

TRACK YOUR NUTRITION AND FITNESS WITH



Get started
in 3 easy
steps!

- 1 Download the MyFitnessPal app.
- 2 Use the search feature* to find items or scanning feature to grab nutrition information from bar codes.
- 3 Build and save your meals and track against your personal nutrition objectives.
It's that simple.

*In the search feature, include the Key Words "Sodexo Campus" along with item name you are looking for, or scan bar codes on labels and signs.

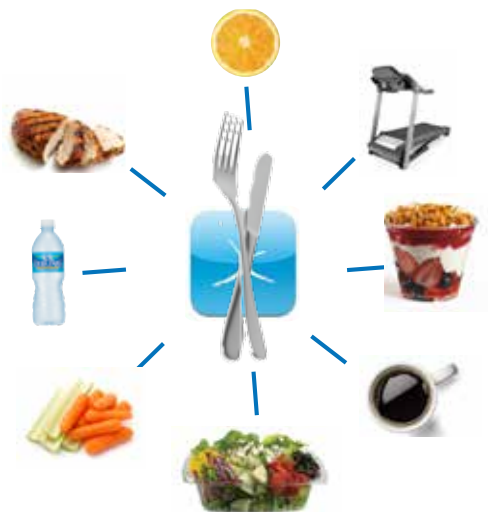
or log on to
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