Some days a light salad or sandwich is the perfect lunch. Other days you really want a burger.

Sometimes a fresh piece of fruit is great, but other times that brownie seems to have your name on it.

Our Healthy for Life™ philosophy is all about living a good life by eating what you want — but choosing wisely!

With MyFitnessPal it’s easier than ever to make the choices that fit your life.

Some days a light salad or sandwich is the perfect lunch. Other days you really want a burger.

Counting calories and tracking your exercise and activity level is a great way to help you make good choices and live a healthy life.

As part of our Healthy for Life™ program we want you to be able to get nutrition information and track both the healthier and more indulgent choices you make. Either way, just search for our menu items on MyFitnessPal.

If you can’t find information on MyFitnessPal for your selection, it may be a local special or a seasonal feature. Just ask the manager on-site for the nutrition information, then you can add the information to your MyFitnessPal food diary.

Since everyone’s health history and nutritional needs are so different, please make sure that you talk with your doctor and a registered dietitian to get advice about the diet and exercise plan that’s right for you!
If you're trying to watch your weight, many experts recommend that you count your calories by keeping track of everything you eat and drink. But keeping track is a big challenge. How many calories were in that burger anyway? Who’s got the time to be writing it all down and adding it all up? That’s why we make nutrition information easy to find, and make counting your calories and tracking your physical activity as easy as 1-2-3.

With Healthy for Life™ and MyFitnessPal any smartphone, tablet or computer can be your personal healthy lifestyle tracker.

GET STARTED WITH MYFITNESSPAL
here’s how it works...

1. Download MyFitnessPal
MyFitnessPal is a free app that makes finding nutrition information and counting your calories quick and easy on any smartphone, tablet or computer.

To get started, just go to the app store for your smartphone – or MyFitnessPal.com on your computer.

2. Become a MyFitnessPal member
Sign up for an account and create your profile.

3. Start tracking
To find nutrition information for the food we serve, just look up the name of the menu item. Then add the menu item to your food diary – it’s easy.

It’s easy to find the food you’re looking for in MyFitnessPal.

Dining in a Residential Dining Facility?
Type “Aramark On Campus” and then the menu item name.

Dining in a Retail Food Court or other Retail Location?
Type the “Location Name” and then the menu item name.

With Healthy for Life™ and MyFitnessPal there’s one more way to live a healthier life.