



December 2011

The Right Choice...for a Healthier You! Nutrition Facts Information available under www.myfitnesspal.com

With the fast growth of cell phone applications...and waistlines...your vending operator has a solution for continued support with your health goals! A great way to track your daily intake can be as easy as organizing foods commonly eaten under www.myfitnesspal.com, a free cell phone application hosting a food database of more than 1.1 million foods! Not only does it track your day to day numbers but www.myfitnesspal.com will also provide continued support, progress reports and offer free barcode scanning!


According to www.myfitnesspal.com customer service just follow these easy steps to get started: "Many of the food items in our database are entered in by our members. If you would like to include food items from your company, you can either add them in yourself or send them to us and we can add them in for you.

To add the items in yourself, simply become a member of our site, membership is free. Go to www.myfitnesspal.com, and create your free membership. Once you have become a member, sign into the account and go to the "food" tab. There should then be a page that says, breakfast, lunch, dinner, and under each category a blue link, "add food". Click on the "add food" link. At the top of the next page, it should say "search our food database by name" and there should be a long empty box directly under this message. Type in the food item name directly into this box and hit the green "search" button.

If the item is not already in our database, there will be a link near the bottom right of the next page that says, "add a food to the database". Click on this link and follow the steps to add in the item. When you have finished, make sure you check the "yes" let other myfitnesspal members use this food, under the help us grow our food database section.

Please let us know if you have any problems or questions, or if you would like us to add your items in for you. "

Make 2012 the year for renewed eating goals with the support of www.myfitnesspal.com and The Right Choice...for a Healthier You nationally trademarked nutrition program!

Your Vending Professional endorses a healthier lifestyle! Guidelines have been established to support our goal of balanced nutrition. Look for the 



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