MCP SERVER | NO CODE | CLOUD HOSTED

Breastfeeding Calorie Calculator MCP

Manage nutritional and hydration needs during lactation.

Breastfeeding Calorie Calculator MCP provides your AI client with the specific tools needed to track and calculate nutritional requirements for lactating individuals. It handles caloric needs, hydration targets, and safe weight management boundaries to help maintain milk production and maternal health.

A+ Quality Score 100/100

lactation | nutrition | maternal-health | calories | hydration

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vinkius.com/en/ai-agent-connect/breastfeeding-calorie-calculator

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.

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.

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.

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	Ed25519	24h TTL	V8 Isolate
Encryption at rest	PKI vault signatures	Ephemeral session keys	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.

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.

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.

06 — Honeytoken Trap System

Phantom credentials are injected into isolated environments. If a honeytoken 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.

Agent Activity

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

FinOps

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

Tool Health

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

Firewall & DLP

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

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.

Breastfeeding Calorie Calculator MCP

4 tools available
Cloud-hosted on Vinkius

You can use this MCP to get precise nutritional guidance during the postpartum period. Instead of guessing how many calories or how much water you need, your AI client can run specific calculations based on your current lactation status, activity level, and feeding frequency. It breaks down energy expenditure into basal metabolic rate, physical activity, and the specific energy cost of milk production. If you are trying to manage your weight, the MCP calculates safe caloric deficits that protect your milk supply. It also tracks hydration targets to ensure you meet the fluid requirements necessary for lactation. You can connect this to your preferred AI client once and have a dedicated nutritional assistant ready whenever you need to check your numbers.

Core Capabilities

01 — Caloric Calculation

Your agent calculates total daily energy needs including the cost of milk production.

02 — Hydration Tracking

Your AI client determines specific fluid intake targets based on feeding frequency.

03 — Weight Safety Limits

Your agent identifies safe caloric deficits to prevent milk supply drops.

04 — Energy Breakdown

Your AI client separates energy use between basal metabolism, activity, and lactation.

One Click on Vinkius — From Prompt to Execution

Available at **vinkius.com/en/ai-agent-connect/breastfeeding-calorie-calculator** — connect your AI agent in three steps.

01 Connect the MCP to your client like Claude or Cursor via Vinkius.

02 Provide your current weight, activity level, and feeding frequency to your agent.

03 The agent calls the necessary tools to run calculations.

04 Receive specific caloric, hydration, or weight management data.

Get your nutritional data by connecting the MCP to your AI client.

Built For

This MCP is designed for individuals managing lactation and those providing nutritional guidance.

Postpartum Individuals

Use the tool to track personal caloric and hydration needs.

Nutritionists

Hand off specific lactation energy calculations to your AI client.

Health Coaches

Use the tool to determine safe weight management boundaries for clients.

What Changes When You Connect

01 Calculates specific energy costs for milk production.

02 Sets hydration targets based on feeding frequency.

03 Identifies safe weight loss boundaries to protect milk supply.

04 Provides a breakdown of basal and activity energy expenditure.

Real-World Applications

Daily Nutrition Planning

Your agent calculates daily caloric and water targets based on your current postpartum status.

Safe Weight Loss

You use the tool to find a caloric deficit that won't impact your milk supply.

Hydration Monitoring

Your AI client tells you exactly how many liters of water you need based on how often you feed.

Energy Expenditure Analysis

You see how much energy is used for basal metabolism versus lactation.

Patterns to Avoid

Guessing caloric deficits

AVOID

You tell your agent to cut 500 calories a day to lose weight quickly without checking if it's safe for milk production.

✓ INSTEAD

Use `get_weight_management_safety` to find the specific caloric boundaries that protect your milk supply.

Ignoring feeding frequency

AVOID

You set a static daily water goal and ignore how much more you need when feeding frequency increases.

✓ INSTEAD

Run `get_hydration_guidelines` to get fluid targets that adjust based on how often you are actually feeding.

Generalizing energy needs

AVOID

You use a standard postpartum calorie calculator that doesn't account for the specific energy cost of lactation.

✓ INSTEAD

Use `get_energy_cost_summary` to see the exact breakdown of your basal metabolism, activity, and lactation costs.

The Right Fit

Connect this MCP if you need precise, math-based nutritional guidance for lactation or if you are a health professional managing postpartum clients. Do not connect it if you are looking for general weight loss advice that ignores the physiological demands of milk production.

Breastfeeding Calorie Calculator: 4 Specialized Tools

These tools handle the math for caloric needs, hydration targets, and safe weight management during lactation.

#	TOOL	DESCRIPTION
01	`get_weight_management_safety`	This tool determines the nutritional safety boundaries for anyone trying to manage weight while lactating.
02	`get_energy_cost_summary`	This tool breaks down your energy usage into basal metabolic rate, activity expenditure, and lactation costs.
03	`get_hydration_guidelines`	This tool calculates specific fluid intake targets and provides context for your hydration needs.
04	`get_lactation_requirements`	This tool provides a full overview of your caloric and hydration needs based on your current lactation status.

See It in Action

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

U I am 3 weeks postpartum, breastfeeding exclusively, and weigh 65kg. I have a moderate activity level and feed 8 times a day. What are my daily needs?

Your total daily caloric requirement is 2,450 calories, with an additional 500 calories specifically for milk production. You should aim for approximately 3.2 liters of water daily to maintain hydration.

U How much water should I drink if I feed my baby 10 times a day and am exclusively breastfeeding?

Based on a feeding frequency of 10 times per day and exclusive breastfeeding, your recommended daily fluid intake is 3.5 liters.

U I need to lose weight safely. My total daily calories are 2200 and I am breastfeeding exclusively. What is my safe deficit?

To protect your milk supply, your minimum safe caloric intake is 1,850 calories. Your recommended daily deficit for gradual weight loss is 350 calories.

Frequently Asked Questions

01 **How does this MCP help with breastfeeding?**

It calculates the specific caloric and hydration needs required to support lactation based on your feeding frequency and activity.

02 **Can I use this to lose weight while breastfeeding?**

Yes. The tool calculates safe weight management boundaries to ensure your caloric deficit doesn't negatively affect milk production.

03 **Which AI clients can use this MCP?**

You can use this with any MCP-compatible client, including Claude, Cursor, Windsurf, and VS Code.

04 **Does it calculate water intake?**

Yes. It provides specific fluid intake targets based on how many times you feed your baby per day.

05 **How does it calculate energy needs?**

It breaks down energy costs into basal metabolic rate, activity expenditure, and the energy cost of lactation.

06 **How does this tool help with weight loss?**

The tool uses `get_weight_management_safety` to determine a safe caloric deficit that supports milk production while allowing for gradual weight management.

07 **Can I calculate my hydration needs?**

Yes, you can use `get_hydration_guidelines` to find your recommended daily fluid intake based on feeding frequency.

08 **Does it account for different activity levels?**

Yes, the `get_lactation_requirements` tool accepts activity levels such as sedentary, moderate, or active to adjust energy expenditure calculations.

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 `"breastfeeding-calorie-calculator": { "url": "…" }`
Windsurf	MCP Settings → `mcp_settings.json` → 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

Breastfeeding Calorie Calculator 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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DOCUMENT INFORMATION

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

LICENSE & USAGE

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