



United States Department of Agriculture

Research, Education, and Economics
Agricultural Research Service
National Agricultural Library

Dear WIC Nutrition Professional:

As fall begins, you may be looking for ways to put MyPyramid into action for your participants. The MyPyramid food guidance system was developed by the United States Department of Agriculture's Center for Nutrition Policy and Promotion (CNPP) to replace the Food Guide Pyramid. MyPyramid incorporates recommendations from the 2005 Dietary Guidelines for Americans and is designed to provide an individualized approach to improving diet and lifestyle. Numerous motivational and educational tools are available at www.MyPyramid.gov, the access point for the food guidance system, to help Americans make healthy food choices and to be active every day.

Have you seen *MyPyramid for Pregnancy and Breastfeeding*?

This enhancement to the MyPyramid food guidance system provides specific advice and nutrition education materials uniquely designed for pregnant and breastfeeding moms. *MyPyramid for Pregnancy and Breastfeeding* addresses nutritional needs, healthy weight gain, physical activity, use of dietary supplements, and food safety during pregnancy and breastfeeding. An interactive tool is also available on the site where a user can input personal data to receive an individualized meal plan, called "MyPyramid Plan for Moms." This meal plan provides recommended amounts women should eat from each food group, by trimester of pregnancy or stage of breastfeeding. Links to additional information on pregnancy or breastfeeding from other federal agencies are also included on the site. In addition to the Web-based materials, three printed fact sheets and a poster, based on the information from the Web site, were developed as a collaborative effort between CNPP and the Special Supplemental Nutrition Program for Women, Infants and Children (WIC) to meet the needs of WIC participants.

In this mailing:

- ***MyPyramid for Moms Poster***
- ***MyPyramid in Action Tip Sheets:*** Go to www.nal.usda.gov/wicworks/Topics/MyPyramid_Resources.html for tip sheets to download at your convenience. Spanish editions will be available later this fall.



- ***MyPyramid in Action: Tips for Pregnant Moms***
- ***MyPyramid in Action: Tips for Breastfeeding Moms***
- ***MyPyramid in Action: Dietary Supplements During Pregnancy and Breastfeeding***

It's easy to order hard copies!

The poster and fact sheets are available at no cost while supplies are available. Download and complete the order form from www.nal.usda.gov/wicworks/Learning_Center/WICpub_order_form.pdf.

Truly, you are WIC's most important resource! Let us know how we can help you help your WIC participants. Contact the WIC Works Resource System team by telephone at 301-504-5414, by fax at 301-504-6409, or by email at wicworks@nal.usda.gov.



PATRICIA N. DANIELS
Director
Supplemental Food Program Division
Food and Nutrition Service



DENNIS SMITH
Coordinator
Food and Nutrition Information Center
National Agricultural Library