

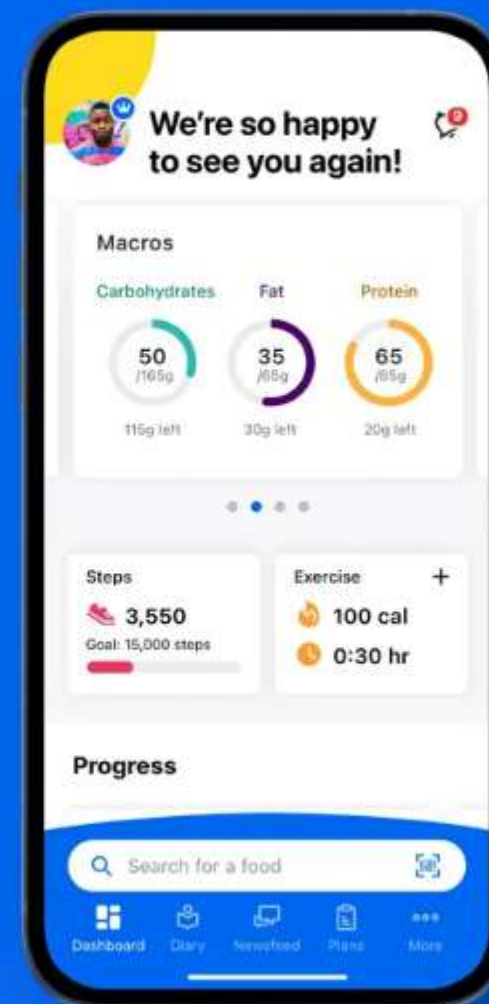


#1 nutrition tracking app

# Reach your goals with MyFitnessPal

Build healthy habits with the all-in-one food, exercise, and calorie tracker.

START TODAY >



Reviews

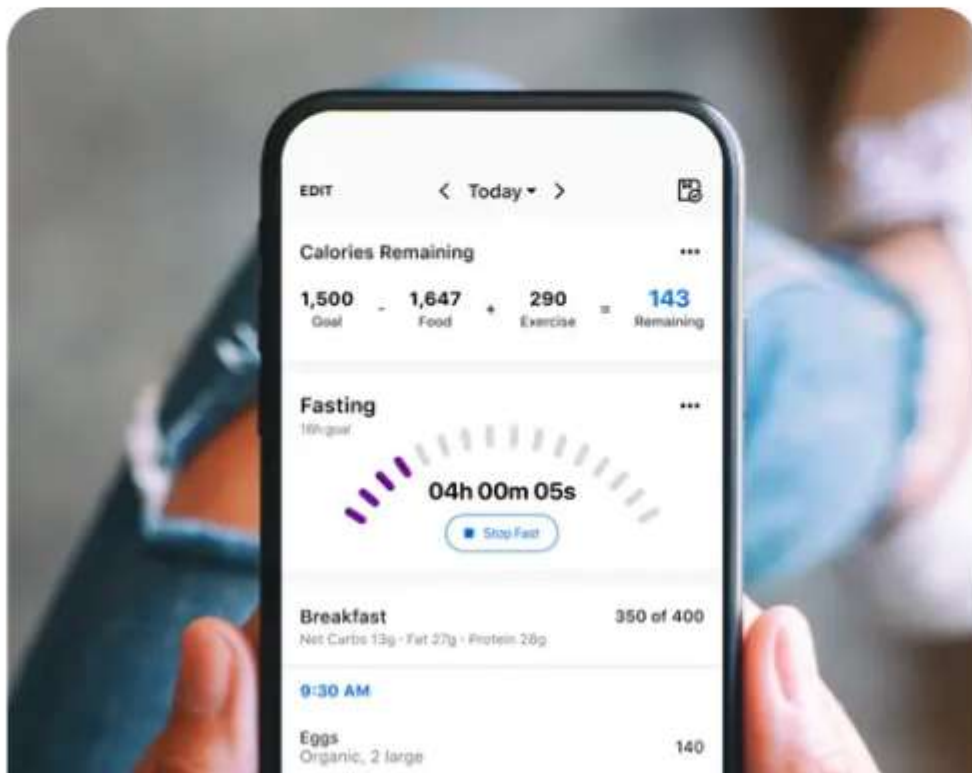
How It Works

Apps

Our Philosophy



# Hit your health goals in 1-2-3



1

## Track food, fitness & fasting

Tracking calories and macros is easy with our

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## 2

## Learn what works

Personalized nutrition insights reveal what's working so you can make smarter choices.

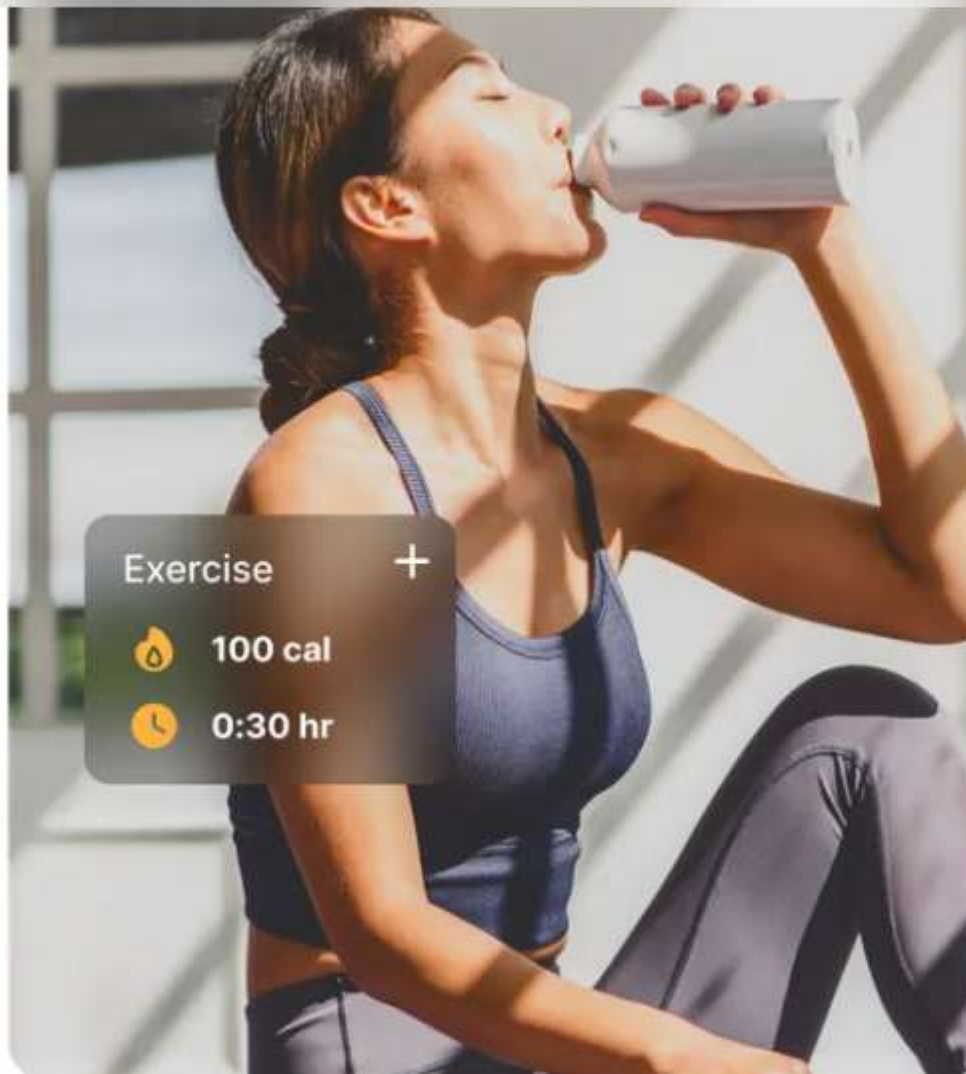


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## Change your habits and reach your goals

Now you have the tools and knowledge to  
build healthy habits for life.



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# If it's edible, it's in here

Food tracking app with 18 million global foods

Search food calories >



Privacy - Terms

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Get Results

# Nutrition tracking works, here's the proof



"My biggest realization with MyFitnessPal was **being able to understand the food I ate** ... we don't need to jump on some diet fad, but understand our goals and adjust our calories and macros to achieve those goals."

Rohit S.



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myfitnesspal™

Find your healthy, and your happy.

START TODAY >

#### Products

Food

Exercise

Apps

Premium

#### Resources

Blog

Community

Contact Us

Support Center

#### Company

About Us

Careers

Press

