MCP SERVER | NO CODE | CLOUD HOSTED

Nutritionix MCP

Convert Food Text into Macro Data.

Nutritionix MCP lets your agent analyze complex meals described in natural language. Just type out everything you ate—like 'three slices of pizza and a Coke'—and get an immediate, precise breakdown of calories, protein, fat, carbs, fiber, sugar, sodium, and cholesterol for every single item. It handles branded foods and restaurant menus.

A+ Quality Score 100/100

nutritional-analysis | natural-language-processing | calorie-tracking | macro-nutrients | health-data

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vinkius.com/mcp/nutritionix

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.

Nutritionix MCP

2 tools available
Cloud-hosted on Vinkius

This MCP gives your AI client access to one of the industry's best food analysis engines. You don't have to manually enter ingredients or search databases; you just describe what you ate in plain English. For example, if you type out a complex meal—say, 'a cup of oatmeal with peanut butter and a banana'—the MCP instantly calculates the total nutritional facts, item by item.

It provides metrics like calories, protein, fat, carbs, fiber, sugar, sodium, and cholesterol for every part of that meal. Need to check out a specific brand or common food? You can search its vast database of both generic and branded items, including extensive menu data from major restaurant chains. It's the kind of deep-dive health analysis tool that serious fitness apps rely on.

Connecting this MCP via Vinkius means your agent can take unstructured text—like a photo caption or a diary entry—and convert it into structured, actionable nutritional data right where you need it.

Core Capabilities

01 — Analyze Meals by Description

Input a meal description in natural language and receive a precise breakdown of all macro-nutrients and calories for every component listed.

02 — Search Food Database

Look up common or branded food items within the database to retrieve specific nutritional facts and calorie counts.

One Click on Vinkius — From Prompt to Execution

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

01 Type a meal description into your agent, listing all the foods and quantities (e.g., 'two eggs, one slice of toast').

02 The MCP processes this natural language input using its advanced NLP engine to identify every ingredient.

03 You get back structured data showing total calories, protein, fat, carbs, fiber, sugar, sodium, and cholesterol for the entire meal.

The bottom line is that you transform messy text descriptions of food into clean, quantifiable nutritional reports.

Built For

Dietitians, fitness coaches, and health researchers use this MCP daily. They struggle to take unstructured user input—like a diary entry or a photo caption—and turn it into usable data for client recommendations.

Registered Dietitian

Needs to quickly analyze complex, varied meals described by clients (e.g., 'dinner leftovers with extra sauce') and provide accurate macro-nutrient feedback without manual calculations.

Fitness Coach

Uses it to cross-reference client activity logs against food intake descriptions, ensuring the user meets their targeted calorie or protein goals for the week.

Health Researcher

Analyzes large datasets of unstructured patient notes to track dietary patterns and flag potential nutritional deficiencies across groups of people.

What Changes When You Connect

01 Accurate tracking for complex meals. Instead of just getting a total number, the `analyze_food_nutrition` tool breaks down calories, protein, fat, carbs, fiber, sugar, sodium, and cholesterol per item.

02 Handles real-world food descriptions. You don't need to write '2 large eggs'; you can describe them naturally, and the MCP figures out the precise nutritional content for everything listed.

03 Checks branded foods instantly. The `search_nutritionix_foods` tool lets your agent look up specific items from national restaurant chains or brand-name goods, ensuring data accuracy.

04 Saves research time. You eliminate the need to copy text snippets into multiple databases or use separate tracking apps; everything is parsed and quantified in one go.

05 Supports diverse cuisine types. Whether it's pizza slices, oatmeal, or a Starbucks drink, the engine has coverage for common and regional menus, giving you comprehensive data.

Real-World Applications

Evaluating client dietary compliance

A dietitian receives a text message from a client listing their lunch: '3 slices of pizza with extra cheese and an iced tea.' Instead of having to guess, the agent uses `analyze_food_nutrition` to instantly generate the full macro breakdown, allowing the dietitian to provide immediate, informed feedback.

Building a personalized meal plan

A fitness coach wants to create a high-protein menu. The agent first uses `search_nutritionix_foods` to find optimal protein sources (like salmon or lentils) and then uses `analyze_food_nutrition` to test how those items combine into balanced, macro-compliant meals.

Cross-referencing restaurant menus

A health researcher is studying local eating habits. They feed the agent a photo caption listing several menu items from a chain. The MCP uses its extensive coverage to analyze all components, providing data on sodium and sugar that manual searching would miss.

Calculating athletic meal totals

An athlete needs to calculate macros for pre-workout fuel. They type '1 cup of oatmeal with a banana and two tbsp peanut butter.' The agent runs `analyze_food_nutrition` and returns the precise total calories, carbs, and fats needed for optimal performance.

Patterns to Avoid

Using generic macro calculators

✗ AVOID

Manually summing up nutrition facts from separate websites or using a basic calculator that only provides total calorie counts without itemized breakdowns.

✓ INSTEAD

Use the `analyze_food_nutrition` tool. Describe the meal in text, and it handles the calculation and detailed breakdown of every single nutrient for you.

Searching by ingredient name only

✗ AVOID

Trying to find nutritional data on a specific branded item (e.g., 'Starbucks Grande Caramel Macchiato') requires guessing the right database entry or finding an external link.

✓ INSTEAD

Use `search_nutritionix_foods` first. This tool searches its dedicated database for both common and brand-specific items, giving you the accurate data point immediately.

Treating text input as unstructured notes

✗ AVOID

Pasting a long journal entry full of food mentions and hoping an LLM can figure out quantities or units correctly.

✓ INSTEAD

Use `analyze_food_nutrition`. While you provide the natural language, the MCP's advanced NLP engine is built to reliably parse quantities, unit measurements, and multiple distinct items within one sentence.

The Right Fit

You need this MCP if your primary task involves converting unstructured text—like a diary entry or a photo caption of food—into structured, quantifiable nutritional data. If you are constantly dealing with the 'what did I eat?' problem in a professional setting, this is for you.

Don't use this if all you need is a simple search for a single item's calories (though `search_nutritionix_foods` handles that). More importantly, don't rely on it just because you need to 'calculate macros'; the value here is the *parsing* of natural language. If your workflow involves complex text input from users and needs reliable nutritional metrics, use this MCP. Otherwise, a simple database query tool might suffice.

Tracking diet means constant data entry and copy-pasting.

Right now, tracking nutrition is tedious. You find an item on a menu, click to check its calories, then open another tab for the macro breakdown. If you write down your meal later, you're faced with dozens of clicks and manual searches just trying to get a complete picture of what was consumed.

With this MCP, you simply describe the entire day's meals in plain English—like telling a friend about dinner. The AI client handles everything after that. You instantly get a single, structured report detailing every calorie, protein gram, and carb count.

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analyze_food_nutrition: Structured Meal Reports from Simple Text

The manual steps of finding the nutritional profile for each component—from the main dish to the side sauce—disappear. You stop worrying about which database link to click or how to format your search query.

Now, you just talk to your agent. It processes the text, identifies all the food items, and returns a comprehensive breakdown that's ready for immediate use in reports and recommendations.

Nutritionix: 2 Tools Available

Use these tools to analyze food composition by describing meals or to search specific branded and common food items for their nutritional facts.

#	TOOL	DESCRIPTION
01	`search_nutritionix_foods`	Searches the database for either common or brand-specific food items to retrieve their individual nutritional facts.
02	`analyze_food_nutrition`	Provides a precise breakdown of calories and macro-nutrients from any natural language meal description, handling specific quantities and multiple foods at once.

See It in Action

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

U Analyze the nutrition of 2 eggs, 1 toast with butter, and a glass of orange juice.

Here's your breakfast breakdown:
- 2 large eggs: 144 kcal, 12g protein, 10g fat
- 1 piece of toast with butter: 166 kcal, 3g protein, 6g fat, 24g carbs
- 1 glass OJ (240ml): 112 kcal, 2g protein, 26g carbs

Total: 422 kcal, 17g protein, 16g fat, 50g carbs.

U Calculate the macros for 1 cup of oatmeal with a sliced banana and a tablespoon of peanut butter.

Breakdown:
- 1 cup cooked oatmeal: 166 kcal, 6g protein, 28g carbs, 4g fiber
- 1 medium banana: 105 kcal, 1.3g protein, 27g carbs
- 1 tbsp peanut butter: 94 kcal, 4g protein, 8g fat

Total: 365 kcal, 11g protein, 63g carbs, 10g fat.

U How many calories in a Starbucks Grande Caramel Macchiato with almond milk?

A Starbucks Grande (16 oz) Caramel Macchiato made with almond milk contains approximately 190 calories, 4g of protein, 5g of fat, and 27g of carbohydrates (including 25g of sugar).

Frequently Asked Questions

01 **What types of foods can analyze_food_nutrition handle?**

It handles complex meals composed of multiple ingredients. You can list anything from common pantry items like rice or eggs to specific branded restaurant menu components.

02 **Does Nutritionix MCP cover international food brands?**

Yes, the tool has extensive coverage data for national and regional chains. This makes it useful for analyzing meals eaten in diverse settings.

03 **Is analyze_food_nutrition better than just using a standard Google search?**

Absolutely. A general search gives you links, but the MCP performs the calculation itself, giving you instant, structured data points like total sodium and cholesterol per meal.

04 **How does search_nutritionix_foods work?**

This tool lets your agent look up a specific food item. You provide the name of a common or branded food, and it returns the precise nutritional facts for that one item.

05 **Can I use this MCP to track my daily intake?**

Yes, you can feed your agent multiple meal descriptions throughout the day. The combination of `analyze_food_nutrition` and simple text aggregation allows you to build a full daily macro report.

06 **How accurate is the NLP food analysis?**

Nutritionix's NLP engine is used by major fitness and health apps globally. It can parse complex meal descriptions including quantities, cooking methods, and brand names with high accuracy, backed by a verified database of 1M+ food items.

07 **Can it recognize branded foods or restaurant items?**

Yes, Nutritionix excels at this. If you type '1 Big Mac and a medium fries from McDonald's', it will correctly map these to specific branded items in its database.

08 **Does it track micronutrients?**

Yes, in addition to macros (proteins, fats, carbs), it returns data on dietary fiber, sugars, sodium, cholesterol, and potassium for an incredibly comprehensive nutritional profile.

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 `"nutritionix": { "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

Nutritionix 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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