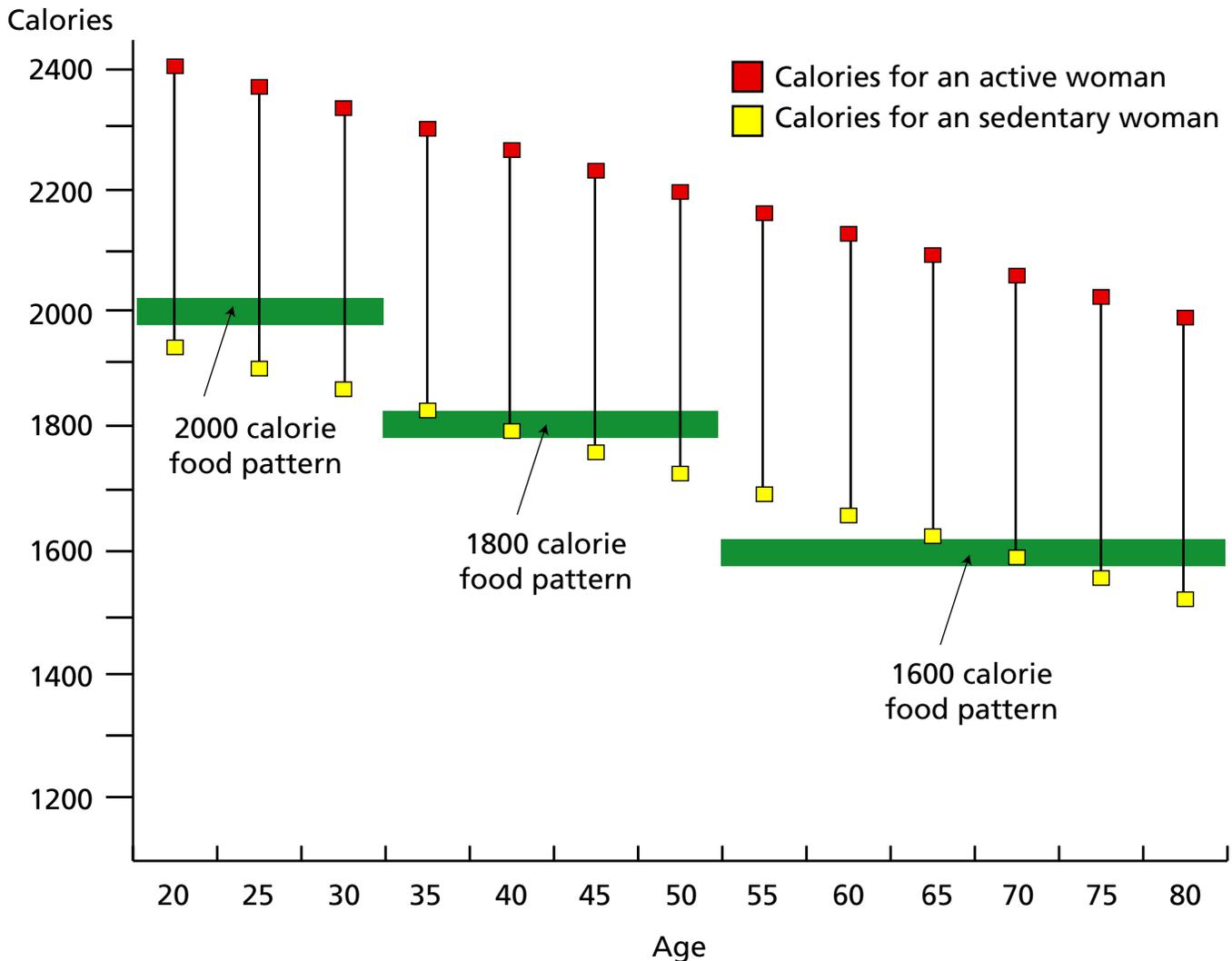


# Calorie Needs for Women

of different ages and activity levels compared to Pyramid food patterns that meet their nutrient needs



The graph above shows the average calorie needs for women of different ages (shown across bottom of graph) and different physical activity levels (shown by the red and yellow squares). The green bars show the calories in three Food Guide Pyramid food patterns that meet the nutrient needs for women of the ages shown. In every case, a woman can meet her nutrient needs without consuming too many calories if she follows Pyramid food pattern suggestions.