

Zuppy Accuracy Report 2026

Nutrition data you can trust

A comparison of nutrition database accuracy across Zuppy, MyFitnessPal, and Yazio — benchmarked against USDA FoodData Central. Conducted by the Zuppy team with full methodology disclosure.

Data collected: 2026-03-24

Legal Disclaimer

This report was produced by the Zuppy team and reflects data collected in March 2026. It is not an independent third-party audit. The full food list, raw values, and scoring methodology are published so that anyone can verify the results.

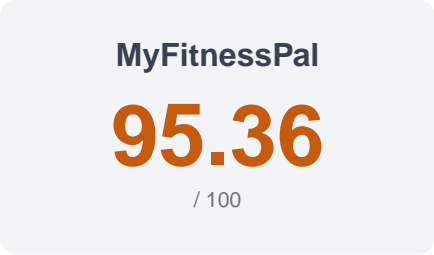
Zuppy sources its nutrition data from USDA FoodData Central, which is also the benchmark used in this comparison. Because Zuppy's data comes from the same source as the reference, its high score is structurally expected. This should be considered when interpreting results.

This comparison measures how closely each app's database entries match USDA reference values for 38 specific foods. It does not measure overall app accuracy for food recognition, portion estimation, or user-contributed entries. Results may vary based on specific food entries selected and may change as apps update their databases.

This report is not affiliated with, endorsed by, or sponsored by MyFitnessPal, Yazio, or the United States Department of Agriculture. MyFitnessPal and Yazio are trademarks of their respective owners. All brand names are used solely for identification purposes in this factual comparison.

For questions about methodology or to report data corrections, contact us at zuppyhealth.com.

Executive Summary



Key Findings

Across 38 common foods, Zuppy scored 100/100, MyFitnessPal scored 95.36/100, and Yazio scored 92.01/100 when measured against USDA FoodData Central reference values.

Methodology

Ground Truth: USDA FoodData Central

USDA FoodData Central

Scoring Formula

$\text{nutrient_accuracy} = \text{usda} \neq 0 ? (\text{competitor} \neq 0 ? 100 : 0) : \max(0, 100 - |\text{competitor} - \text{usda}| / \text{usda} * 100)$. Per-food = weighted average (kcal 30%, protein 25%, carbs 20%, fat 15%, fiber 10%). Overall = mean of per-food scores.

Competitor Data Collection

Comparison of nutrition data accuracy across three calorie tracking apps, using USDA FoodData Central as the authoritative reference.

Transparency

Zuppy sources its nutrition data from USDA FoodData Central. In this test, we independently pulled values from the USDA FDC CSV files and compared all three apps against this reference. Zuppy's score reflects how accurately its database mirrors the source it claims to use.

Results Overview

Overall Scores

App	Score	Assessment
Zuppy	100 / 100	Excellent — USDA-grade accuracy
MyFitnessPal	95.36 / 100	Excellent — USDA-grade accuracy
Yazio	92.01 / 100	Excellent — USDA-grade accuracy

Category Breakdown

Category	Zuppy	MyFitnessPal	Yazio
Proteins	100	84	76
Grains	100	100	100
Fruits	100	97	99
Vegetables	100	100	100
Dairy	100	89	79
Fats/nuts	100	100	98
Other	100	100	91

Category: Proteins

7 foods tested

Zuppy

100

avg / 100

MyFitnessPal

84

avg / 100

Yazio

76

avg / 100

Foods in this category

Food	Zuppy	MyFitnessPal	Yazio
Chicken breast, raw	100	90.87	70.17
Salmon, raw	100	92.62	100
Egg, whole, raw	100	99.92	100
Ground beef, raw	100	99.99	62.97
Tofu, firm	100	50.66	56.22
Shrimp, raw	100	78.98	72.28
Turkey breast, raw	100	74.43	71.81

Category: Grains

6 foods tested

Zuppy

100

avg / 100

MyFitnessPal

100

avg / 100

Yazio

100

avg / 100

Foods in this category

Food	Zuppy	MyFitnessPal	Yazio
White rice, raw	100	98.52	98.52
Brown rice, raw	100	99.71	100
Oats, raw	100	99.98	100
Pasta, dry	100	99.74	100
Quinoa, raw	100	99.88	99.67
Bread, white	100	99.72	100

Category: Fruits

6 foods tested

Zuppy

100

avg / 100

MyFitnessPal

97

avg / 100

Yazio

99

avg / 100

Foods in this category

Food	Zuppy	MyFitnessPal	Yazio
Banana, raw	100	98.37	100
Apple, raw	100	93.49	96.14
Avocado, raw	100	99.89	100
Blueberries, raw	100	97.27	100
Orange, raw	100	96.35	100
Strawberries, raw	100	98.83	100

Category: Vegetables

6 foods tested

Zuppy

100

avg / 100

MyFitnessPal

100

avg / 100

Yazio

100

avg / 100

Foods in this category

Food	Zuppy	MyFitnessPal	Yazio
Broccoli, raw	100	100	100
Spinach, raw	100	100	100
Sweet potato, raw	100	100	100
Carrots, raw	100	100	100
Tomato, raw	100	100	100
Bell pepper, raw	100	100	100

Category: Dairy

4 foods tested

Zuppy

100

avg / 100

MyFitnessPal

89

avg / 100

Yazio

79

avg / 100

Foods in this category

Food	Zuppy	MyFitnessPal	Yazio
Whole milk	100	99.91	97.3
Greek yogurt, plain	100	99.9	69.2
Cheddar cheese	100	77.88	77.88
Cottage cheese	100	78.64	70.98

Category: Fats/nuts

5 foods tested

Zuppy

100

avg / 100

MyFitnessPal

100

avg / 100

Yazio

98

avg / 100

Foods in this category

Food	Zuppy	MyFitnessPal	Yazio
Olive oil	100	100	100
Peanut butter	100	100	91.58
Almonds	100	98.73	99.21
Butter	100	100	100
Coconut oil	100	100	98.85

Category: Other

4 foods tested

Zuppy

100

avg / 100

MyFitnessPal

100

avg / 100

Yazio

91

avg / 100

Foods in this category

Food	Zuppy	MyFitnessPal	Yazio
Honey	100	100	100
Dark chocolate	100	99.95	75.73
Lentils, raw	100	99.39	87.69
Black beans, raw	100	100	100

Full Data Table (1/5)

Chicken breast, raw — Proteins

Source	kcal	protein	carbs	fat	fiber	Score
USDA FDC	120.0	22.5	0.0	2.6	0.0	—
Zuppy	120.0	22.5	0.0	2.6	0.0	100
MyFitnessPal	109.0	23.5	0.0	1.7	0.0	90.87
Yazio	172.0	20.9	0.0	9.3	0.0	70.17

Salmon, raw — Proteins

Source	kcal	protein	carbs	fat	fiber	Score
USDA FDC	208.0	20.4	0.0	13.4	0.0	—
Zuppy	208.0	20.4	0.0	13.4	0.0	100
MyFitnessPal	189.0	22.0	0.0	11.0	0.0	92.62
Yazio	208.0	20.4	0.0	13.4	0.0	100

Egg, whole, raw — Proteins

Source	kcal	protein	carbs	fat	fiber	Score
USDA FDC	143.0	12.6	0.7	9.5	0.0	—
Zuppy	143.0	12.6	0.7	9.5	0.0	100
MyFitnessPal	143.0	12.6	0.7	9.5	0.0	99.92
Yazio	143.0	12.6	0.7	9.5	0.0	100

Ground beef, raw — Proteins

Source	kcal	protein	carbs	fat	fiber	Score
USDA FDC	215.0	18.6	0.0	15.0	0.0	—
Zuppy	215.0	18.6	0.0	15.0	0.0	100
MyFitnessPal	215.0	18.6	0.0	15.0	0.0	99.99
Yazio	332.0	14.3	0.0	30.0	0.0	62.97

Tofu, firm — Proteins

Source	kcal	protein	carbs	fat	fiber	Score
USDA FDC	144.0	15.5	2.3	8.7	1.2	—
Zuppy	144.0	15.5	2.3	8.7	1.2	100
MyFitnessPal	124.0	9.0	5.0	6.0	0.0	50.66
Yazio	76.0	8.1	1.9	4.8	0.3	56.22

Shrimp, raw — Proteins

Source	kcal	protein	carbs	fat	fiber	Score
USDA FDC	85.0	20.1	0.9	0.5	0.0	—
Zuppy	85.0	20.1	0.9	0.5	0.0	100
MyFitnessPal	84.0	20.4	0.0	0.5	0.0	78.98
Yazio	71.0	13.6	0.9	1.0	0.0	72.28

Turkey breast, raw — Proteins

Source	kcal	protein	carbs	fat	fiber	Score
USDA FDC	114.0	23.7	0.0	1.7	0.0	—
Zuppy	114.0	23.7	0.0	1.7	0.0	100
MyFitnessPal	106.0	22.6	0.6	1.4	0.0	74.43
Yazio	157.0	21.9	0.0	7.0	0.0	71.81

White rice, raw — Grains

Source	kcal	protein	carbs	fat	fiber	Score
USDA FDC	365.0	7.1	80.0	0.7	1.3	—
Zuppy	365.0	7.1	80.0	0.7	1.3	100
MyFitnessPal	365.0	7.1	80.0	0.6	1.3	98.52
Yazio	365.0	7.1	79.9	0.6	1.3	98.52

Full Data Table (2/5)

Brown rice, raw — Grains

Source	kcal	protein	carbs	fat	fiber	Score
USDA FDC	370.0	7.9	77.2	2.9	3.5	—
Zuppy	370.0	7.9	77.2	2.9	3.5	100
MyFitnessPal	370.0	7.9	77.0	2.9	3.5	99.71
Yazio	370.0	7.9	77.2	2.9	3.5	100

Oats, raw — Grains

Source	kcal	protein	carbs	fat	fiber	Score
USDA FDC	389.0	16.9	66.3	6.9	10.6	—
Zuppy	389.0	16.9	66.3	6.9	10.6	100
MyFitnessPal	389.0	16.9	66.3	6.9	10.6	99.98
Yazio	389.0	16.9	66.3	6.9	10.6	100

Pasta, dry — Grains

Source	kcal	protein	carbs	fat	fiber	Score
USDA FDC	371.0	13.0	74.7	1.5	3.2	—
Zuppy	371.0	13.0	74.7	1.5	3.2	100
MyFitnessPal	371.0	13.0	75.0	1.5	3.2	99.74
Yazio	371.0	13.0	74.7	1.5	3.2	100

Quinoa, raw — Grains

Source	kcal	protein	carbs	fat	fiber	Score
USDA FDC	368.0	14.1	64.2	6.1	7.0	—
Zuppy	368.0	14.1	64.2	6.1	7.0	100
MyFitnessPal	368.0	14.1	64.2	6.1	7.0	99.88
Yazio	368.0	14.2	64.2	6.0	7.0	99.67

Bread, white — Grains

Source	kcal	protein	carbs	fat	fiber	Score
USDA FDC	266.0	8.8	49.4	3.3	2.7	—
Zuppy	266.0	8.8	49.4	3.3	2.7	100
MyFitnessPal	266.0	8.9	49.4	3.3	2.7	99.72
Yazio	266.0	8.8	49.4	3.3	2.7	100

Banana, raw — Fruits

Source	kcal	protein	carbs	fat	fiber	Score
USDA FDC	89.0	1.1	22.8	0.3	2.6	—
Zuppy	89.0	1.1	22.8	0.3	2.6	100
MyFitnessPal	89.0	1.1	22.8	0.3	2.6	98.37
Yazio	89.0	1.1	22.8	0.3	2.6	100

Apple, raw — Fruits

Source	kcal	protein	carbs	fat	fiber	Score
USDA FDC	52.0	0.3	13.8	0.2	2.4	—
Zuppy	52.0	0.3	13.8	0.2	2.4	100
MyFitnessPal	52.0	0.3	13.8	0.2	2.4	93.49
Yazio	52.0	0.3	13.8	0.2	2.4	96.14

Avocado, raw — Fruits

Source	kcal	protein	carbs	fat	fiber	Score
USDA FDC	160.0	2.0	8.5	14.7	6.7	—
Zuppy	160.0	2.0	8.5	14.7	6.7	100
MyFitnessPal	160.0	2.0	8.5	14.7	6.7	99.89
Yazio	160.0	2.0	8.5	14.7	6.7	100

Full Data Table (3/5)

Blueberries, raw — Fruits

Source	kcal	protein	carbs	fat	fiber	Score
USDA FDC	57.0	0.7	14.5	0.3	2.4	—
Zuppy	57.0	0.7	14.5	0.3	2.4	100
MyFitnessPal	57.0	0.7	14.5	0.3	2.4	97.27
Yazio	57.0	0.7	14.5	0.3	2.4	100

Orange, raw — Fruits

Source	kcal	protein	carbs	fat	fiber	Score
USDA FDC	47.0	0.9	11.8	0.1	2.4	—
Zuppy	47.0	0.9	11.8	0.1	2.4	100
MyFitnessPal	47.0	0.9	11.8	0.1	2.4	96.35
Yazio	47.0	0.9	11.8	0.1	2.4	100

Strawberries, raw — Fruits

Source	kcal	protein	carbs	fat	fiber	Score
USDA FDC	32.0	0.7	7.7	0.3	2.0	—
Zuppy	32.0	0.7	7.7	0.3	2.0	100
MyFitnessPal	32.0	0.7	7.7	0.3	2.0	98.83
Yazio	32.0	0.7	7.7	0.3	2.0	100

Broccoli, raw — Vegetables

Source	kcal	protein	carbs	fat	fiber	Score
USDA FDC	34.0	2.8	6.6	0.4	2.6	—
Zuppy	34.0	2.8	6.6	0.4	2.6	100
MyFitnessPal	34.0	2.8	6.6	0.4	2.6	100
Yazio	34.0	2.8	6.6	0.4	2.6	100

Spinach, raw — Vegetables

Source	kcal	protein	carbs	fat	fiber	Score
USDA FDC	23.0	2.9	3.6	0.4	2.2	—
Zuppy	23.0	2.9	3.6	0.4	2.2	100
MyFitnessPal	23.0	2.9	3.6	0.4	2.2	100
Yazio	23.0	2.9	3.6	0.4	2.2	100

Sweet potato, raw — Vegetables

Source	kcal	protein	carbs	fat	fiber	Score
USDA FDC	86.0	1.6	20.1	0.1	3.0	—
Zuppy	86.0	1.6	20.1	0.1	3.0	100
MyFitnessPal	86.0	1.6	20.1	0.1	3.0	100
Yazio	86.0	1.6	20.1	0.1	3.0	100

Carrots, raw — Vegetables

Source	kcal	protein	carbs	fat	fiber	Score
USDA FDC	41.0	0.9	9.6	0.2	2.8	—
Zuppy	41.0	0.9	9.6	0.2	2.8	100
MyFitnessPal	41.0	0.9	9.6	0.2	2.8	100
Yazio	41.0	0.9	9.6	0.2	2.8	100

Tomato, raw — Vegetables

Source	kcal	protein	carbs	fat	fiber	Score
USDA FDC	18.0	0.9	3.9	0.2	1.2	—
Zuppy	18.0	0.9	3.9	0.2	1.2	100
MyFitnessPal	18.0	0.9	3.9	0.2	1.2	100
Yazio	18.0	0.9	3.9	0.2	1.2	100

Full Data Table (4/5)

Bell pepper, raw — Vegetables

Source	kcal	protein	carbs	fat	fiber	Score
USDA FDC	20.0	0.9	4.6	0.2	1.7	—
Zuppy	20.0	0.9	4.6	0.2	1.7	100
MyFitnessPal	20.0	0.9	4.6	0.2	1.7	100
Yazio	20.0	0.9	4.6	0.2	1.7	100

Whole milk — Dairy

Source	kcal	protein	carbs	fat	fiber	Score
USDA FDC	61.0	3.1	4.8	3.3	0.0	—
Zuppy	61.0	3.1	4.8	3.3	0.0	100
MyFitnessPal	61.0	3.1	4.8	3.3	0.0	99.91
Yazio	61.0	3.1	4.5	3.5	0.0	97.3

Greek yogurt, plain — Dairy

Source	kcal	protein	carbs	fat	fiber	Score
USDA FDC	97.0	9.0	4.0	5.0	0.0	—
Zuppy	97.0	9.0	4.0	5.0	0.0	100
MyFitnessPal	97.0	9.0	4.0	5.0	0.0	99.9
Yazio	59.0	10.2	3.6	0.4	0.0	69.2

Cheddar cheese — Dairy

Source	kcal	protein	carbs	fat	fiber	Score
USDA FDC	403.0	24.9	1.3	33.1	0.0	—
Zuppy	403.0	24.9	1.3	33.1	0.0	100
MyFitnessPal	403.0	22.9	3.1	33.3	0.0	77.88
Yazio	403.0	22.9	3.4	33.3	0.0	77.88

Cottage cheese — Dairy

Source	kcal	protein	carbs	fat	fiber	Score
USDA FDC	84.0	10.4	6.7	2.3	0.0	—
Zuppy	84.0	10.4	6.7	2.3	0.0	100
MyFitnessPal	90.0	13.7	3.6	1.9	0.0	78.64
Yazio	72.0	12.4	2.7	1.0	0.0	70.98

Olive oil — Fats/nuts

Source	kcal	protein	carbs	fat	fiber	Score
USDA FDC	884.0	0.0	0.0	100.0	0.0	—
Zuppy	884.0	0.0	0.0	100.0	0.0	100
MyFitnessPal	884.0	0.0	0.0	100.0	0.0	100
Yazio	884.0	0.0	0.0	100.0	0.0	100

Peanut butter — Fats/nuts

Source	kcal	protein	carbs	fat	fiber	Score
USDA FDC	588.0	25.1	19.6	50.4	6.0	—
Zuppy	588.0	25.1	19.6	50.4	6.0	100
MyFitnessPal	588.0	25.1	19.6	50.4	6.0	100
Yazio	588.0	21.9	24.0	49.5	5.7	91.58

Almonds — Fats/nuts

Source	kcal	protein	carbs	fat	fiber	Score
USDA FDC	579.0	21.1	21.6	49.9	12.5	—
Zuppy	579.0	21.1	21.6	49.9	12.5	100
MyFitnessPal	579.0	21.0	22.0	49.0	12.0	98.73
Yazio	575.0	21.2	21.7	49.4	12.2	99.21

Full Data Table (5/5)

Butter — Fats/nuts

Source	kcal	protein	carbs	fat	fiber	Score
USDA FDC	717.0	0.8	0.1	81.1	0.0	—
Zuppy	717.0	0.8	0.1	81.1	0.0	100
MyFitnessPal	717.0	0.8	0.1	81.1	0.0	100
Yazio	717.0	0.8	0.1	81.1	0.0	100

Coconut oil — Fats/nuts

Source	kcal	protein	carbs	fat	fiber	Score
USDA FDC	892.0	0.0	0.0	99.1	0.0	—
Zuppy	892.0	0.0	0.0	99.1	0.0	100
MyFitnessPal	892.0	0.0	0.0	99.1	0.0	100
Yazio	862.0	0.0	0.0	100.0	0.0	98.85

Honey — Other

Source	kcal	protein	carbs	fat	fiber	Score
USDA FDC	304.0	0.3	82.4	0.0	0.2	—
Zuppy	304.0	0.3	82.4	0.0	0.2	100
MyFitnessPal	304.0	0.3	82.4	0.0	0.2	100
Yazio	304.0	0.3	82.4	0.0	0.2	100

Dark chocolate — Other

Source	kcal	protein	carbs	fat	fiber	Score
USDA FDC	598.0	7.8	45.9	42.6	10.9	—
Zuppy	598.0	7.8	45.9	42.6	10.9	100
MyFitnessPal	599.0	7.8	45.9	42.6	10.9	99.95
Yazio	550.0	5.1	60.0	32.2	7.2	75.73

Lentils, raw — Other

Source	kcal	protein	carbs	fat	fiber	Score
USDA FDC	352.0	24.6	63.4	1.1	10.7	—
Zuppy	352.0	24.6	63.4	1.1	10.7	100
MyFitnessPal	352.0	24.6	63.3	1.1	10.7	99.39
Yazio	353.0	25.8	60.1	1.1	30.5	87.69

Black beans, raw — Other

Source	kcal	protein	carbs	fat	fiber	Score
USDA FDC	341.0	21.6	62.4	1.4	15.5	—
Zuppy	341.0	21.6	62.4	1.4	15.5	100
MyFitnessPal	341.0	21.6	62.4	1.4	15.5	100
Yazio	341.0	21.6	62.4	1.4	15.5	100

Conclusion

Why We Use USDA FoodData Central

The United States Department of Agriculture's FoodData Central is a widely used open nutrition database maintained by the U.S. government. Values are derived from multi-laboratory analysis under the USDA National Food and Nutrient Analysis Program, reflecting real-world food composition based on laboratory testing rather than estimates or self-reported data.

Different apps use different data sources, which can lead to varying levels of accuracy. By sourcing directly from USDA FDC, Zuppy aims to provide nutrition data that closely reflects laboratory-analyzed values.

Zuppy's Commitment

Zuppy uses USDA FoodData Central as its primary source for all food items, supplemented by manual curation for items not yet in the USDA database. This approach ensures that every logged meal reflects the most accurate nutritional data available.

- Accuracy updated continuously as USDA releases new data cycles.
- Proprietary AI scanning cross-references USDA FDC at capture time.
- Serving size and portion accuracy validated against standard reference materials.

Learn More

Full methodology, raw data, and ongoing accuracy benchmarks are available at zuppyhealth.com/accuracy.