myfitnesspal

zipongo

Nutrition Guide

NUTRITION MADE EASY.

Start achieving your nutrition goals today with our robust Nutrition Guide to build healthy habits that'll last a lifetime. Track nutrition, get recipes, and make small daily changes to help you live better each day.

Health & Employee Services

Virgin Pulse

A complete nutrition plan just for you.

Virgin Pulse's Nutrition Guide integrates with MyFitnessPal, the world's leading on-the-go nutrition tracker, to help you track your calories and maintain your daily caloric budget. With a journaling tool like MyFitnessPal, you can lose up to double the weight than if you weren't using a food diary.

You'll also have access to Zipongo, a provider of healthy recipes (1,000+), eating ideas, and planning tools. Filter recipes based on food preferences and restrictions, create meal plans, find grocery discounts, and automatically generate shopping lists for easy healthy eating.

Seamlessly manage your caloric intake, activity data, weight progress, and meal plans, all in one place.

Sync your MyFitnessPal & Virgin Pulse Account

Log in to your Virgin Pulse Account:

- Log in and look for "NUTRITION GUIDE" under the "PROGRESS" tab.

Connect to MyFitnessPal:

- If you already have a MyFitnessPal account, hooray! Just click on the "CONNECT YOUR ACCOUNT" button in the lower right corner of the Nutrition page and enter your user name and password.
- Don't have an account? Follow the link below the button and create one now!

Allow Integration:

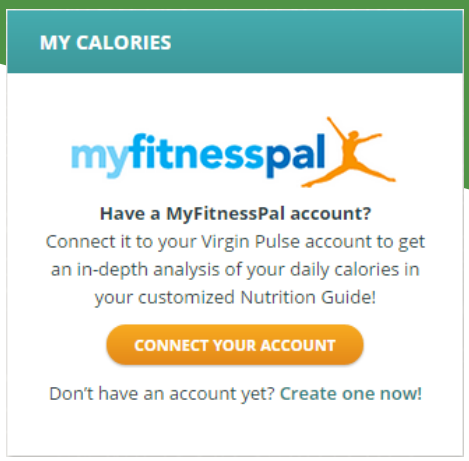
- Once you're logged into your MyFitnessPal account, you'll be prompted to sync accounts. Click "ALLOW" so MyFitnessPal and Virgin Pulse can start working together.

Enter your measurements:

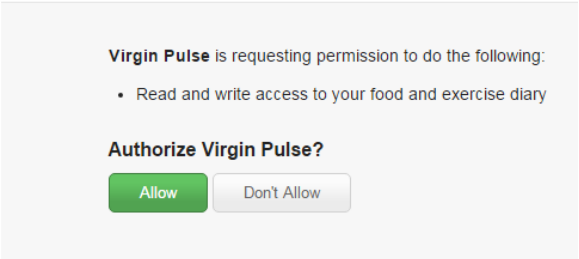
- You're synced! Now enter your current weight and weight loss goal. MyFitnessPal will calculate your daily caloric goal.

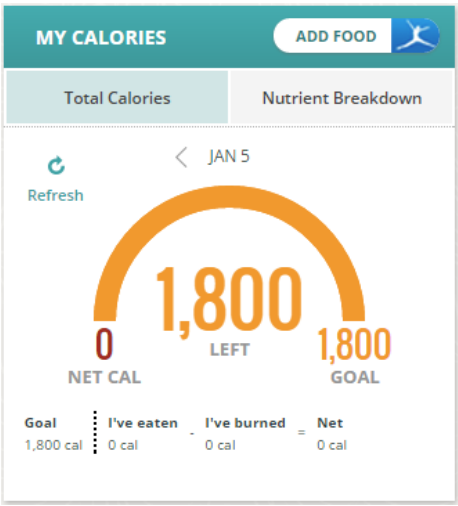
Let's Get Tracking!

- Log into your MyFitnessPal to start entering your meals on a daily basis. To help save time locating your favorite foods, MyFitnessPal remembers recent and frequent foods you eat for easy lookup.
- Track your calories in and calories out. Virgin Pulse program will subtract total calories consumed and add calories you burned and then calculate how many calories you have left for the rest of the day.
- Know what you're eating: Use the "ADD FOOD" entry link on the Nutrition page to take you directly to MyFitnessPal to enter what you've eaten.
- Once your food is entered, macronutrients like protein, carbs, sodium and sugar are all tracked for a better view of your diet. Click on "NUTRIENT BREAKDOWN" for the full view.



Request for Permission





Sign up now at join.virginpulse.com/Sandia

Start tracking at virginpulse.com/nutritionguide