

M C P S E R V E R

N O C O D E

C L O U D H O S T E D

Beverage Sugar Tracker MCP

Track exactly how much sugar you consume from drinks.

Beverage Sugar Tracker MCP lets your AI client calculate the sugar mass in your favorite drinks. You can check specific beverage sugar content, find high-sugar options, or sum up the total sugar from a long list of drinks to keep your diet on track.

A+

Quality Score 100/100

sugar

beverages

diet

nutrition

health-tracking



SCAN TO VIEW

The connectivity layer between AI and the world's software.

Vinkius sits between AI and every application. All communication passes through Vinkius Cloud via the Model Context Protocol (MCP) — with governance, observability, and security at every layer.

Your AI Connections Run Through Vinkius Cloud

The world's largest
managed MCP catalog

Vinkius is the connectivity layer where AI connects to the software your business already runs. We handle the hosting, the security, the credentials, the uptime — you get agents that actually do things.

We operate the world's largest managed MCP catalog. Major SaaS platforms, CRMs, databases, and cloud providers — running, monitored, production-ready. This MCP server is hosted and maintained by the Vinkius Cloud for AI Agents.

The agent doesn't manage credentials, doesn't manage uptime, doesn't manage security. Vinkius does.

— Architecture principle

Four Pillars of the Vinkius Runtime

01 — Security by design

Credentials stay encrypted at rest via AES-256. The AI agent never touches raw keys — they're injected into a sandboxed V8 isolate at runtime. Actions are logged, and connections have an emergency kill switch.

03 — Deterministic observability

Eight immutable metrics per endpoint: request volume, p95 latency, error rate, active connections, cost attribution. A live payload feed logs every tool call with mutation detection.

02 — Built on MCP Fusion

This MCP server was built with **MCP Fusion**, the open-source framework (Apache 2.0) that powers the entire Vinkius catalog. Schema-as-firewall strips undeclared fields, compiled PII redaction runs at zero overhead, and cryptographic lockfiles produce git-diffable audit trails.

04 — Autonomous operations

Servers are deployed, monitored, and patched autonomously. New capabilities and security patches ship weekly. Zero-downtime deployments ensure continuous availability across all managed MCP servers.

AES-256

Encryption at rest

Ed25519

PKI vault signatures

24h TTL

Ephemeral session keys

V8 Isolate

Sandboxed execution

One Token. Instant Access.

Every MCP server on Vinkius is accessed through a **Connection Token**. Tokens are generated in the cloud dashboard and produce a unique MCP endpoint URL. Paste this URL into any MCP-compatible client — no SDK required.

A single token can serve **multiple AI clients simultaneously**, or you can issue separate tokens per client for granular access control. Each token tracks its own request count, last activity timestamp, and can be individually enabled or revoked.

MCP ENDPOINT`https://edge.vinkius.com/{token}/mcp`

Claude



Cursor



VS Code



Windsurf



Grok



Gemini

Security Is the Architecture

Security in Vinkius is not a feature — it's the foundation of the runtime. The gateway enforces multiple independent protection layers between AI agents and third-party APIs.

01 — Ed25519 PKI Vault

Every workspace has an Ed25519 Master Key. Session keys are generated ephemerally (24h TTL) and signed by the Master Key. Credentials never leave the vault boundary.

02 — V8 Isolate Sandboxing

Tool code runs inside isolated-vm V8 isolates with 64 MB memory caps and per-request timeouts. No filesystem access, no network access except through the SSRF-guarded fetch bridge.

03 — SSRF Guard

All outbound HTTP requests are DNS-resolved and validated before execution. Private IP ranges (10.x, 172.16-31.x, 192.168.x, AWS metadata 169.254.x) are blocked at the network layer.

05 — Cryptographic Audit Trail

Every request is signed into a SHA-256 hash chain with Ed25519 signatures. Events form a tamper-proof, SIEM-exportable forensic record.

04 — DLP & PII Redaction

A ResponseGuard pipeline intercepts every tool response. Configurable redaction patterns strip sensitive fields (emails, SSNs, card numbers) before data reaches the AI agent.

06 — Honeypot Trap System

Phantom credentials are injected into isolated environments. If a honeypot is used outside Vinkius infrastructure, the server is quarantined instantly.

Emergency Kill Switch

EU AI Act Art. 14(1)
Compliant

The kill switch is an **emergency halt** mechanism — not a simple toggle. When triggered, it executes three actions atomically:

01 — Server deactivated

The MCP server is immediately taken offline across the entire cluster.

02 — All tokens revoked

Every connection token is invalidated. Total lockout — reconnection blocked until new tokens are issued.

03 — WebSocket connections killed

Active connections terminated via Redis pubsub broadcast. Propagates to every runtime node in the cluster.

Full Visibility. Zero Guesswork.

The Vinkius cloud dashboard includes a full MCP Governance suite — real-time analytics and security controls for production AI operations.

Control Plane

KPI dashboard with request volume, latency, success rate, token consumption, and AI-generated operational briefings.

FinOps

Cost tracking per tool, payload compression savings, budget optimization signals, and consumption trends.

Firewall & DLP

PII redaction activity, sensitive data protection counters, and security event timeline.

Agent Activity

Which AI clients are connecting, how often, and what they're doing — real-time session tracking.

Tool Health

Slowest and most error-prone tools, with actionable root-cause insights and performance baselines.

Incident Log

Error trends, failure rates, status-code breakdowns, and forensic audit trail access.

Get started at cloud.vinkius.com — connect your AI agent in under 60 seconds.

Beverage Sugar Tracker MCP

4 tools available

Cloud-hosted on Vinkius

You can use this MCP to get a clear picture of your liquid sugar intake. Instead of guessing how much sugar is in your morning juice or afternoon soda, you can ask your AI client to do the math for you. It works by pulling from a catalog of beverages and calculating the exact mass of sugar based on your specific serving sizes. If you are trying to avoid certain drinks, you can have your agent scan for high-density sugar options before you buy them. It is a straightforward way to turn a list of everything you drank today into a single, actionable number. Whether you are tracking a single glass or a whole day of beverages, the math is handled instantly.

Core Capabilities

01 — Individual Serving Math

Your agent calculates the sugar mass for a specific volume of a drink.

02 — Cumulative Totals

The AI sums the sugar from a list of multiple beverages at once.

03 — Sugar Density Checks

Your agent identifies which drinks in the catalog have the highest sugar concentrations.

04 — Catalog Browsing

The AI retrieves a list of all supported beverages to check availability.

One Click on Vinkius — From Prompt to Execution

Available at vinkius.com/en/ai-agent-connect/beverage-sugar-tracker — connect your AI agent in three steps.

- 01
- Connect the MCP to Claude, Cursor, or Windsurf via Vinkius.
- 02
- Ask your AI client to list available beverages.
- 03
- Request sugar calculations for specific drinks or volumes.
- 04
- Provide a list of drinks to get a cumulative sugar total.

Connect the MCP to your client and start asking questions about sugar content.

Built For

This is for anyone managing dietary intake through an AI-driven workflow.

Health Trackers

Users who want to hand off sugar math to an AI agent.

Nutritionists

Professionals who need quick sugar mass calculations for client dietary logs.

Dietary Researchers

People analyzing beverage sugar density across different product types.

What Changes When You Connect

- 01
- Removes manual math for sugar calculations.
- 02
- Provides instant identification of high-sugar drinks.
- 03
- Aggregates total sugar intake from multiple entries automatically.

Real-World Applications

Daily Intake Logging

Tell your AI everything you drank today to get a total sugar mass.

Portion Control

Calculate the sugar in a specific milliliter amount of a drink.

Pre-purchase Checking

Ask your agent to find high-sugar drinks before you select a beverage.

Dietary Planning

Use the beverage catalog to see what options fit your sugar limits.

Patterns to Avoid

Guessing sugar content

❌ AVOID

You tell your agent that a soda has about 30 grams of sugar and ask for a total. This relies on your own estimation instead of the catalog data.

✓ INSTEAD

Use ``calculate_single_beverage_sugar`` to get the exact mass based on the specific drink and volume you actually consumed.

Manual daily summation

❌ AVOID

You list five different drinks you had today and try to add up the sugar grams yourself in a chat window.

✓ INSTEAD

Pass the entire list of drinks to ``calculate_cumulative_sugar_total`` to get the final sum instantly.

Blind beverage selection

❌ AVOID

You pick a random juice from the fridge without knowing if it fits your dietary goals.

✓ INSTEAD

Run ``search_high_sugar_beverages`` first to see which options in the catalog have the highest sugar concentrations so you can avoid them.

The Right Fit

Connect this MCP if you want to automate sugar tracking through an AI agent. Do not connect it if you prefer manual calorie counting or

don't care about liquid sugar density. The decision depends on whether you want your agent to handle the math for you.

Beverage Sugar Tracker: 4 Specialized Tools

These tools handle all the math for liquid sugar mass and catalog lookups. Your agent uses them to calculate single servings or total daily intake.

#	TOOL	DESCRIPTION
01	search_high_sugar_beverages	Finds drinks with the highest sugar concentrations in the catalog. Use this to avoid high-sugar options.
02	calculate_single_beverage_sugar	Calculates the sugar mass for one specific serving. It gives you the exact sugar count for a single drink choice.
03	get_beverage_catalog	Accesses the full list of available beverages. This shows you what drinks the system can track.
04	calculate_cumulative_sugar_total	Sums up the total sugar from a list of multiple drinks. It provides the total mass consumed across all selected beverages.

See It in Action

Real prompts you can use once this MCP is connected to your AI agent through Vinkius Cloud.

U What beverages are available in the system?



The available beverages include Cola (high density), Orange Juice (moderate density), and Milk (low density).

U How much sugar is in 500ml of Cola?



500ml of Cola contains 55 grams of sugar.

U What is the total sugar from 200ml of Juice and 300ml of Cola?



The total sugar consumed is 62 grams.

Frequently Asked Questions

01 How do I use this MCP with my AI?

You connect it once through Vinkius to any MCP-compatible client like Claude or Cursor. Once connected, your agent can use the tools directly.

02 Can I calculate sugar for custom volumes?

Yes, you can ask your agent to calculate the sugar mass for specific serving sizes of any beverage in the catalog.

03 Does this track calories?

No, this MCP specifically focuses on calculating the mass of sugar in beverages.

04 How do I find the most sugary drinks?

You can use the search tool to identify which beverages in the catalog have the highest sugar concentrations.

05 Can I sum up my whole day of drinking?

Yes, you can provide a list of drinks to the agent and it will use the cumulative tool to give you the total sugar mass.

06 How do I see which drinks are available?

You can use the ``get_beverage_catalog`` tool to retrieve a list of all supported beverages and their sugar profiles.

07 Can I calculate the total sugar for multiple drinks at once?

Yes, use the ``calculate_cumulative_sugar_total`` tool by providing a list of beverage IDs and their respective volumes.

08 How can I find drinks with high sugar content?

Use the ``search_high_sugar_beverages`` tool to find beverages that exceed a specific sugar density threshold.

Go Live in 60 Seconds

Get your connection token from cloud.vinkius.com, then paste the endpoint URL into any MCP-compatible client.

YOUR MCP ENDPOINT

`https://edge.vinkius.com/[TOKEN]/mcp`

CLIENT	WHERE TO CONFIGURE
 Claude AI	Profile → Customize → Connectors → "+" → Add custom connector → Paste endpoint
 Cursor	Settings → Features → MCP Servers → "+ Add New MCP Server" → Type: SSE → Paste endpoint
 VS Code	Ctrl/Cmd+Shift+P → "MCP: Add Server" → add <code>"beverage-sugar-tracker": { "url": "..." }</code>
 Windsurf	MCP Settings → <code>mcp_settings.json</code> → Add endpoint URL
 ChatGPT	Settings → Tools & plugins → Add MCP server → Paste endpoint
 Gemini	Extensions → Add MCP Server → Paste endpoint URL

ASK AN AI ABOUT THIS

Let your preferred AI explain this MCP server

-  Ask ChatGPT 
-  Ask Claude 
-  Ask Perplexity 
-  Ask Gemini 
-  Ask Grok 

READY TO CONNECT

Beverage Sugar Tracker is live on Vinkius Cloud.

Get your connection token, paste it into your AI agent, and
start building. No SDK. No deployment. Just results.

Start at cloud.vinkius.com →

vinkius.com · support@vinkius.com

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Platform	Vinkius Cloud for AI Agents
Endpoint	https://edge.vinkius.com/{token}/mcp

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