WHAT IS CLAIMED IS:

1. A method for controlling an information terminal that communicates, via a network, with first server that manages biological information of a user in association with identification information identifying the user, the method comprising:

acquiring a restaurant ID and a seat ID indicating a seat of the user via a first operation screen displayed on a display of the information terminal of the user;

acquiring, based on the restaurant ID, menu information indicating one or more dishes provided by a restaurant corresponding to the restaurant ID, from a second server associated with the restaurant corresponding to the restaurant ID via a network;

transmitting the identification information stored in the information terminal to the first server and acquiring biological information of the user based on the identification information from the first server;

generating information indicating a degree of dietary restriction depending on a progress of a disease of the user based on the biological information of the user;

generating, based on the menu information and the information indicating the degree of dietary restriction, a personalized menu for the user so as to meet the information indicating the degree of dietary restriction;

displaying the personalized menu on a second operation screen for accepting an order of a dish in the restaurant, the second operation screen being displayed on a display of the information terminal of the user; and

transmitting ordered-dish information indicating the dish selected from the personalized menu and the seat ID to the second server.

2. The method according to Claim 1, wherein

the personalized menu includes a dish produced by modifying a dish included in the menu information, based on the menu information and the information indicating the degree of dietary restriction, so as to reduce an ingredient specified, by the information indicating the degree of dietary restriction, as an ingredient to be avoid by the user.

3. The method according to Claim 2, wherein

the reducing of the ingredient includes removing the ingredient such that an amount of the ingredient is zero.

4. The method according to Claim 1, wherein

the personalized menu is generated from the menu information based on the menu information and the information indicating the degree of dietary restriction such that when a dish included in the menu information contains an ingredient specified by the information indicating the degree of dietary restriction as an ingredient to be avoided by the user, the dish is excluded or grayed out.

5. The method according to Claim 1, wherein

the personalized menu includes a dish obtained by adding a nutrient, which tends to be deficient depending on the progress of the disease of the user, to a dish included in the one or more dishes.

6. The method according to Claim 1, wherein

the personalized menu includes a description proposing a side dish for supplementing a nutrient tending to be deficient depending on the progress of the disease of the user.

7. The method according to Claim 1, wherein

the personalized menu includes a dish obtained by adding, to a dish included in the one or more dishes, an ingredient including a nutrient lacking in past one or more meals of the user in a particular period.

8. The method according to Claim 1, wherein

the personalized menu includes a description proposing a side dish for supplementing a nutrient lacking in past one or more meals of the user in a particular period.

9. The method according to Claim 1, wherein

the information indicating the degree of dietary restriction includes information indicating a maximum acceptable intake in a current meal as to a

specific nutrient related to the disease of the user, and the information indicating the maximum acceptable intake in the current meal is given by a value equal to or smaller than a value obtained by subtracting a cumulative intake taken in past one or more meals in a predetermined period from a maximum acceptable intake in the predetermined period, and

the personalized menu includes a dish obtained such that when a dish included in the one or more dishes contains a greater amount of the specific nutrient than the maximum acceptable intake in the current meal, the amount of the specific nutrient is reduced to be equal to or smaller than the maximum acceptable intake in the current meal.

10. The method according to Claim 1, wherein

the information indicating the degree of dietary restriction includes information indicating a target intake in a current meal as to a specific nutrient related to the disease of the user, and the information indicating the target intake in the current meal is given by a value equal to or greater than a value obtained by subtracting a cumulative intake taken in past one or more meals in a predetermined period from a target intake in the predetermined period, and

the personalized menu includes a dish obtained such that when a dish included in the one or more dishes contains a smaller amount of the specific nutrient than the target intake in the current meal, the amount of the specific nutrient is increased to be equal to or greater than the target intake in the current meal.

11. The method according to Claim 1, wherein

the information indicating the degree of dietary restriction includes information indicating a maximum acceptable intake of calories in a current meal depending on the disease of the user, and the information indicating the maximum acceptable intake of calories in the current meal is given by a value equal to or smaller than a value obtained by subtracting a cumulative intake of calories taken in past one or more meals in a predetermined period from an maximum acceptable intake of calories in the predetermined period, and

the personalized menu includes a dish obtained such that when a dish included in the one or more dishes contains a greater amount of calories than the

maximum acceptable intake of calories in the current meal, the amount of calories is reduced to be equal to or smaller than the maximum acceptable intake of calories in the current meal.

12. The method according to Claim 1, wherein

the information indicating the degree of dietary restriction includes information indicating a maximum acceptable intake in a current meal as to a specific nutrient related to the disease of the user, and the information indicating the maximum acceptable intake in the current meal is given by a value equal to or smaller than a value obtained by subtracting a cumulative intake taken in past one or more meals in a predetermined period from a maximum acceptable intake in the predetermined period, and

the personalized menu is generated such that when a dish in the one or more dishes includes a greater amount of the specific nutrient than the maximum acceptable intake in the current meal, the dish is excluded or grayed out.

13. The method according to Claim 1, wherein

the information indicating the degree of dietary restriction includes information indicating a target intake in a current meal as to a specific nutrient related to the disease of the user, and the information indicating the target intake in the current meal is given by a value equal to or greater than a value obtained by subtracting a cumulative intake taken in past one or more meals in a predetermined period from a target intake in the predetermined period, and

the personalized menu is generated such that when a dish included in the or more dishes contains a smaller amount of the specific nutrient than the target intake in the current meal, the dish is excluded or grayed out.

14. The method according to Claim 1, wherein

the information indicating the degree of dietary restriction includes information indicating a maximum acceptable intake of calories in a current meal depending on the disease of the user, and the information indicating the maximum acceptable intake of calories in the current meal is given by a value equal to or smaller than a value obtained by subtracting a cumulative intake of calories taken in past one or more meals in a predetermined period from an maximum

acceptable intake of calories in the predetermined period, and

the personalized menu is generated such that when a dish included in the one or more dishes contains a greater amount of calories than the maximum acceptable intake of calories in the current meal, the dish is excluded or grayed out.

15. The method according to Claim 1, wherein

the information indicating the degree of dietary restriction includes information indicating a maximum acceptable intake in a current meal as to a specific nutrient related to the disease of the user, and the information indicating the maximum acceptable intake in the current meal is given by a value equal to or smaller than a value obtained by subtracting a cumulative intake taken in past one or more meals in a predetermined period from a maximum acceptable intake in the predetermined period, and

the personalized menu includes a dish obtained such that when a dish included in the one or more dishes contains a greater amount of the specific nutrient than the maximum acceptable intake in the current meal, the dish is added with an ingredient containing a neutralizing nutrient having an effect that intake of the neutralizing nutrient together with the specific nutrient neutralizes an adverse effect of the greater amount of specific nutrient than the maximum acceptable intake.

16. The method according to Claim 1, wherein

the information indicating the degree of dietary restriction includes information indicating a maximum acceptable intake in a current meal as to a specific nutrient related to the disease of the user, and the information indicating the maximum acceptable intake in the current meal is given by a value equal to or smaller than a value obtained by subtracting a cumulative intake taken in past one or more meals in a predetermined period from a maximum acceptable intake in the predetermined period, and

the personalized menu includes a description of a combination of a dish including a greater amount of the specific nutrient than the maximum acceptable intake in the current meal and a dish including a neutralizing nutrient having an effect that intake of the neutralizing nutrient together with the specific nutrient

neutralizes an adverse effect of the greater amount of the specific nutrient than the maximum acceptable intake.

17. The method according to Claim 1, wherein

the information indicating the degree of dietary restriction includes information indicating a maximum acceptable intake in a current meal as to a specific nutrient related to the disease of the user, and the information indicating the maximum acceptable intake in the current meal is given by a value equal to or smaller than a value obtained by subtracting a cumulative intake taken in past one or more meals in a predetermined period from a maximum acceptable intake in the predetermined period, and

the personalized menu includes a description of a combination of dishes that provides a total amount of intake equal to or smaller than the maximum acceptable intake in the current meal.

18. The method according to Claim 1, wherein

the information indicating the degree of dietary restriction includes information indicating a target intake in a current meal as to a specific nutrient related to the disease of the user, and the information indicating the target intake in the current meal is given by a value equal to or greater than a value obtained by subtracting a cumulative intake taken in past one or more meals in a predetermined period from a target intake in the predetermined period, and

the personalized menu includes a description of a combination of dishes that provides intake equal to or greater than the target intake in the current meal.

19. The method according to Claim 1, wherein

the information indicating the degree of dietary restriction includes information indicating a maximum acceptable intake of calories in a current meal depending on the disease of the user, and the information indicating the maximum acceptable intake of calories in the current meal is given by a value equal to or smaller than a value obtained by subtracting a cumulative intake of calories taken in past one or more meals in a predetermined period from an maximum acceptable intake of calories in the predetermined period, and

the personalized menu includes a description of a combination of dishes

that provides a total amount of calories equal to or smaller than the maximum acceptable intake of calories in the current meal.

20. The method according to Claim 1, wherein

the personalized menu includes a first dish and a second dish that is displayed at a lower priority than the first dish, wherein the second dish includes a greater amount of nutrient whose intake is restricted due to the disease of the user than the first dish.

21. The method according to Claim 1, wherein

the personalized menu includes a first dish and a second dish that is displayed at a lower priority than the first dish, wherein the second dish includes a smaller amount of nutrient whose intake is recommended for the disease of the user than the first dish.

22. The method according to Claim 20 or 21, wherein

displaying of the second dish at the lower priority than the first dish is executed in one of manners including at least a) a manner in which an order of displaying the second dish is lower than an order of displaying the first dish, b) a manner in which a size of an area in which the second dish is displayed is smaller than a size of an area in which the first dish is displayed, or c) a manner in which the second dish is displayed in a lower gradation level than a gradation level in which the first dish is displayed.

23. The method according to any one of Claims 1 to 22, wherein

the information indicating the degree of dietary restriction is updated as the disease of the user progresses.

24. The method according to any one of Claims 1 to 23, wherein

the information indicating the degree of dietary restriction is updated according to at least one of a) an acquisition of a result of a medical examination, b) an acquisition of medical record information generated when a diagnosis is made, or c) an acquisition of biological information of the user via a biosensor that detects the biological information of the user.

25. The method according to any one of Claims 1 to 24, further comprising

transmitting, to the first server, a) information indicating a dish name of a dish selected via the personalized menu, b) information indicating a price of the dish selected in via the personalized menu, c) information indicating a date and time when the dish selected via the personalized menu is ordered, and d) information indicating a nutrient included in the dish selected via the personalized menu.

26. The method according to Claim 1, wherein

the identification information includes a user ID.

27. The method according to Claim 1, wherein

the first server is different from the second server.

28. The method according to Claim 1, wherein

the restaurant ID and the seat ID are acquired by reading, via the first operation screen, an identification code prepared at a location corresponding to a seat at a table where the user is seated.

29. The method according to Claim 28, wherein

the identification code includes a QR code.

30. The method according to Claim 28, wherein

the identification code is read using NFC (Near Field Communication).

31. The method according to any one of Claims 1 to 30, wherein

the first server manages, in a distributed manner, biological information, preference information of the user including goods purchase history information or dish order history information, and action history information including position information of the user.

32. An information terminal that executes the method according to any one of Claims 1 to 31.

33. A program for causing a computer of the information terminal to execute the method according to any one of Claims 1 to 31.

34. The program according to Claim 33, wherein

the identification information identifying the user includes a serial code assigned to the program for each information terminal.

35. A non-transitory computer-readable storage medium storing a program for causing a computer of the information terminal to execute the method according to any one of Claims 1 to 31.

36. A method of providing information in a health management system that communicates with a first server that manages biological information of a user in association with identification information identifying the user, and that includes a second server which stores menu information indicating one or more dishes corresponding to a restaurant, the method comprising:

acquiring a seat ID indicating a seat of the user via a network from an information terminal of the user, wherein the seat ID is acquired via an operation screen displayed on a display of the information terminal;

acquiring the identification information stored in the information terminal from the information terminal via a network;

acquiring the biological information of the user via a network;

generating information indicating a degree of dietary restriction depending on a progress of a disease of the user based on the biological information of the user;

generating, based on the menu information and the information indicating the degree of dietary restriction, a personalized menu for the user so as to meet the information indicating the degree of dietary restriction; and

transmitting the personalized menu to the information terminal to allow a dish to be selected via the personalized menu on the information terminal.