

Ring Up Instant Nutrition Info via Text Message to DIET1 (34381)

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Thanks to Nutrition on the Go, an innovative new program from Diet.com, nutritional information for more than 36,000 menu items at more than 1,700 restaurants nationwide is available in a flash through your cell phone by texting DIET1 (34381) with a restaurant name and menu item.

Not cell phone savvy? No worries. You put your phone in text message mode, type in the menu item you need help with, then send that info to DIET1 (34381). By sending McDonald's Small French fries to DIET1 (34381), you will receive a text back with the following information: "McDonald's Small French Fries Cal 250, Fat 13g, Carb 30g, Protein 2g."

This cutting-edge phone service removes all the guesswork from those sure-to-happen times you're stuck at the counter of a fast food joint or coffee shop and the harried clerk is impatiently asking, "Can I take your order?"

Instead of guessing, then gobbling a burger or coffee drink that's packed with more fat and calories than you ever thought possible, you can calmly look up from your phone's text window and respond, "I'll have the ..."

The handy Nutrition on the Go program is built so you'll get nearly instantaneous text message answers to all your menu questions, including nutritional facts like calories, fat, carbs and protein.

For those of you worried about your poor spelling, relax. The Nutrition on the Go service is so intuitive, it cross-checks what you type in against several database programs to come up with the correct nutritional numbers.

"Our Nutrition on the Go Service will be a great asset to millions of Americans who want to maintain a healthy diet when they're away from home," says Mike Zhang, President of Diet Health.

"Consumers come to Diet.com for practical weight loss solutions and information. By putting valuable nutritional information into the hands of consumers at the point of purchase, we are making it easier to make healthy decisions and make simple lifestyle changes."

You can test this service by text messaging the phrase "Panera Clam Chowder" to the number 34381.

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