

**WEEKLY MESSAGES FROM FAMILY AND CONSUMER SCIENCES
FOR WEEK ENDING MARCH 31, 2007**

MyPyramid.gov Website Update

Visitors to the MyPyramid.gov website can now obtain a more accurate estimate of their caloric needs due to the addition of questions on height and weight. The previous version of the website developed a plan based on age, gender and activity level; average heights and weights were used. Visitors to the website now have the option of including height and weight to get more tailored information. If the weight entered is outside the average range, a message appears with tips on losing (or gaining) weight, and there is an option to calculate calories based on maintaining one's current weight or with an adjustment for weight loss (or gain). This site is a wonderful resource for nutrition information!

Gail Hanula, March 23, 2007

Reference: www.mypyramid.gov, accessed March 19, 2007