MCP SERVER | NO CODE | CLOUD HOSTED

FatSecret MCP

Get precise nutrition data for any food item.

FatSecret MCP connects your agent directly to a massive food database, giving you immediate access to nutritional data for millions of items. Need to know the exact macro count or calorie intake for something? This tool finds it, providing full breakdowns—from protein and fat percentages to various serving sizes—so you can track meals accurately without leaving your workflow.

A+ Quality Score 100/100

calorie-counting | nutrition-tracking | diet-management | macro-data | food-database | health-monitoring

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vinkius.com/mcp/fatsecret

SCAN TO VIEW

The infrastructure that powers AI agents in the real world.

Vinkius connects AI to the world's software through secure, enterprise-grade infrastructure — enabling real-world execution at scale, built on the Model Context Protocol (MCP).

Your AI Connections Run Through Vinkius Cloud

The world's largest managed MCP catalog

Vinkius is the cloud infrastructure where AI agents connect 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.

FatSecret MCP

2 tools available
Cloud-hosted on Vinkius

This connection lets you ask questions about food composition and get reliable numbers back. Instead of juggling different recipe sites or guessing ingredient amounts, your agent accesses a database trusted by millions for diet management. You simply name an item, and the MCP handles the complex lookup process. The result is clean, structured data: calories, protein grams, fat content, and carbs. When you connect this through Vinkius, all that nutritional intelligence flows directly into your conversation or script, making meal planning straightforward. It's like having a dedicated nutritionist in your agent.

Core Capabilities

01 — Find food items by name

Search the entire database to find general calorie and macro data for foods you might be considering.

02 — Get complete nutrition breakdowns

Fetch detailed nutritional stats for a specific item, including multiple serving size options (like per cup or per 100g).

One Click on Vinkius — From Prompt to Execution

Available at **vinkius.com/mcp/fatsecret** — connect your AI agent in three steps.

01 You ask your agent a question about food nutrition, like 'What are the macros in X?'

02 Your agent uses this MCP to query the FatSecret database and pull the required nutritional data.

03 The result returns structured metrics—calories, protein, fat, carbs—ready for your AI client to use.

The bottom line is you get accurate, standardized nutrition numbers directly into your workflow.

Built For

This MCP is crucial for dietitians, fitness coaches, and health-conscious individuals who need precise nutritional facts fast. Stop relying on estimates; this gives you the data to back up every recommendation.

Dietitian

Calculating meal plans that meet specific macro targets for clients. You use the MCP to verify intake numbers across different food types.

Fitness Coach

Building daily workout nutrition guides and checking if a client's planned meals hit their required protein or carb goals.

Health & Wellness Researcher

Comparing the nutritional profiles of different branded foods to advise clients on better purchasing choices.

What Changes When You Connect

01 Accurate Macro Tracking: You get detailed counts of protein, fat, and carbs instantly. Forget rounding off estimates; this gives you the hard numbers needed for serious diet planning.

02 Multiple Serving Sizes Handled: Whether a recipe calls for grams, cups, or pieces, `get_fatsecret_food_details` provides the correct metrics for any unit you need.

03 Brand Coverage: The database covers everything from generic ingredients to specific packaged goods and restaurant chains. You can check labels without leaving your agent conversation.

04 Quick Comparison: Need to compare two similar items? Run a search using `search_fatsecret_foods` on both names, and get their full macro profiles side-by-side for an easy decision.

05 Reliable Source: The data comes from a widely used platform trusted globally by millions. You're getting high-quality metrics you can count on.

Real-World Applications

Planning a post-workout meal

A coach asks the agent to build a meal around 40g of protein and 30g of carbs. The agent uses `search_fatsecret_foods` multiple times, pulling several options and generating a full menu that meets the exact macro split.

Checking packaged ingredient labels

A client is trying to figure out if their cereal contains enough fiber. They ask about 'medium apple' or 'whey protein powder.' The agent uses `get_fatsecret_food_details` to pull the specific, reliable nutrient breakdown for comparison.

Cross-referencing restaurant items

A user wants to know if a takeout meal is balanced. They input 'Big Mac' and `search_fatsecret_foods` provides the total calories and fat content, allowing them to adjust other parts of their day's intake.

Determining recipe scale

A nutritionist needs to convert a recipe from 'per cup' to 'per 100g.' They use `get_fatsecret_food_details` to pull the specific weight-based data, ensuring the macro counts are perfectly scalable.

Patterns to Avoid

Guessing ingredient macros

✗ AVOID

The user manually looks up a food item on Google and copies vague 'approximate' calorie counts into their script, which might be based on outdated or incomplete data.

✓ INSTEAD

Don't rely on general searches. First use `search_fatsecret_foods` to find the core macro data, then immediately follow up with `get_fatsecret_food_details` if you need specific serving size units.

Ignoring unit consistency

✗ AVOID

The user finds one source that reports fat in grams and another that reports it as a percentage of total calories, leading to conflicting numbers.

✓ INSTEAD

Use this MCP because the tools standardize the output. `get_fatsecret_food_details` will consistently provide protein, fat, and carb metrics alongside clear serving size units.

Overlooking branded items

✗ AVOID

The user thinks they can just search for 'bread' but doesn't realize the specific brand makes a huge difference in macros.

✓ INSTEAD

Always use the tool name to specify brands, as the database includes extensive coverage of packaged goods and chains.

The Right Fit

Use this MCP if your job requires precise nutritional quantification. If you are a dietitian, coach, or health researcher, and you need metrics—like protein grams per 100g or total carbohydrate counts for specific branded items—this is exactly what you need. It's built purely for data lookup against a massive food library.

Don't use this if your goal is general meal inspiration, cultural cooking advice, or recipe suggestions that require subjective taste input. This MCP doesn't tell you *how* to cook something; it tells you exactly what the ingredients contain. If you just need ideas, search for recipes elsewhere first, then come back here to verify the numbers.

The hassle of verifying every meal's nutritional facts

Today, checking a single ingredient means opening multiple tabs. You copy the product name from one site, search for it on another database, and then try to find the macro breakdown in a third place. You're juggling rough estimates and inconsistent units—grams here, percentages there.

With this connection, you ask your agent what you're eating. It instantly accesses millions of food records, pulling clean data directly into your conversation. The result is structured fact: precise calories and macro counts, every time.

Get detailed nutrition using get_fatsecret_food_details

Manual tracking requires you to stop and look up the serving size conversion for everything. You have to figure out if the data is per ounce, per cup, or per 100 grams before you can use it in your script.

Now, you just ask for the food and the tool handles the complexity. It delivers the full breakdown using every unit needed, letting you move on with your work without pausing to check units.

FatSecret: 2 Tools for Nutrition Data Access

These tools let your agent search the massive FatSecret database and retrieve highly detailed macro breakdowns for any food item.

#	TOOL	DESCRIPTION
01	`get_fatsecret_food_details`	Retrieve complete nutritional breakdowns for a specific item, including multiple serving sizes (e.g., per cup or 100g).
02	`search_fatsecret_foods`	Search the food database for general calorie, protein, fat, and carb data using a food name.

See It in Action

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

U How many calories in a Big Mac?

According to FatSecret data, a McDonald's Big Mac contains 563 calories per serving (215g). Breakdown: 33g fat, 44g carbs, and 26g protein.

U Search for the nutrition data of a medium apple.

A medium apple (182g) has approximately 95 calories, 0.3g of fat, 25g of carbohydrates (including 4.4g of fiber), and 0.5g of protein.

U What are the macros for a serving of whey protein powder?

A typical 30g scoop of whey protein powder contains roughly 110-120 calories, with 24g of protein, 2g of carbohydrates, and 1.5g of fat.

Frequently Asked Questions

01 **How can I use FatSecret MCP to track my daily protein intake?**

You can ask your agent about specific foods and it will pull the exact protein grams for you. Use `search_fatsecret_foods` first, then follow up with `get_fatsecret_food_details` if you need a full breakdown.

02 **Does FatSecret MCP cover international brands?**

Yes, the database is extensive and includes coverage for many branded goods and packaged items used globally. This lets you track foods from various sources accurately.

03 **Is the data provided by search_fatsecret_foods reliable enough for medical use?**

The tool accesses a widely trusted food tracking platform, providing comprehensive macronutrient and caloric counts suitable for dietary planning. Always confirm critical numbers with a professional.

04 **Can I get different serving sizes using FatSecret MCP?**

Yes. Using `get_fatsecret_food_details` ensures you receive the full nutritional information, including metrics calculated for multiple units like cups or grams.

05 **What if I don’t know the exact brand name?**

Start by using `search_fatsecret_foods`. If the generic item is close enough to what you need, it will give you a solid macro estimate to work with.

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 `"fatsecret": { "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

FatSecret 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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