

FIG. 1

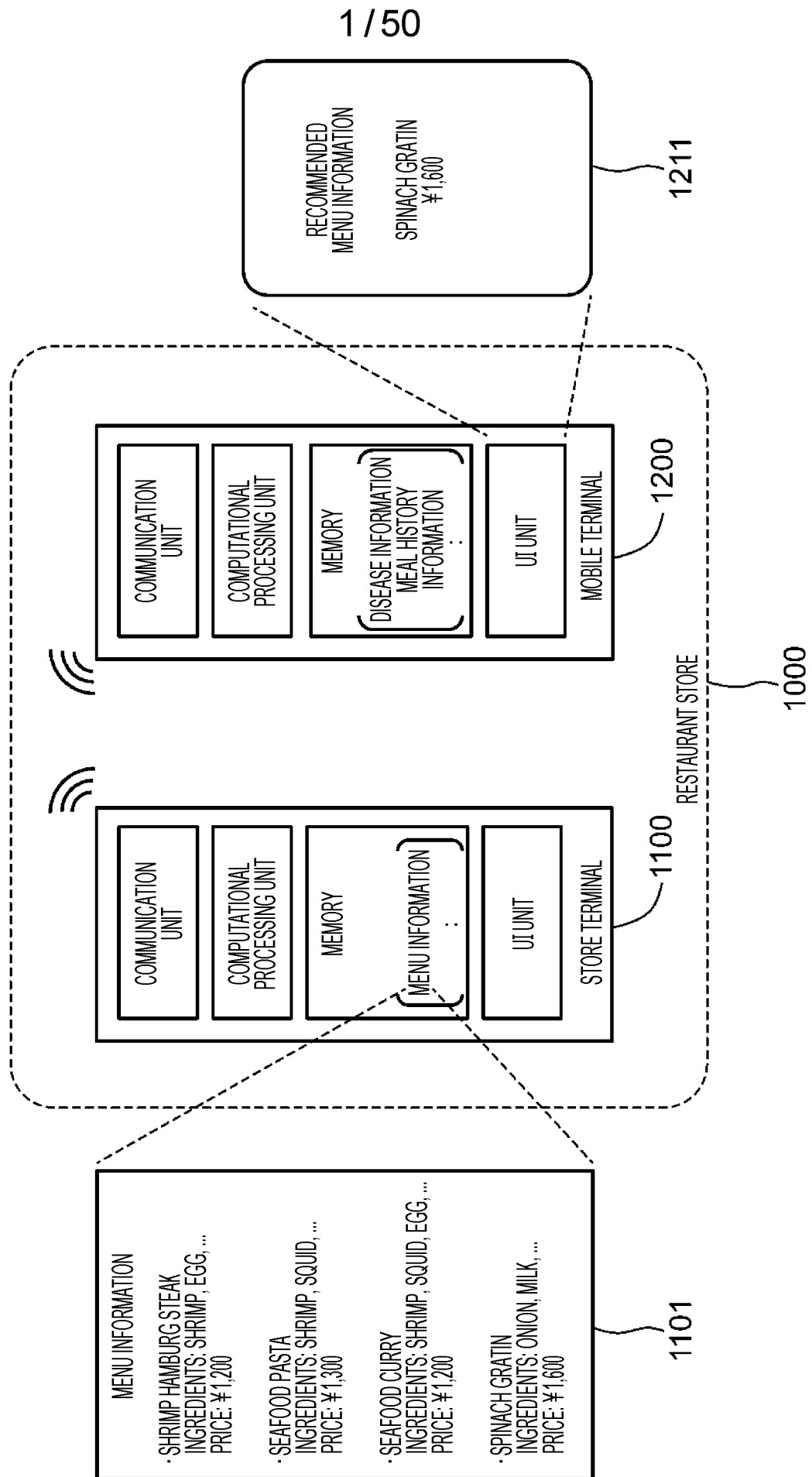


FIG. 2

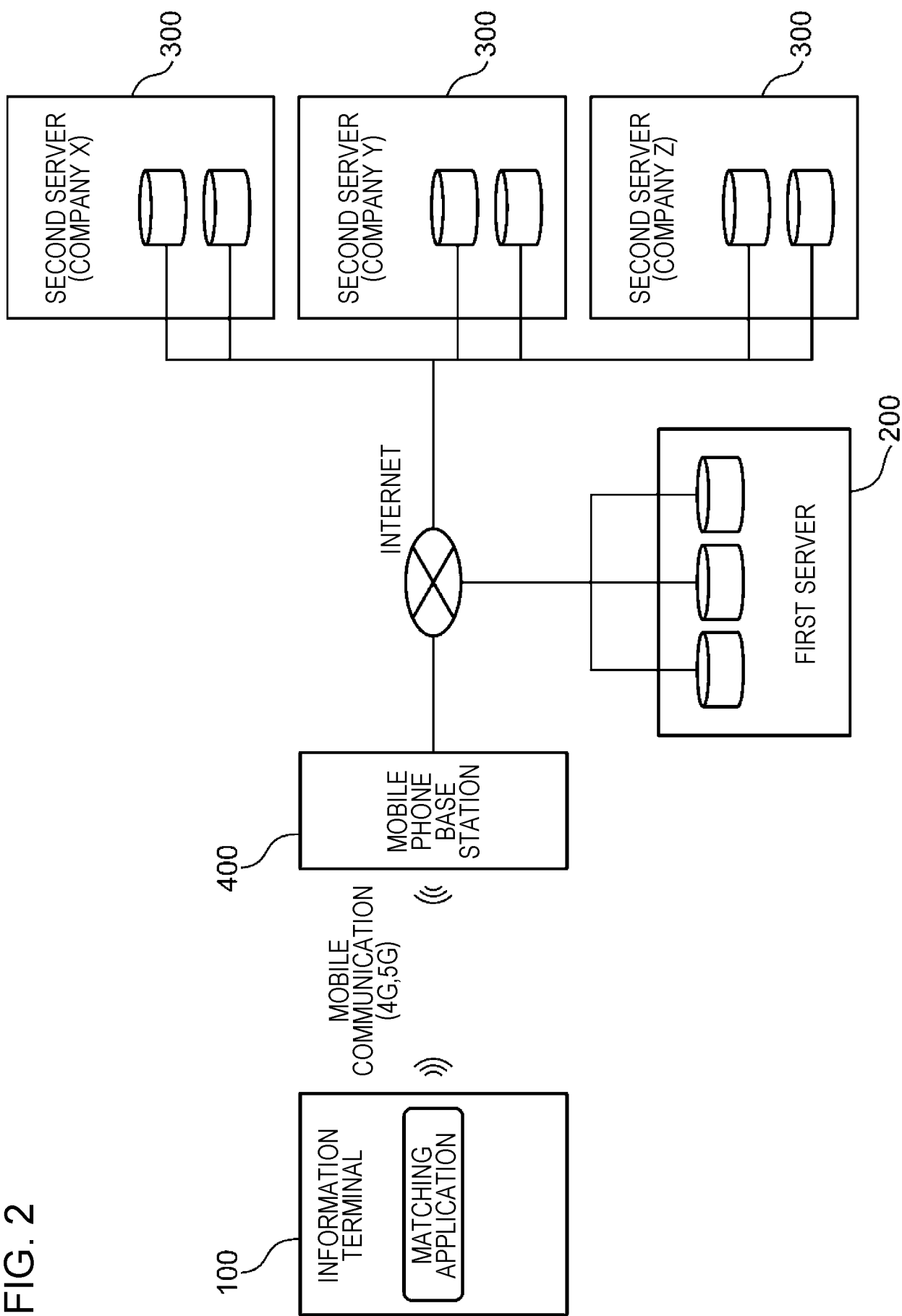


FIG. 3

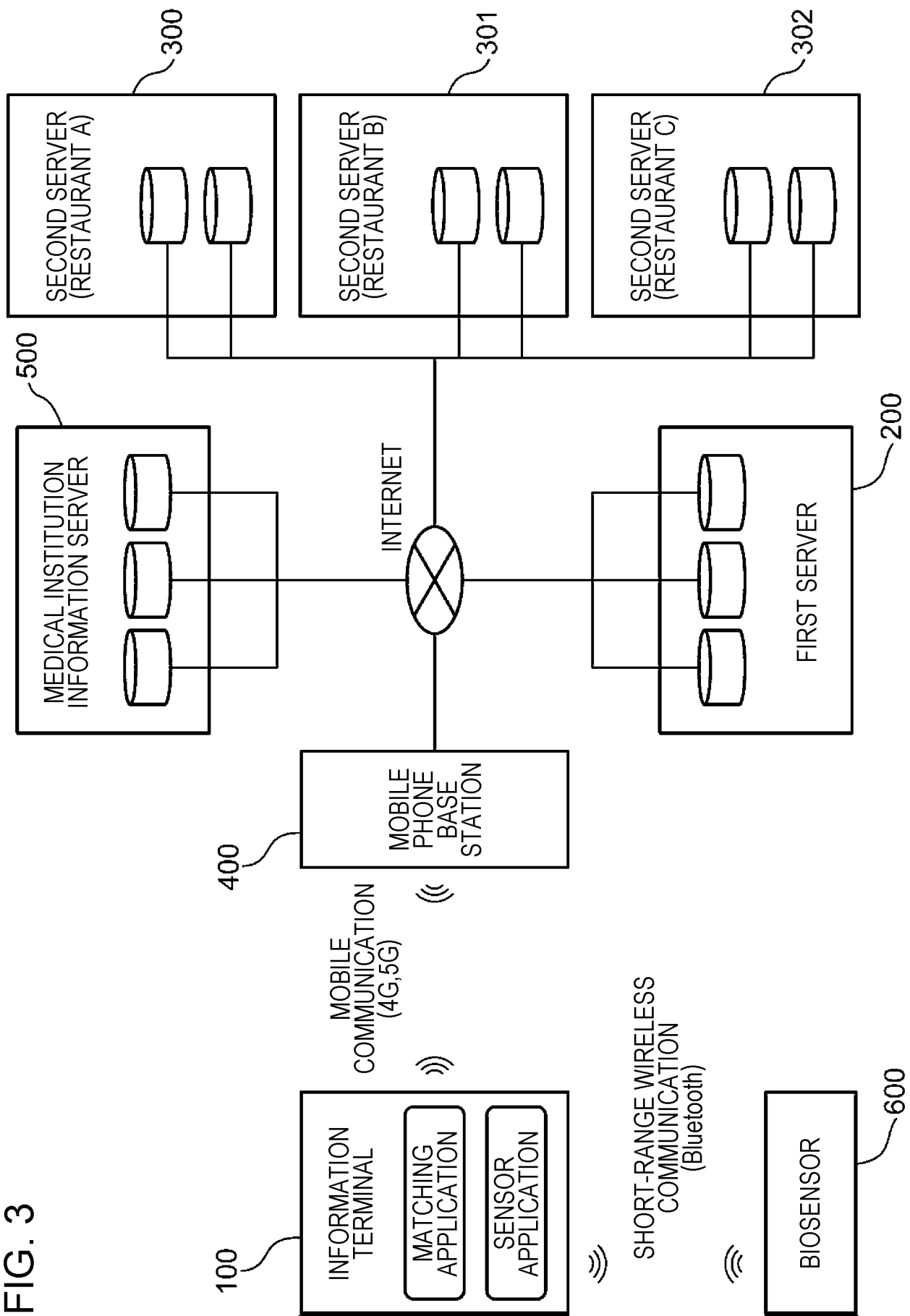


FIG. 4

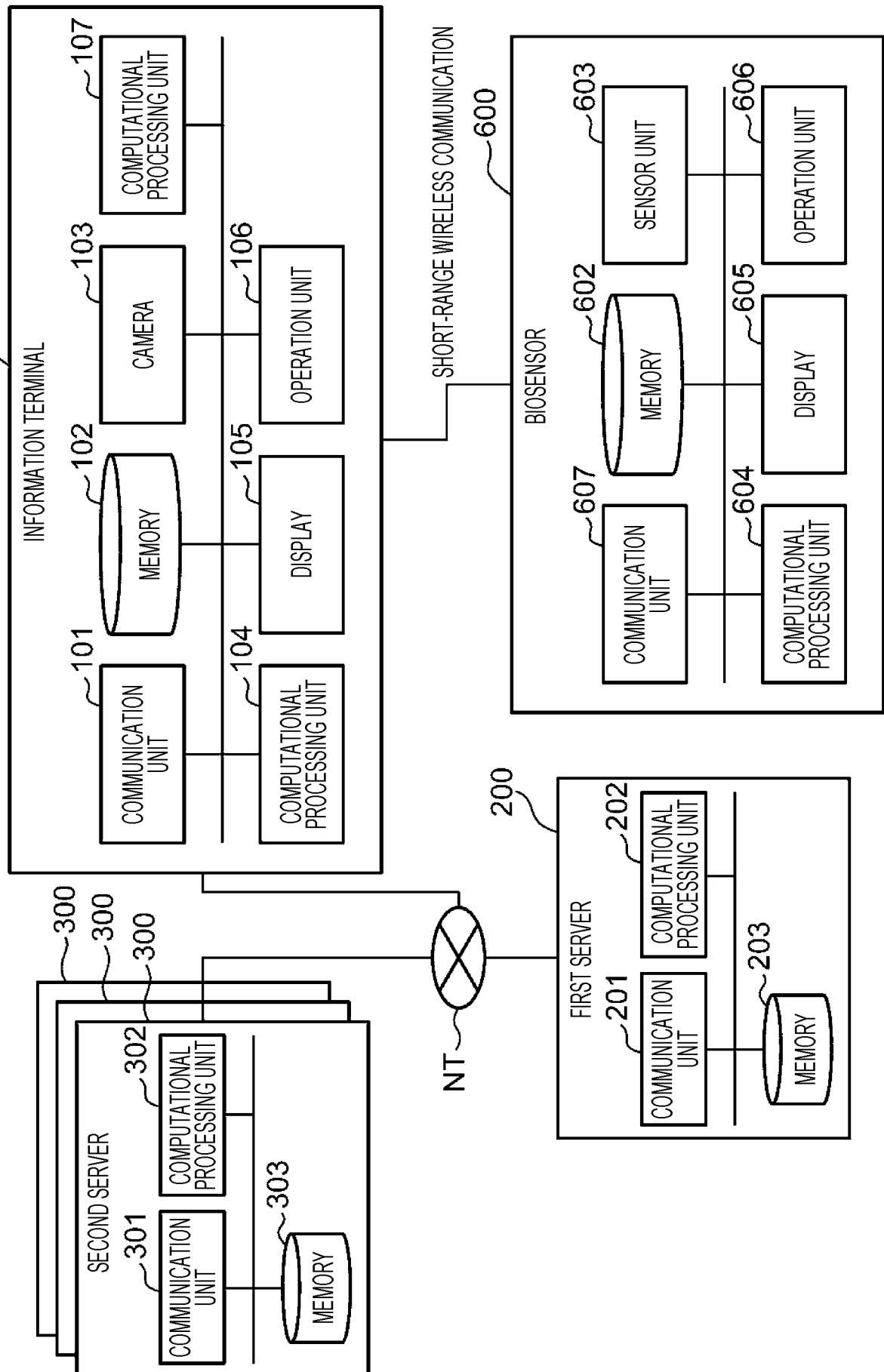


FIG. 5

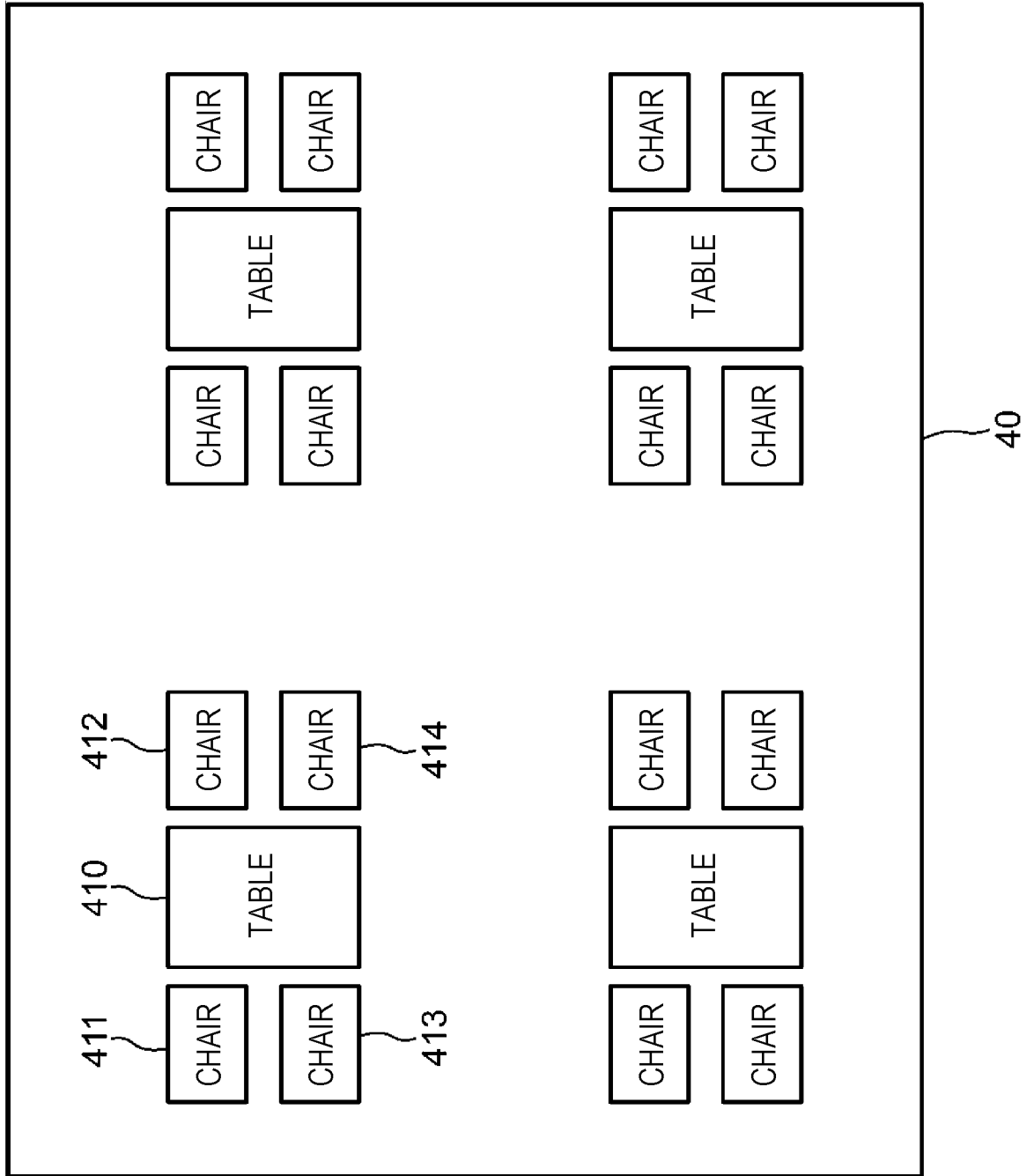


FIG. 6A

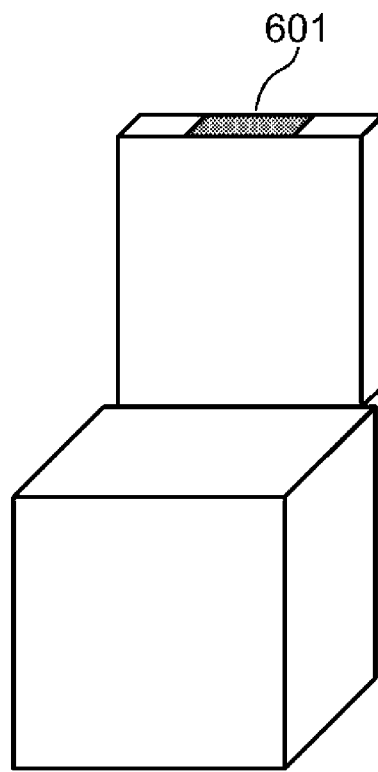


FIG. 6B

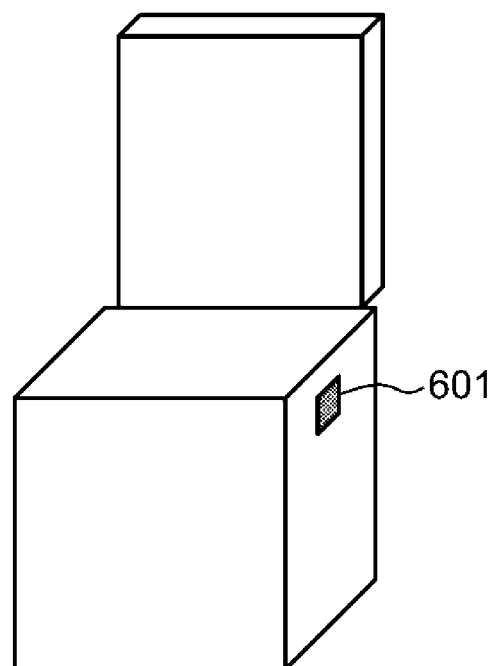


FIG. 6C

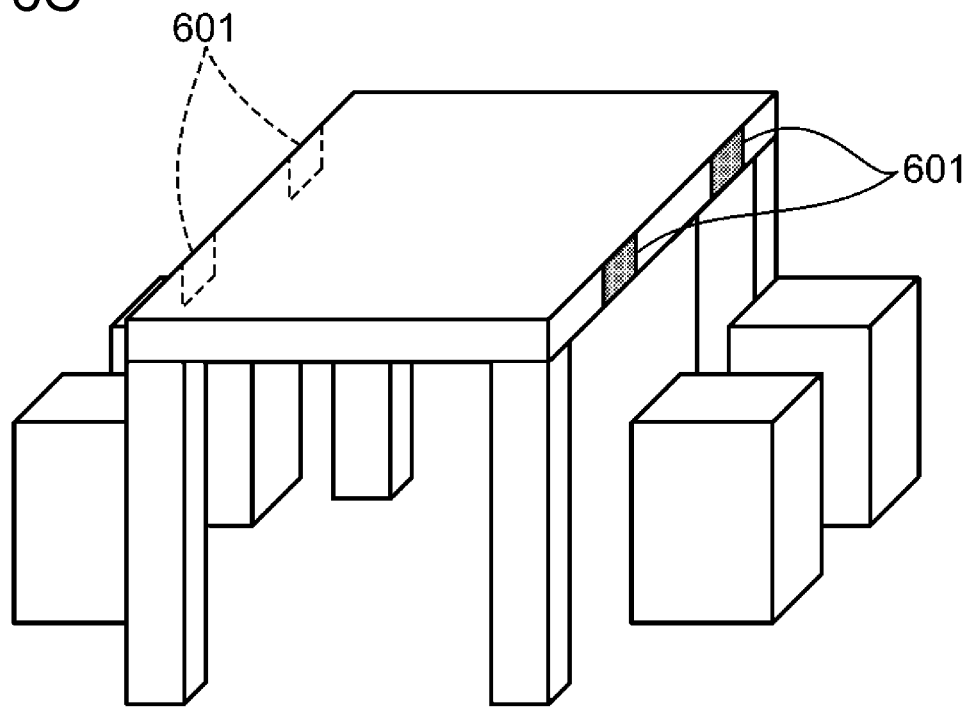


FIG. 6D

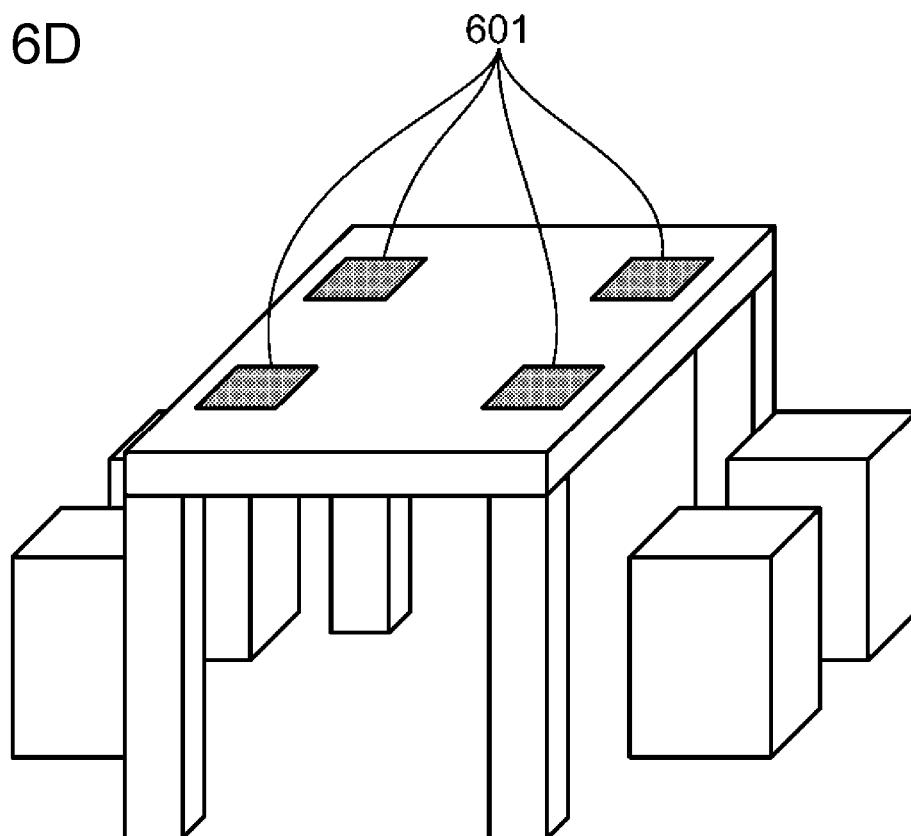


FIG. 7

G1

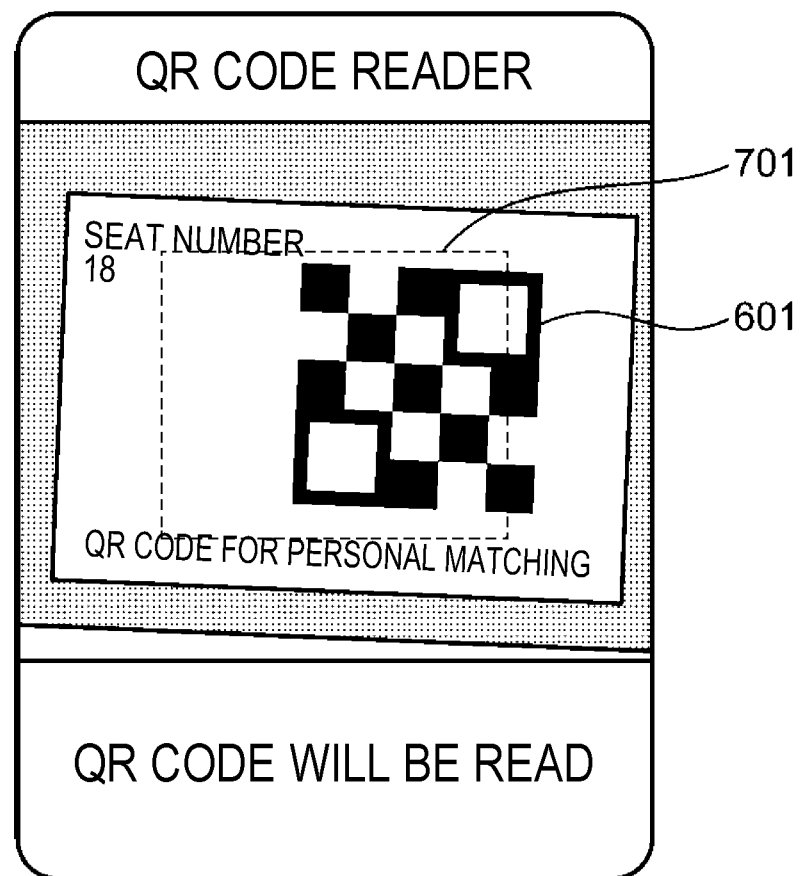


FIG. 8

G2

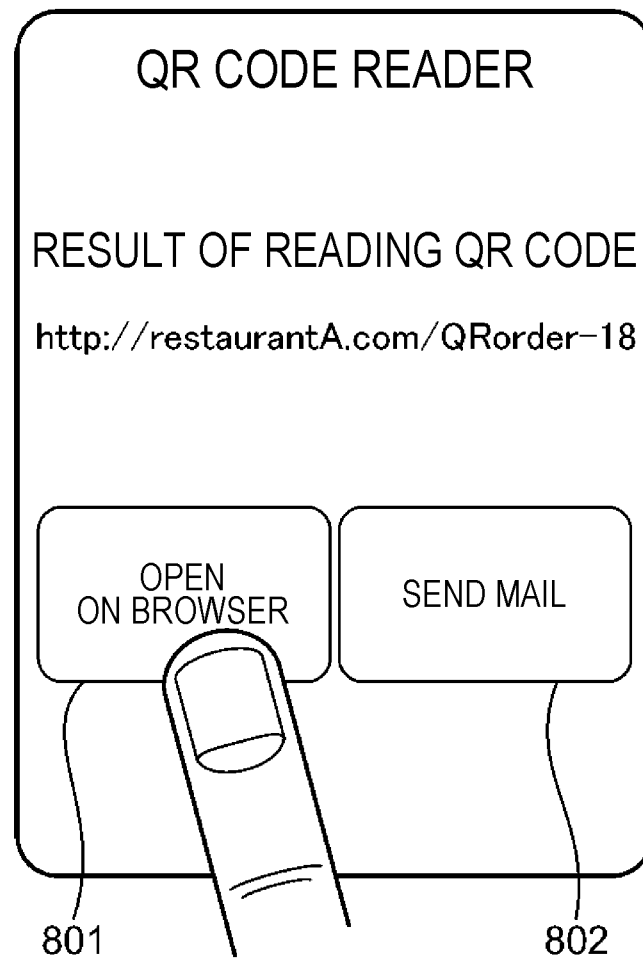


FIG. 9

G3

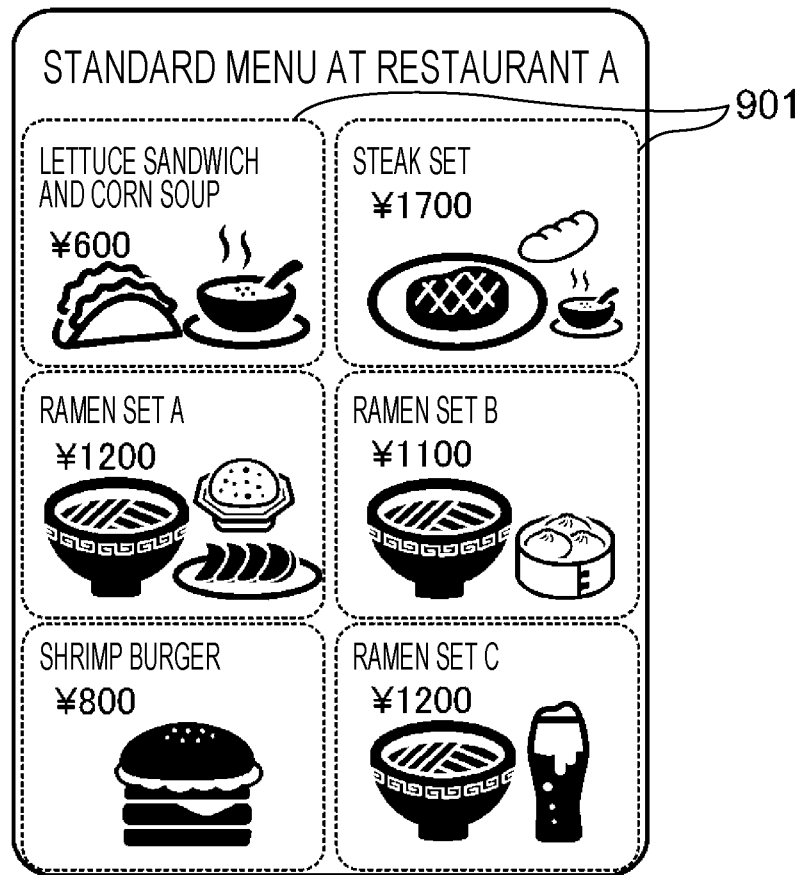


FIG. 10

G3

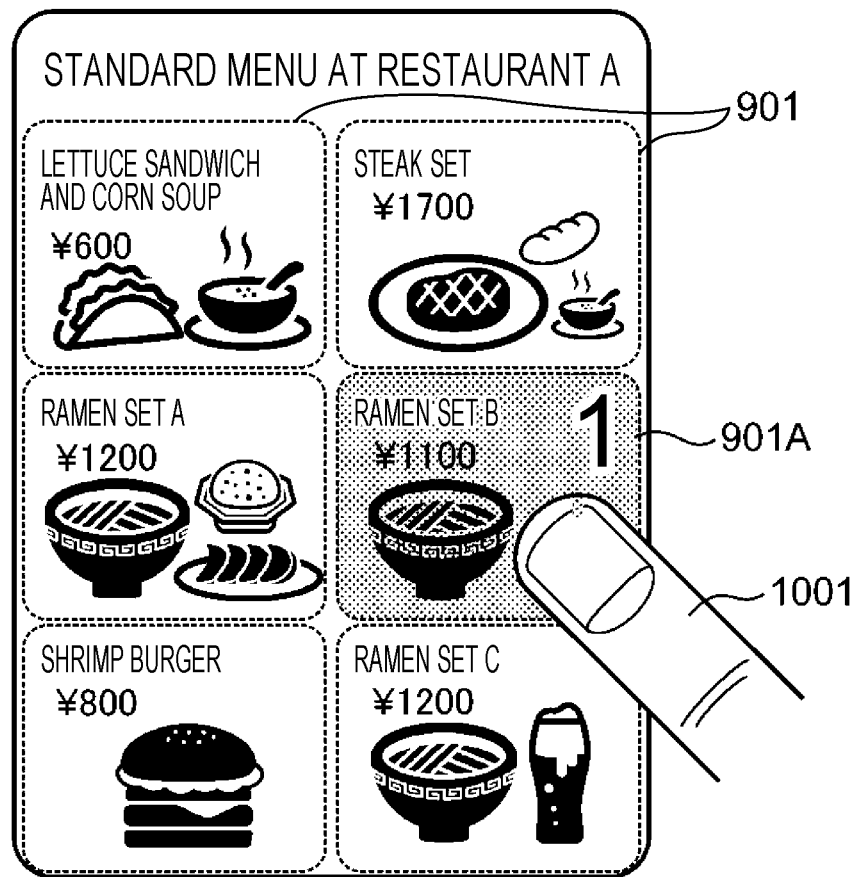


FIG. 11

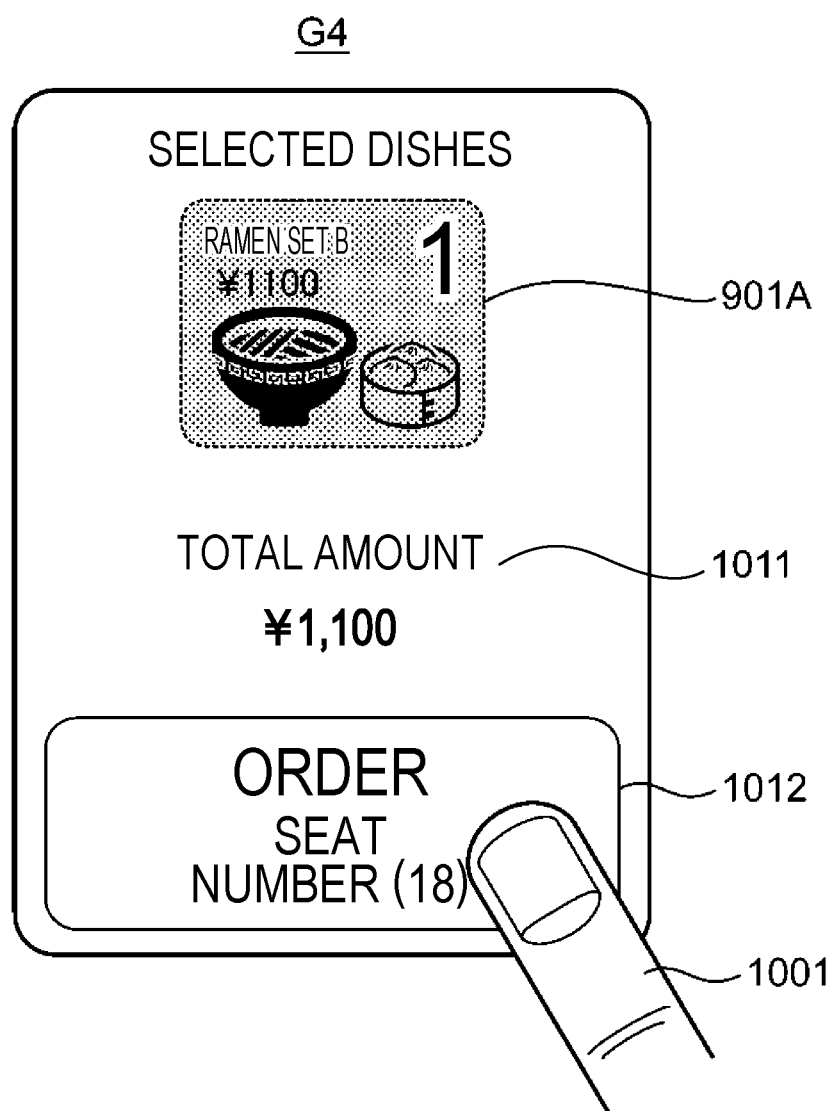


FIG. 12

G101

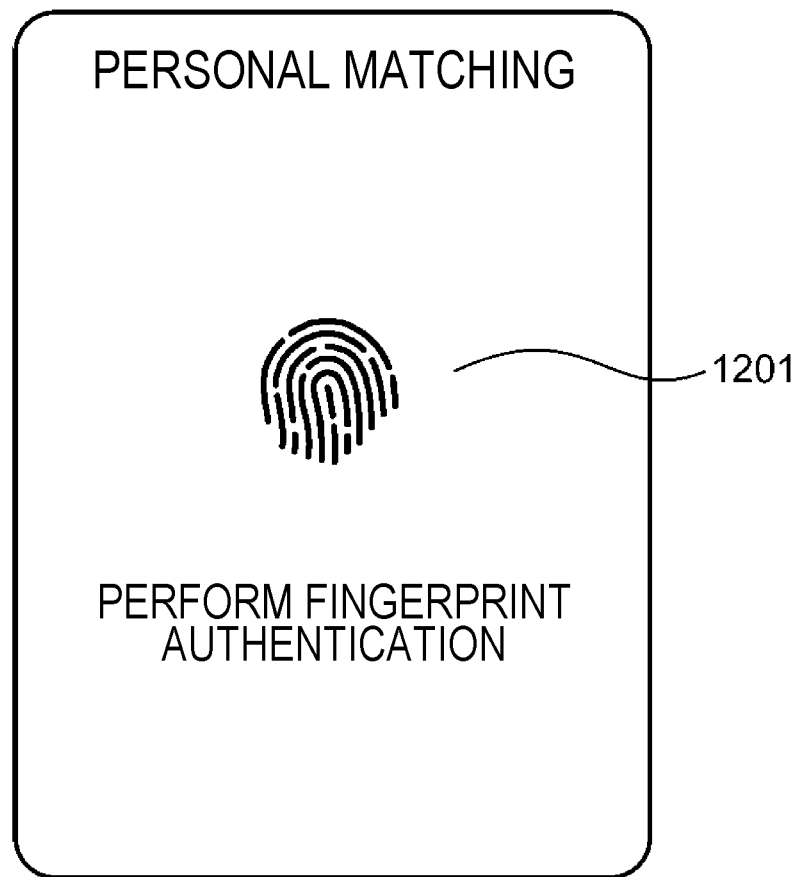


FIG. 13

G102

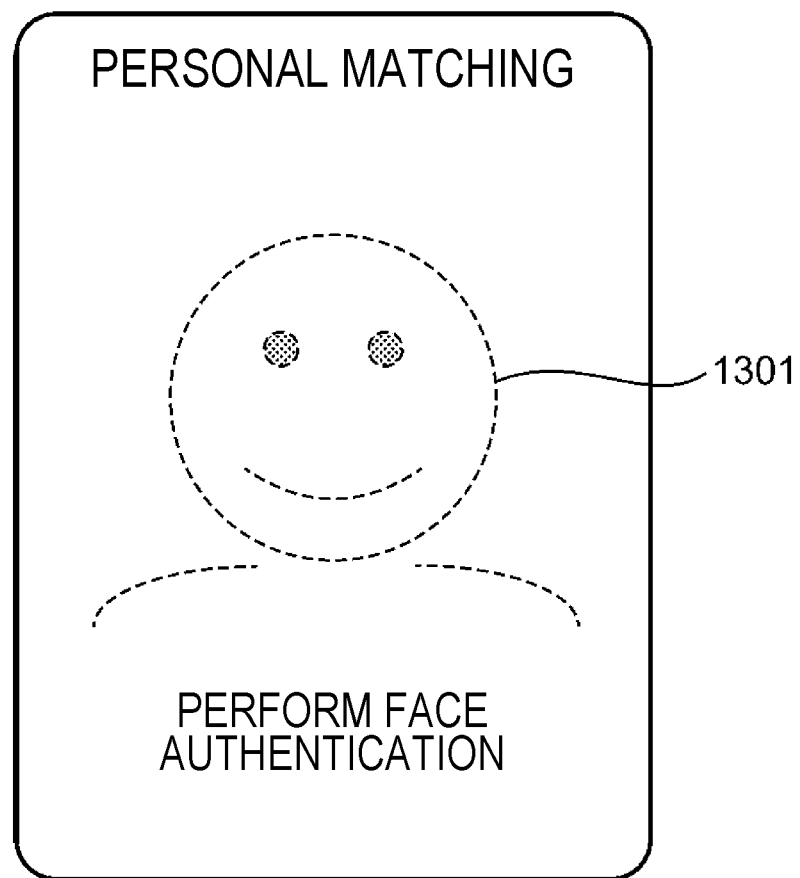


FIG. 14

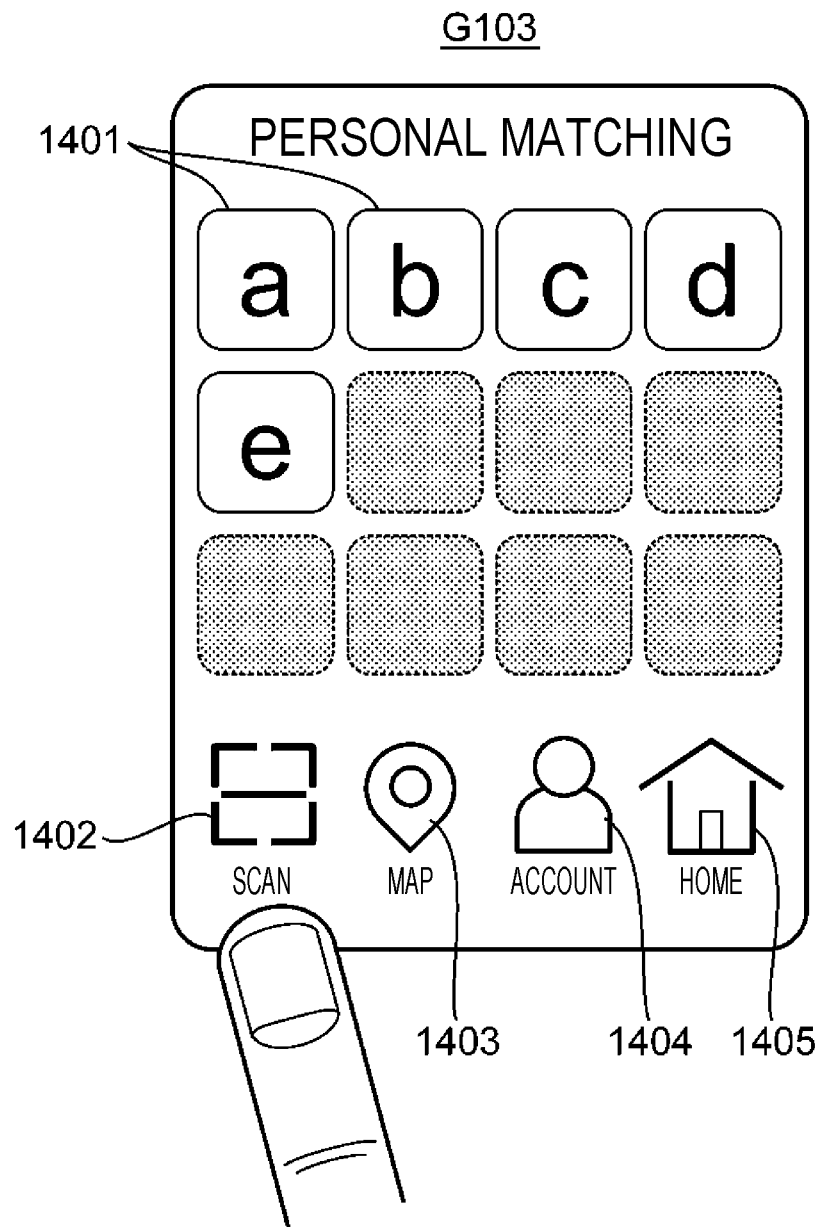


FIG. 15

G104

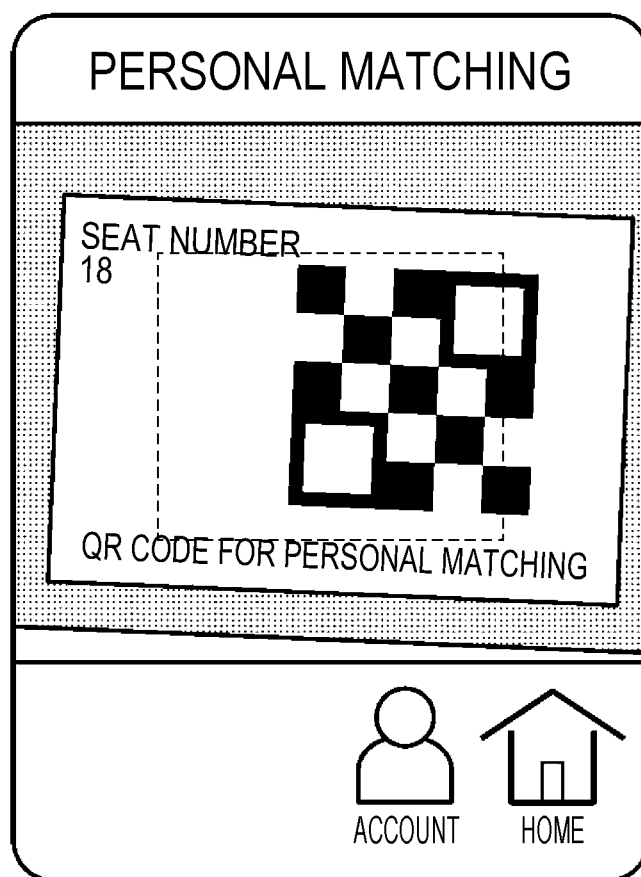


FIG. 16

G1011

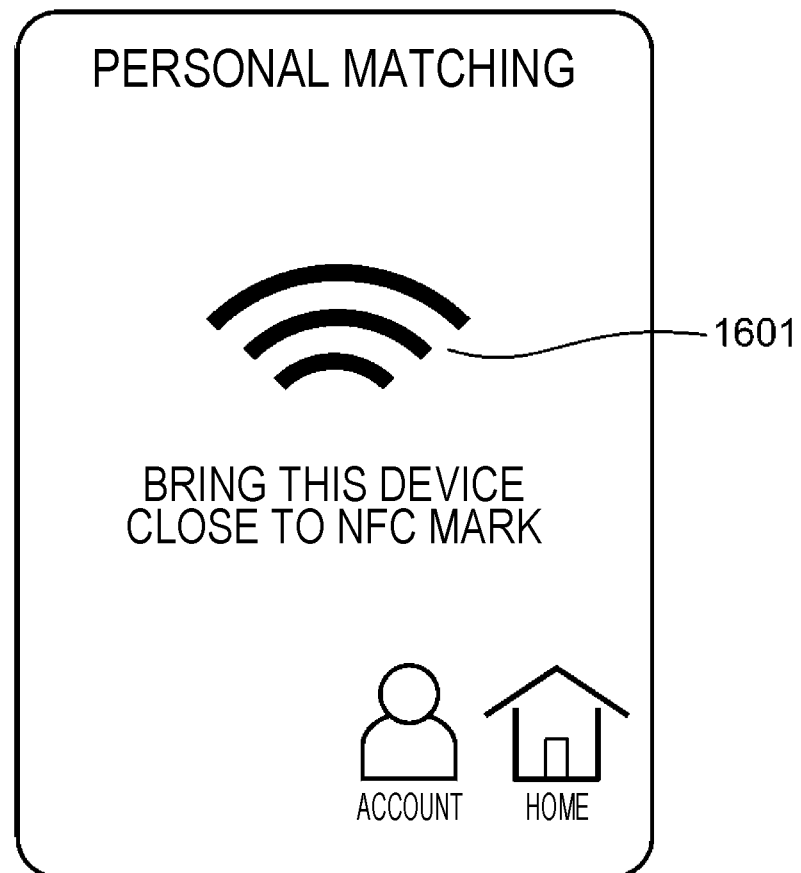


FIG. 17

G105

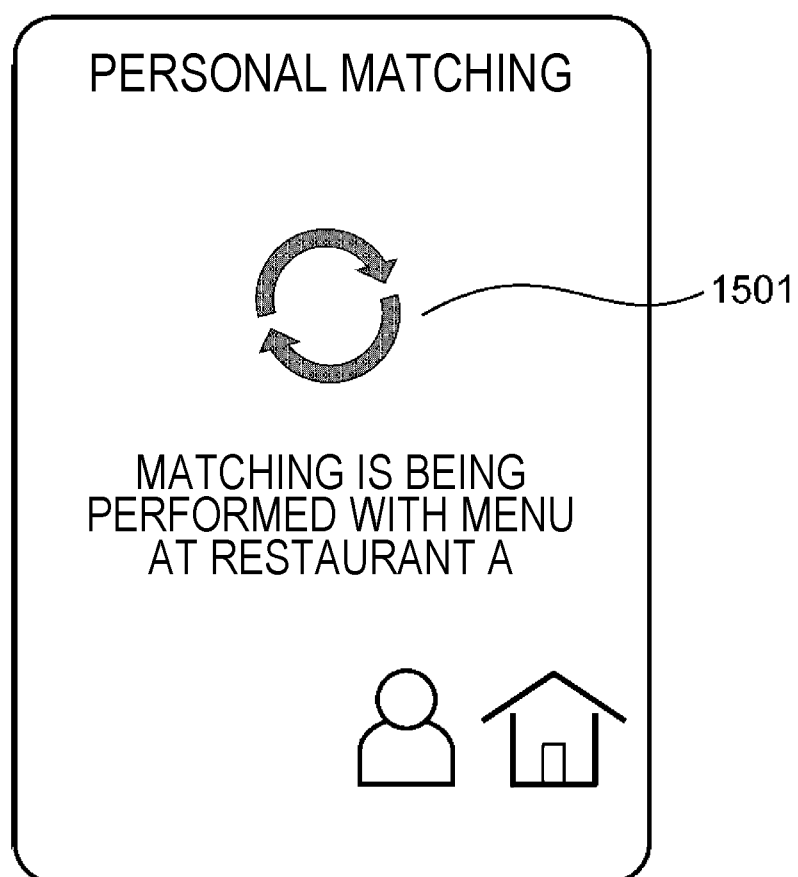


FIG. 18

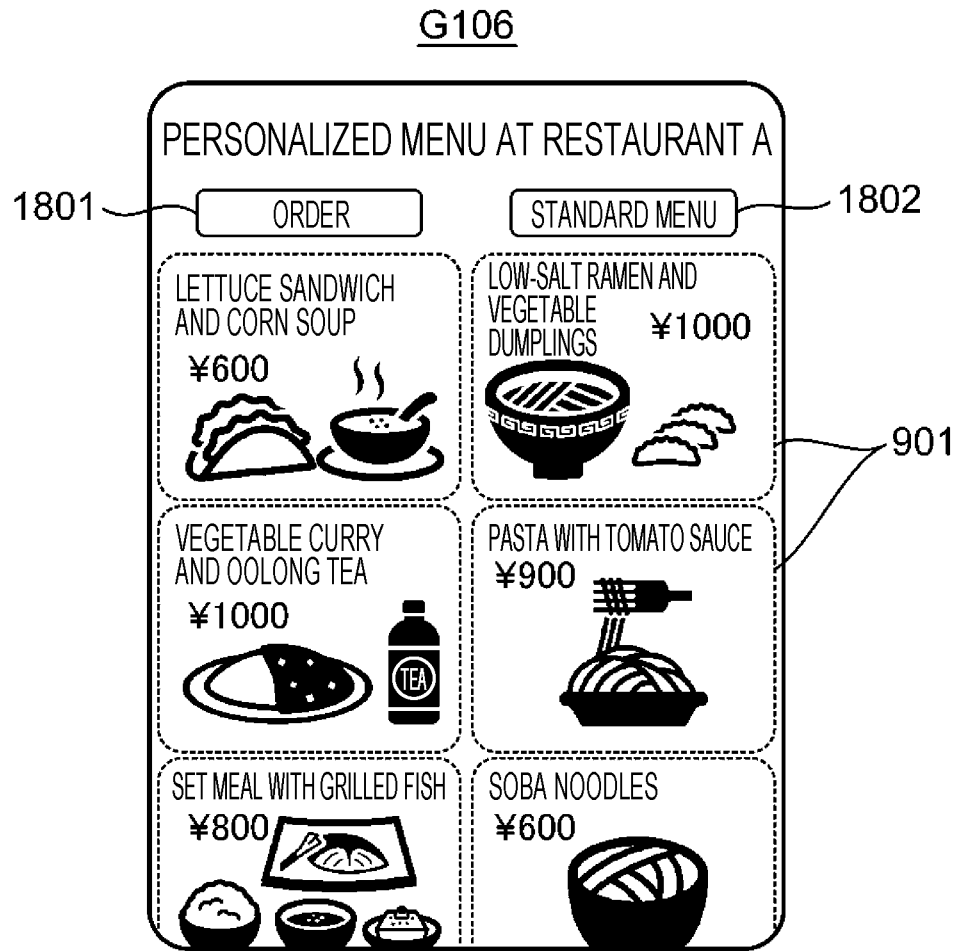


FIG. 19

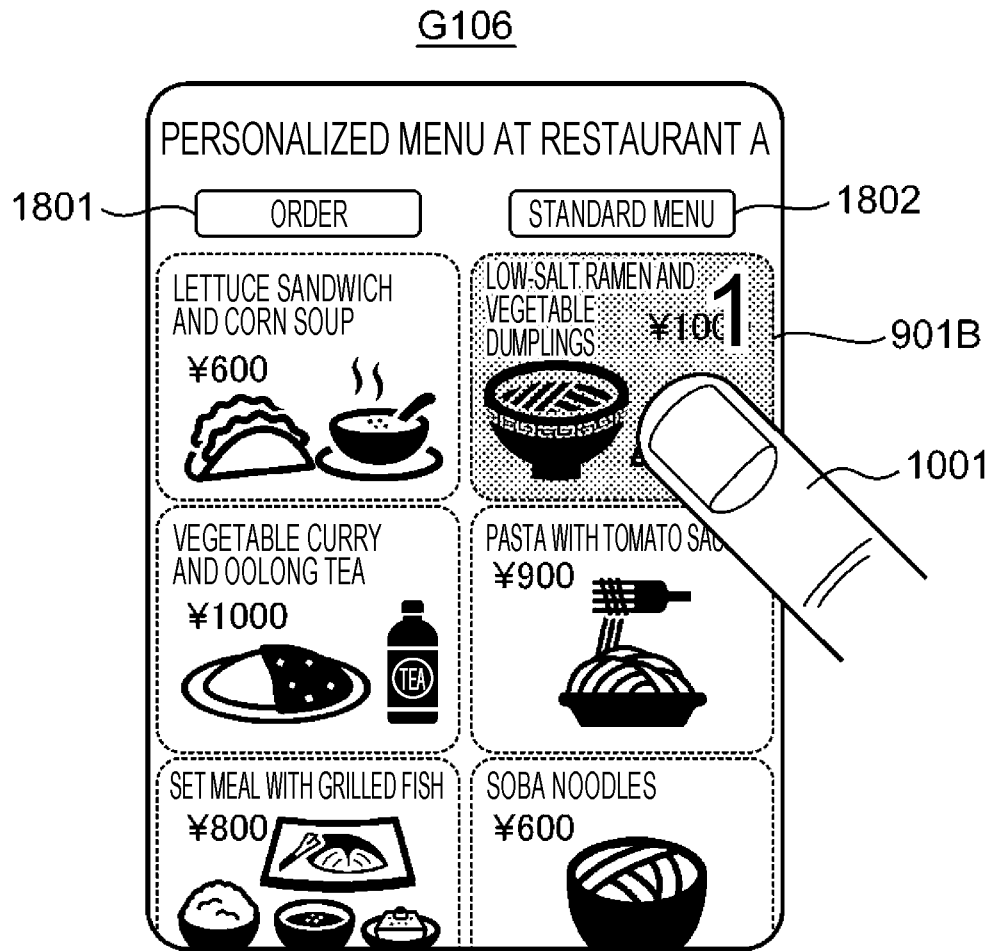


FIG. 20

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G107

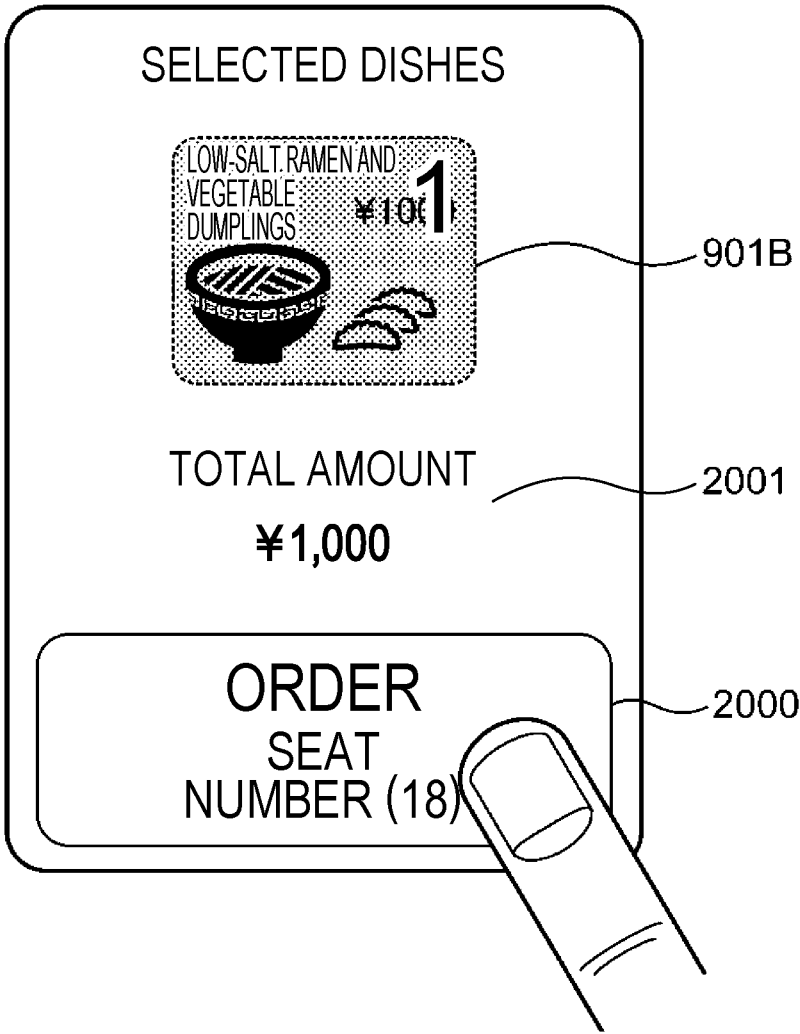


FIG. 21

G108

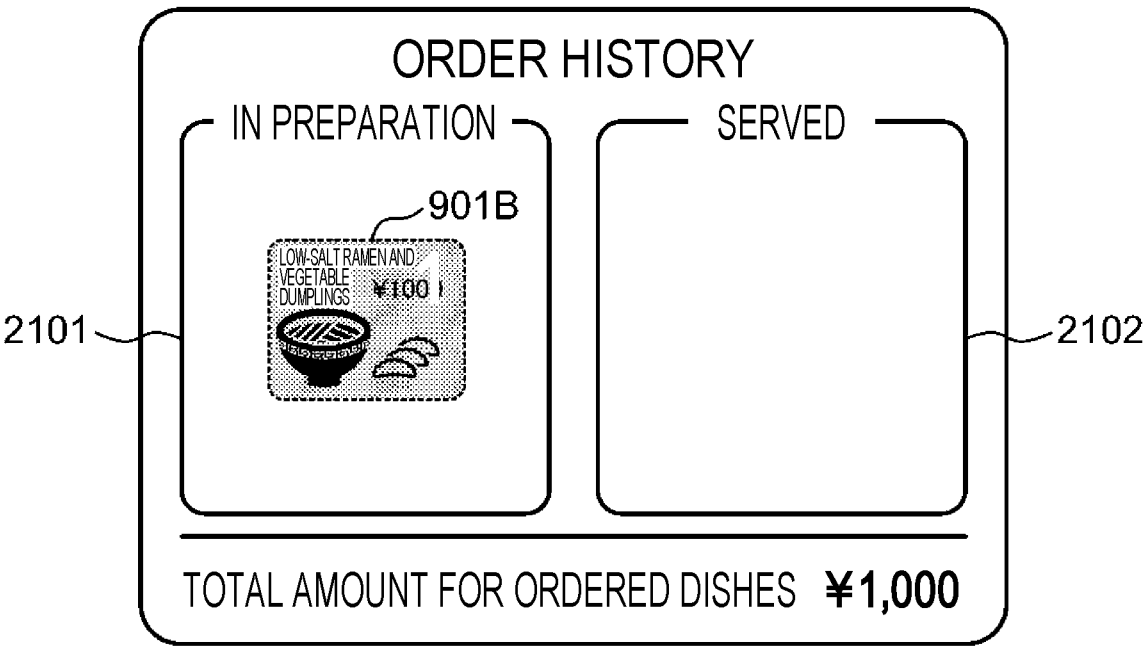


FIG. 22

ITEM SUBJECT TO DIETARY RESTRICTION	MAXIMUM ALLOWABLE DAILY INTAKE	OTHER DIETARY RESTRICTIONS	OTHER EFFECTS
MANNER OF EATING MEAL	—	· EAT SLOWLY WHILE CHEWING WELL	—
INTAKE OF CALORIES	CALCULATE BASED ON HEIGHT AND AMOUNT OF ACTIVITY	—	· LEADING TO RESOLUTION OF OBESITY
ALCOHOL	25 g	· NO-ALCOHOL DAY IS REQUIRED	· TENDING TO INCREASE APPETITE
SALT	8 g FOR MEN AND 7 g FOR WOMEN (5 g FOR PEOPLE WITH HYPERTENSION)	—	—
DIETARY FIBER	—	—	· SUPPRESSING INCREASE IN BLOOD SUGAR LEVEL · REDUCING LIPID ABSORPTION · GIVING FEELING OF FULLNESS WITH LOW CALORIES

FIG. 23

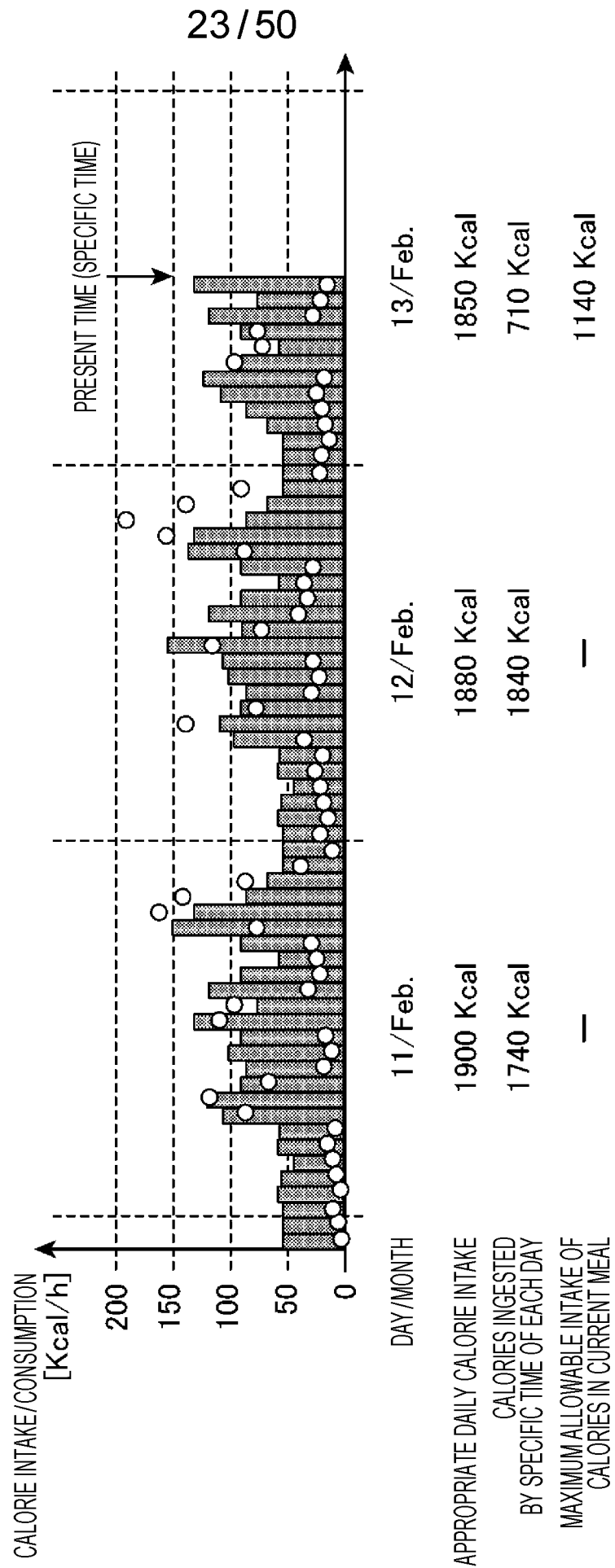


FIG. 24

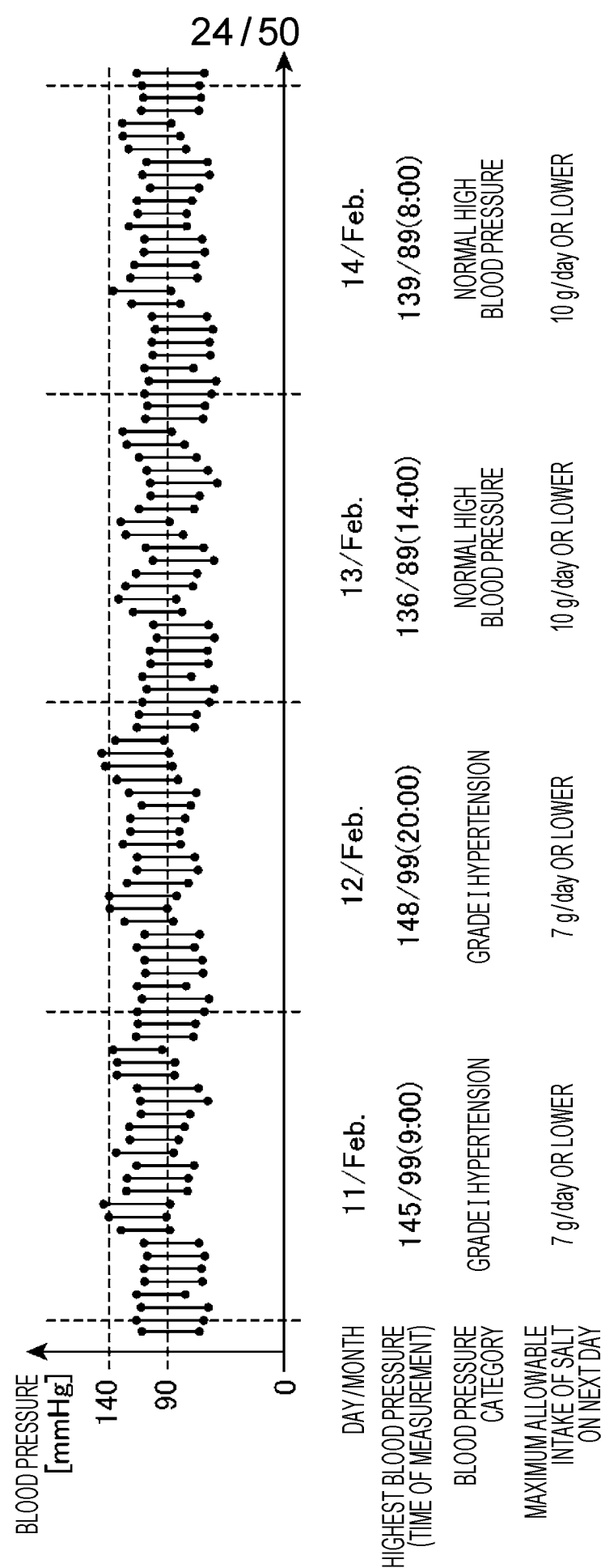


FIG. 25

2500

FIELD	VALUE
INFORMATION CATEGORY	HEALTH
ISSUER	ABC CLINIC
DATE OF ISSUE	FEBRUARY 15, 2020
DATA TYPE	MEDICAL EXAMINATION INFORMATION
DATE OF MEASUREMENT	FEBRUARY 14, 2020
HEIGHT [cm]	171.5
WEIGHT [Kg]	72.9
SYSTOLIC BLOOD PRESSURE [mmHg]	137
DIASTOLIC BLOOD PRESSURE [mmHg]	77
RED BLOOD CELL COUNT [millions/ μ l]	421
HEMOGLOBIN COUNT [g/dl]	16
HDL CHOLESTEROL LEVEL [mg/dl]	70
LDL CHOLESTEROL LEVEL [mg/dl]	129
FASTING BLOOD SUGAR LEVEL [mg/dl]	98
URIC ACID LEVEL [mg/dl]	6.2

FIG. 26A

2601,2600

FIELD	VALUE
INFORMATION CATEGORY	HEALTH
ISSUER	ABC CLINIC
DATE OF ISSUE	FEBRUARY 16, 2020
DATA TYPE	MEDICAL CERTIFICATE
DATE OF MEASUREMENT	FEBRUARY 15, 2020
DISEASE NAME	DIABETES
DISEASE ONSET DATE	OCTOBER 11, 2019
DISEASE TYPE	TYPE 2 DIABETES
HbA1c(NGSP) [%]	6.9
FASTING BLOOD SUGAR LEVEL [mg/dl]	131

FIG. 26B

2602,2600

FIELD	VALUE
INFORMATION CATEGORY	HEALTH
ISSUER	ABC CLINIC
DATE OF ISSUE	MARCH 7, 2018
DATA TYPE	MEDICAL CERTIFICATE
DATE OF MEASUREMENT	MARCH 7, 2018
DISEASE NAME	HYPERTENSION
DISEASE ONSET DATE	MARCH 21, 2016
CATEGORY	GRADE I HYPERTENSION
SYSTOLIC BLOOD PRESSURE [mmHg]	155
DIASTOLIC BLOOD PRESSURE [mmHg]	92

FIG. 27

2700

DATE/TIME OF MEASUREMENT [YYYYMMDDHH MMSS (JST)]	SYSTOLIC BLOOD PRESSURE [mmHg]	DIASTOLIC BLOOD PRESSURE [mmHg]	CALORIE INTAKE [Kcal/h]	CALORIE CONSUMPTION [Kcal/h]	SALT INTAKE [g/day]	ALCOHOL INTAKE [g/h]	HbA1c (NGSP) [%]	BLOOD SUGAR LEVEL [mg/dl]	...
20200213060000	124	79	76	73	0	0	6.9	142	...
20200213070000	130	84	88	78	11.8	0	6.9	141	...
20200213080000	135	83	462	85	0	0	6.9	186	...
20200213090000	128	78	297	93	0	0	6.9	158	...
:	:	:	:	:	:	:	:	:	...

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FIG. 28A

2801,2800

FIELD	VALUE
DISH NAME	RAMEN SET B
RAMEN IN SOY SAUCE-BASED SOUP	1
XIAOLONGBAO	3

FIG. 28B

2802,2800

FIELD	VALUE
DISH NAME	RAMEN IN SOY SAUCE-BASED SOUP
CALORIE	860 Kcal
FLOUR	50 g
SALT	8 g
STARCH POWDER	1 g
SOY SAUCE	10 g
OYSTER SAUCE	1 g
SESAME	0.5 g
PORK CHAR SIU	18 g
WATER	400 g

FIG. 28C

2803,2800

FIELD	VALUE
DISH NAME	XIAOLONGBAO
CALORIE	210 Kcal
FLOUR	5 g
GROUND PORK	10 g
ONION	5 g
HONEY	1 g
CHICKEN BROTH	10 g
SESAME	0.5 g

29 / 50
FIG. 29A

2804,2800

FIELD	VALUE
DISH NAME	LOW-SALT RAMEN AND VEGETABLE DUMPLINGS
LOW-SALT RAMEN	1
VEGETABLE DUMPLINGS	3

FIG. 29B

2805,2800

FIELD	VALUE
DISH NAME	LOW-SALT RAMEN
CALORIE	780 Kcal
FLOUR	50 g
SALT	3 g
STARCH POWDER	1 g
SOY SAUCE	10 g
OYSTER SAUCE	1 g
SESAME	0.5 g
BOK CHOY	12 g
WATER	400 g

FIG. 29C

2806,2800

FIELD	VALUE
DISH NAME	VEGETABLE DUMPLINGS
CALORIE	128 Kcal
FLOUR	5 g
CHINESE CHIVES	10 g
ONION	5 g
CABBAGE	15 g
SUGAR	2 g
SESAME	0.5 g

FIG. 30

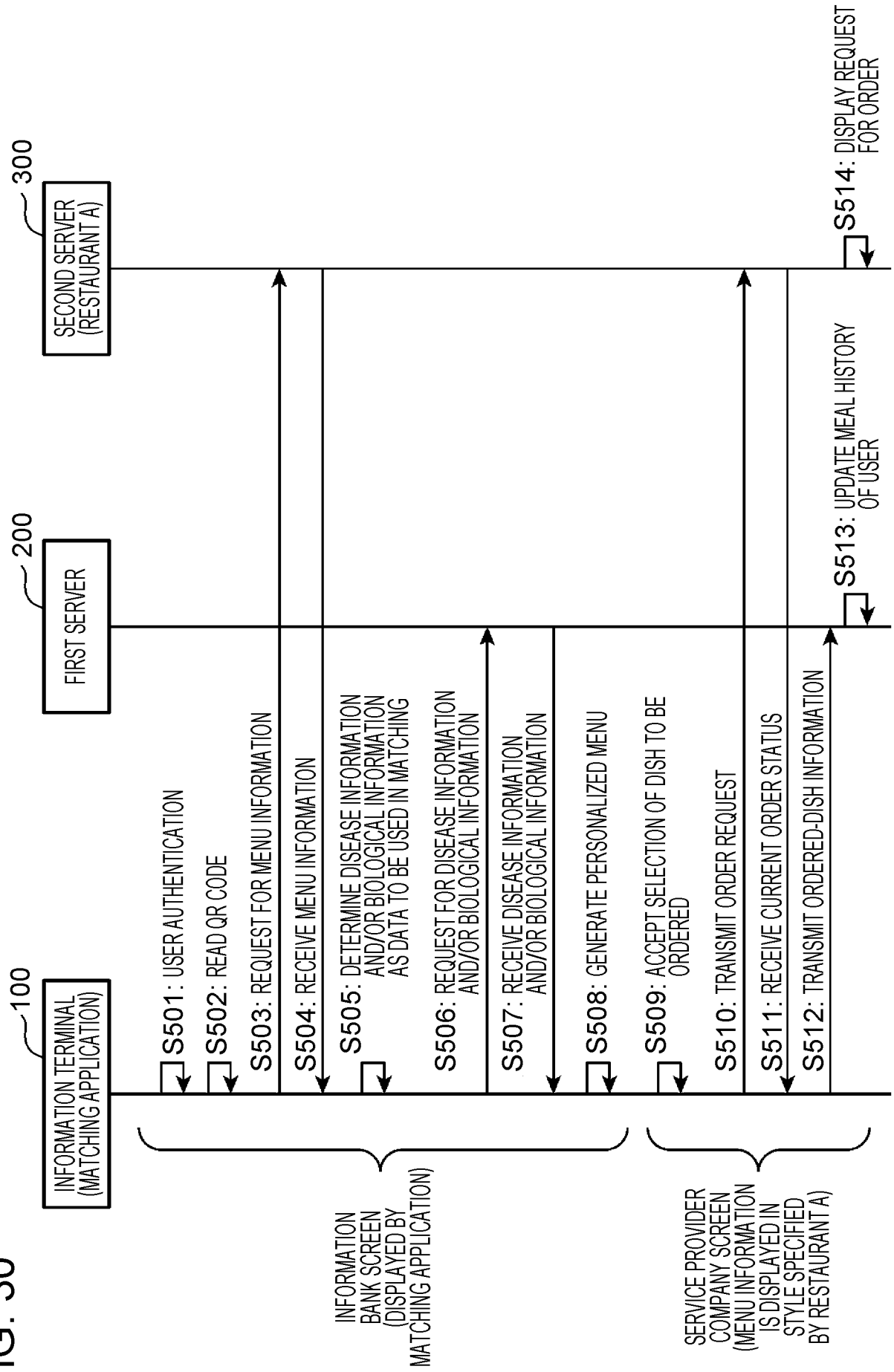


FIG. 31

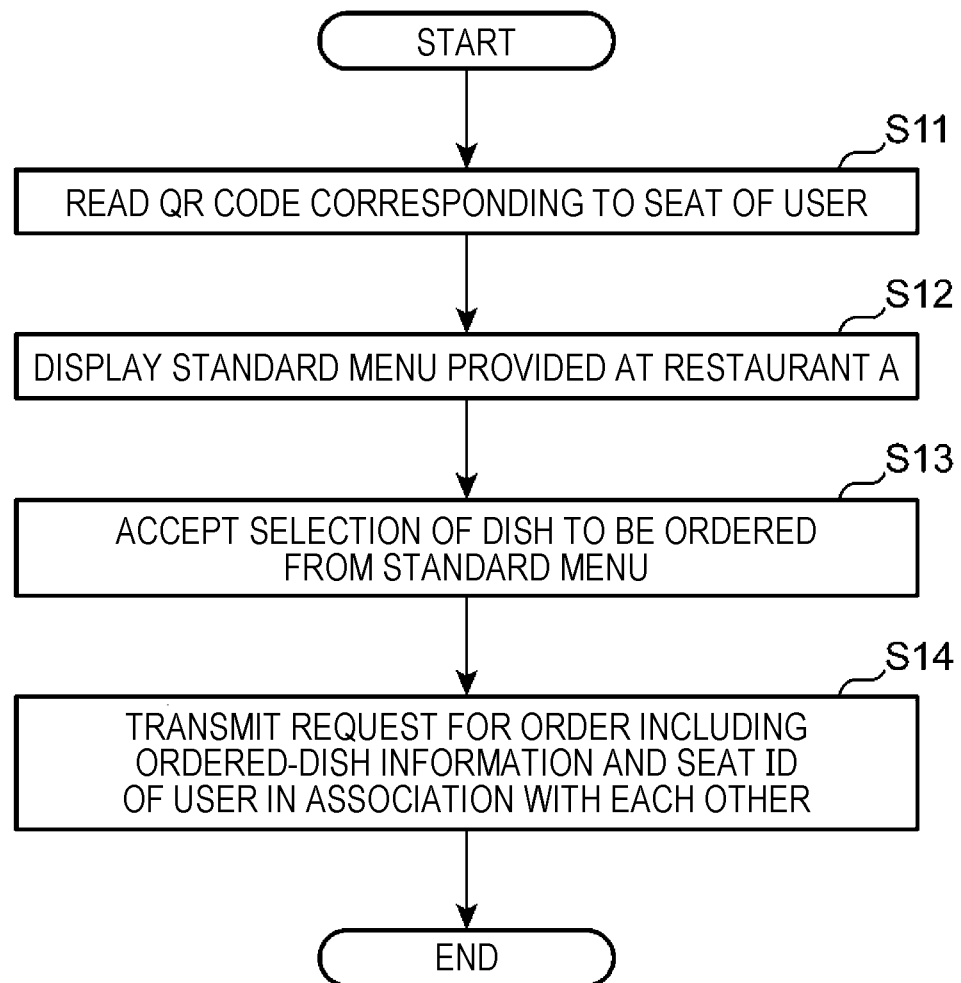


FIG. 32

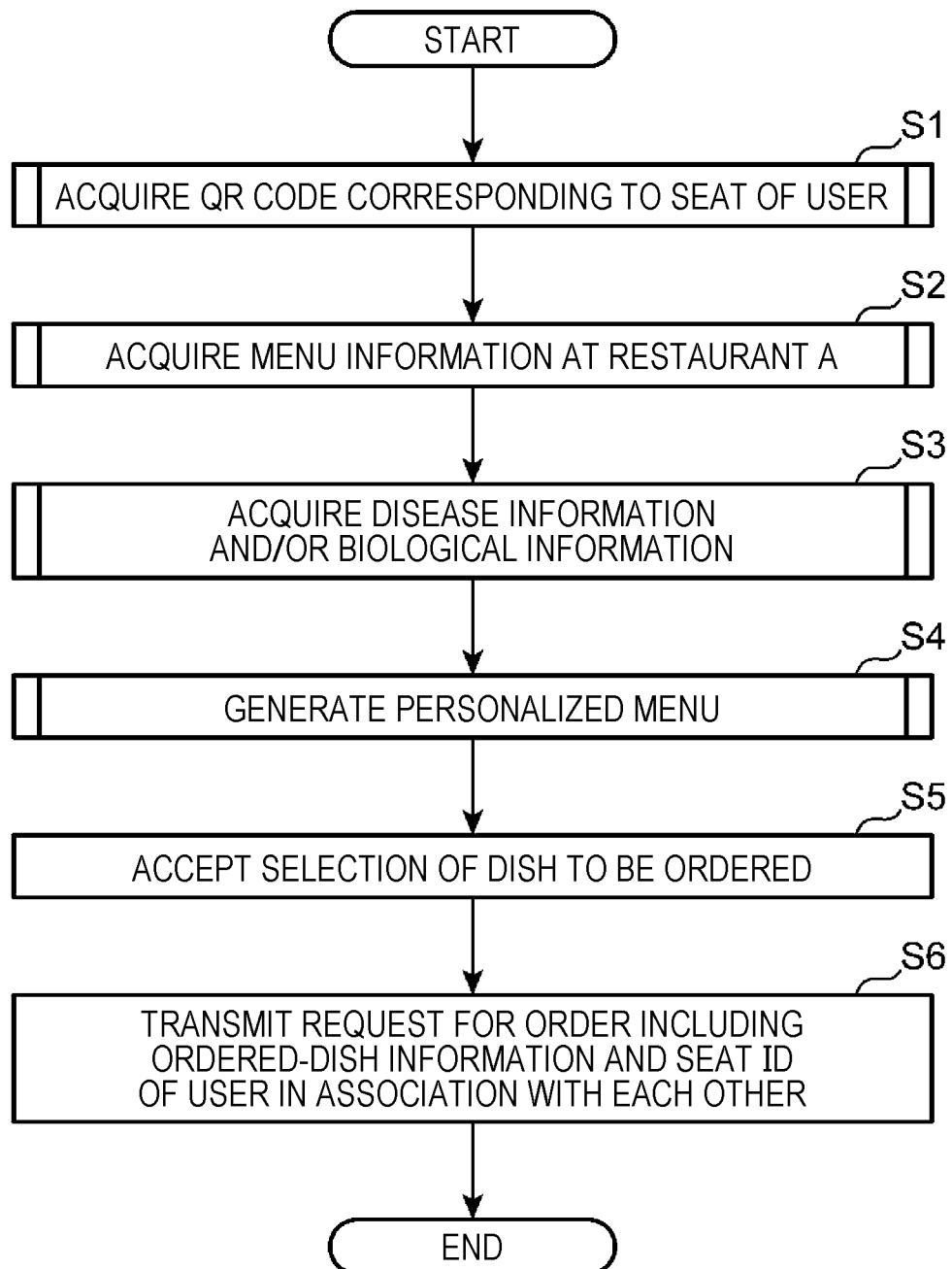


FIG. 33

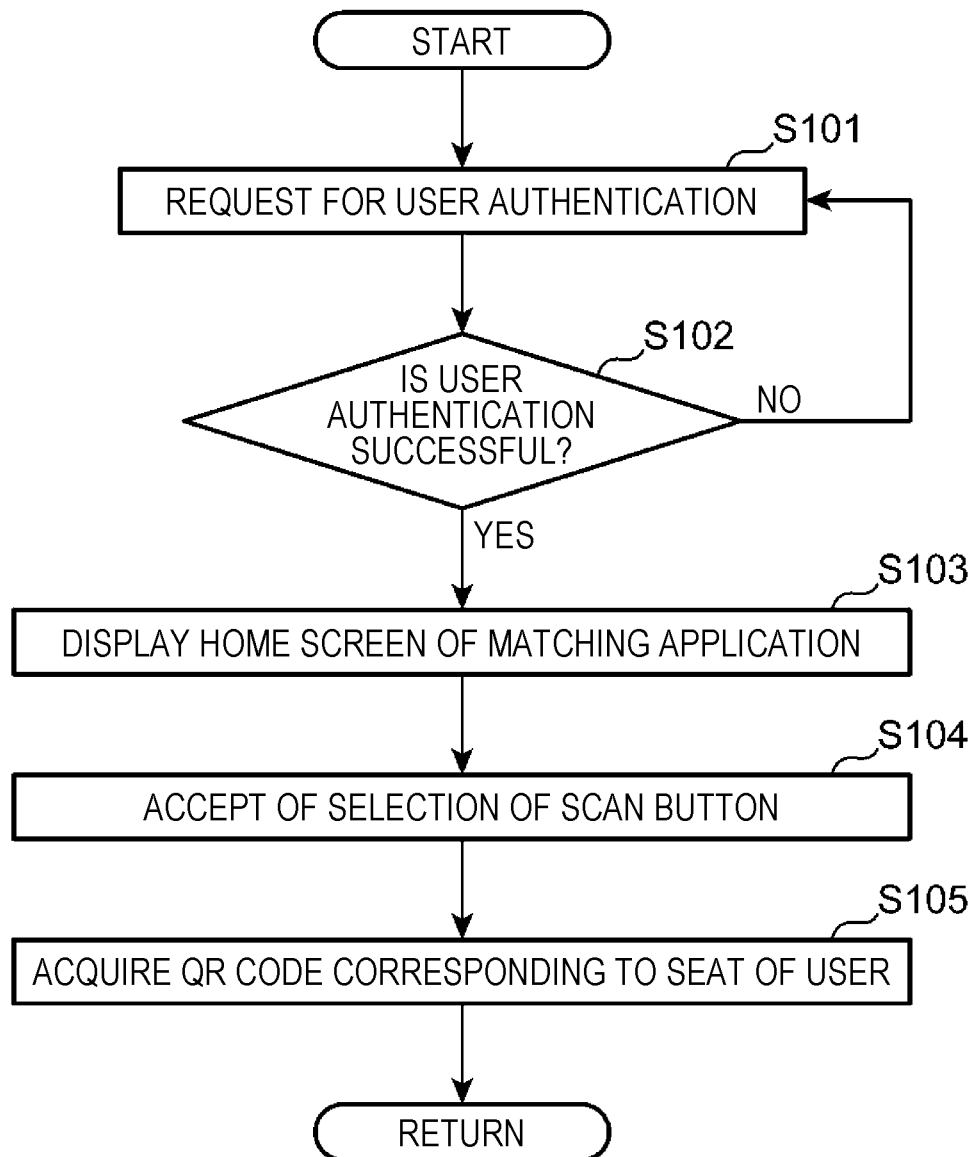


FIG. 34

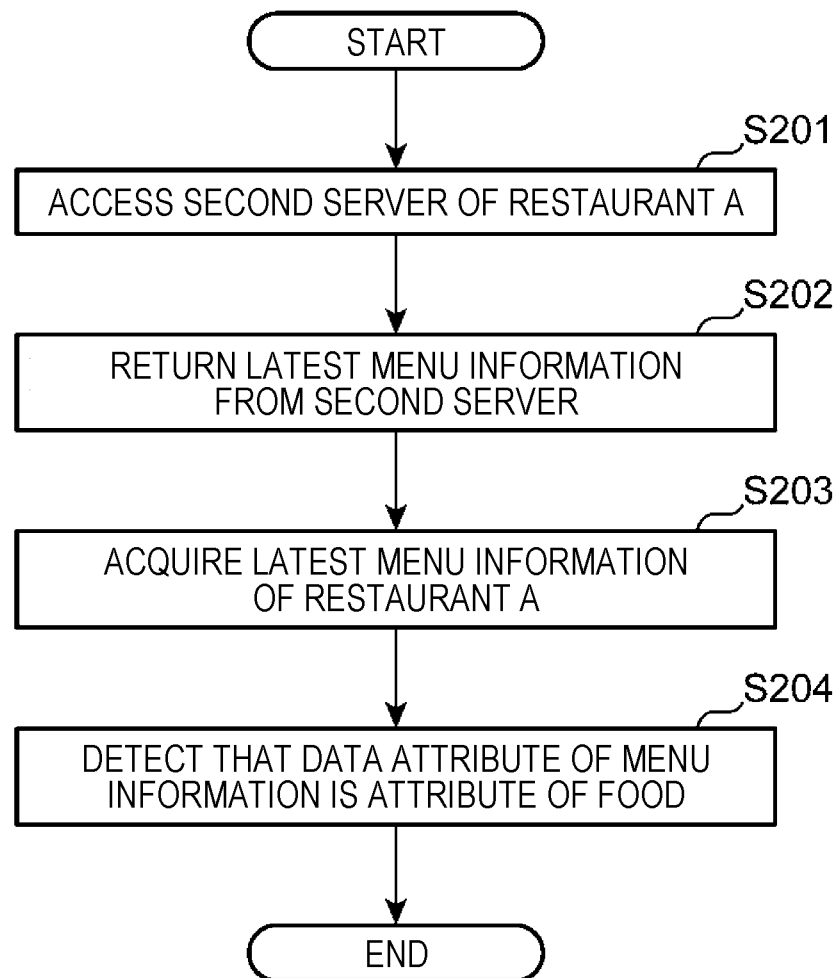


FIG. 35

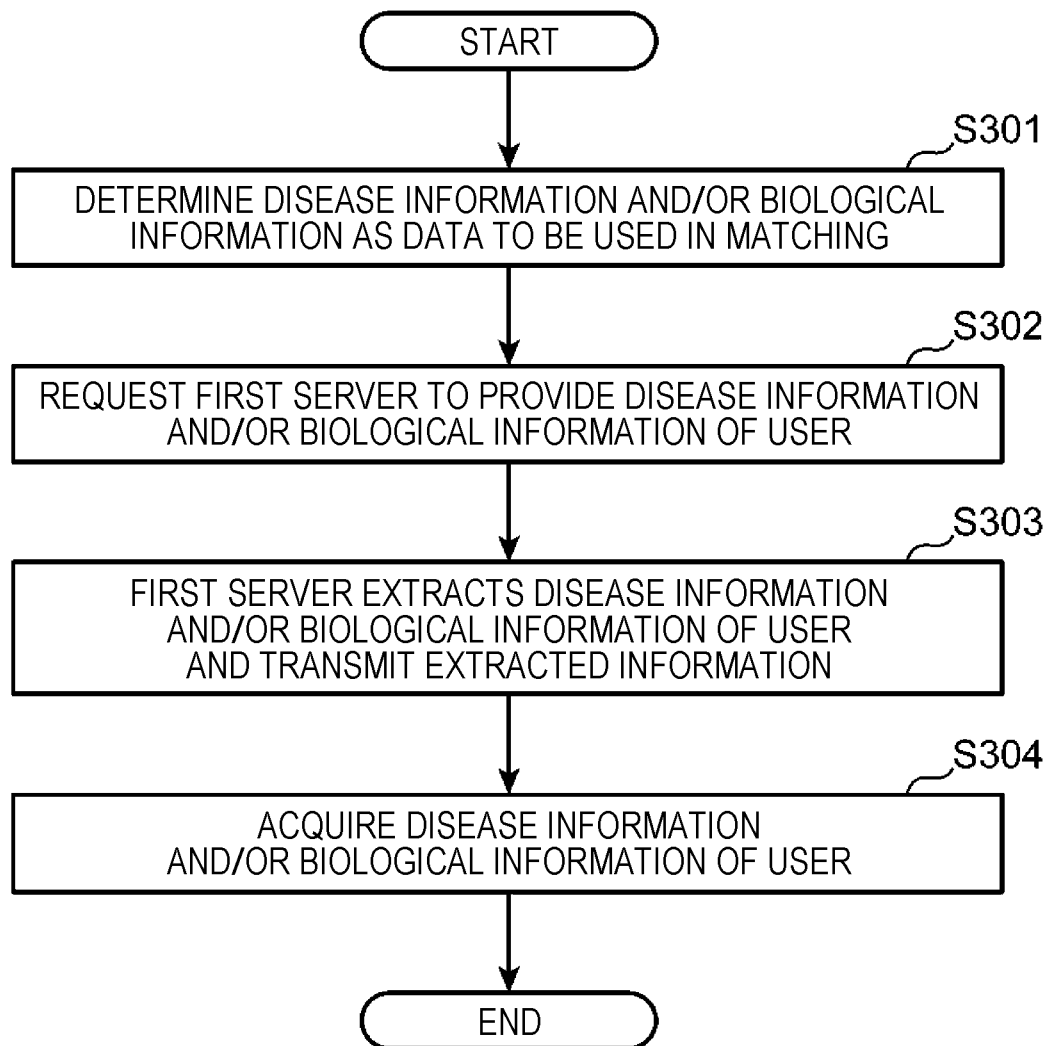


FIG. 36

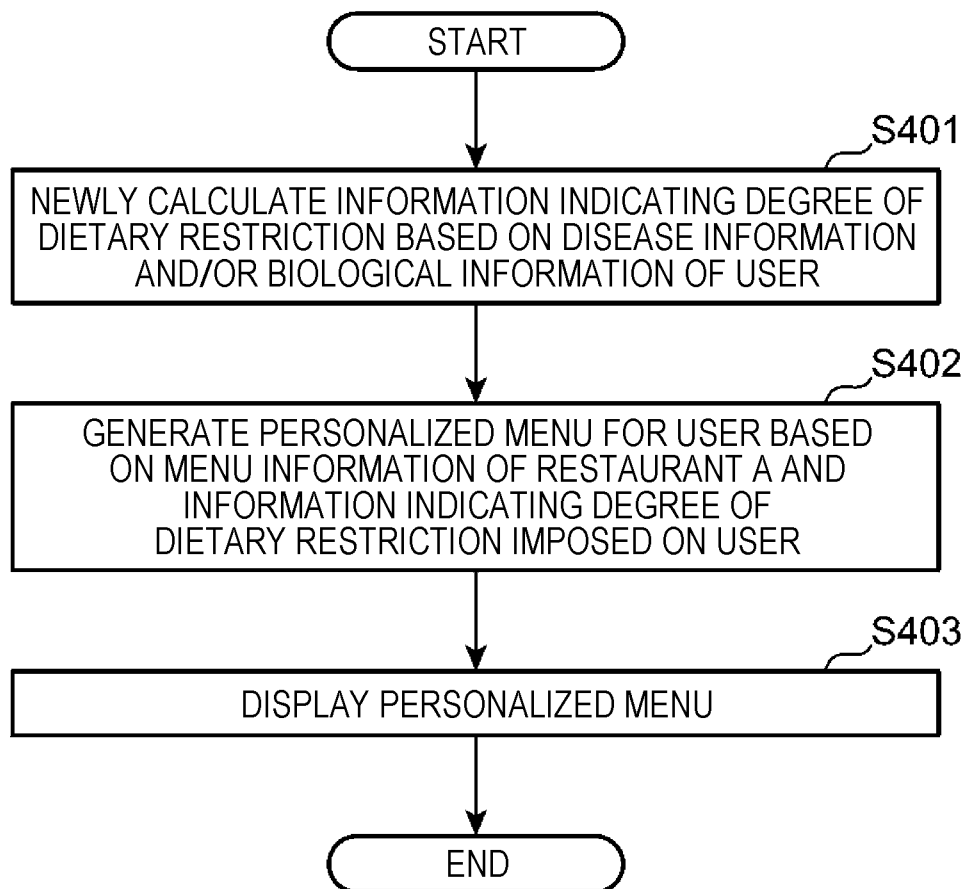


FIG. 38

DISH PRIORITY SCORE = c1 × f1 (AMOUNT OF CALORIE, AMOUNT-OF-CALORIE VECTOR)
+ c2 × f2 (AMOUNT OF ALCOHOL, AMOUNT-OF-ALCOHOL VECTOR) ... (2)
+ c3 × f3 (AMOUNT OF SALT, AMOUNT-OF-SALT VECTOR)
+ c4 × f4 (AMOUNT OF DIETARY FIBER, AMOUNT-OF-DIETARY-FIBER VECTOR)

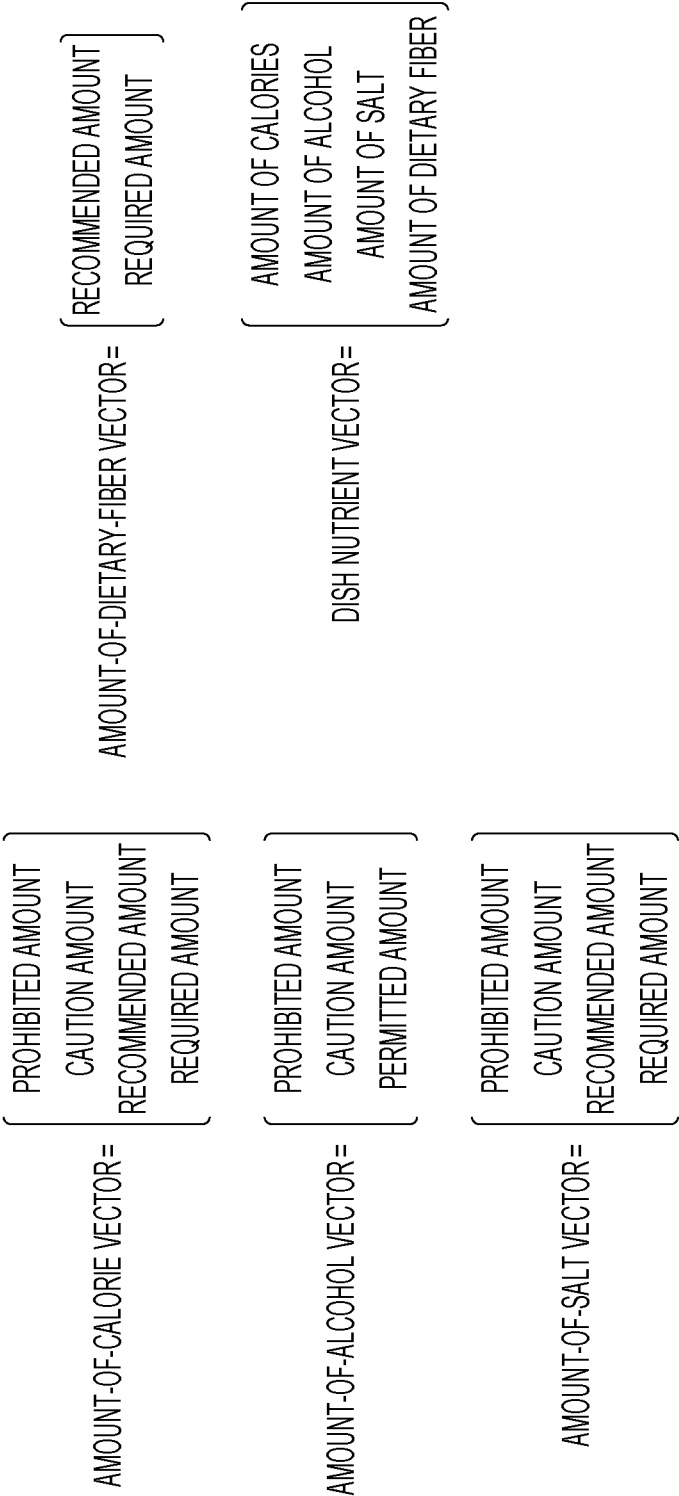


FIG. 39

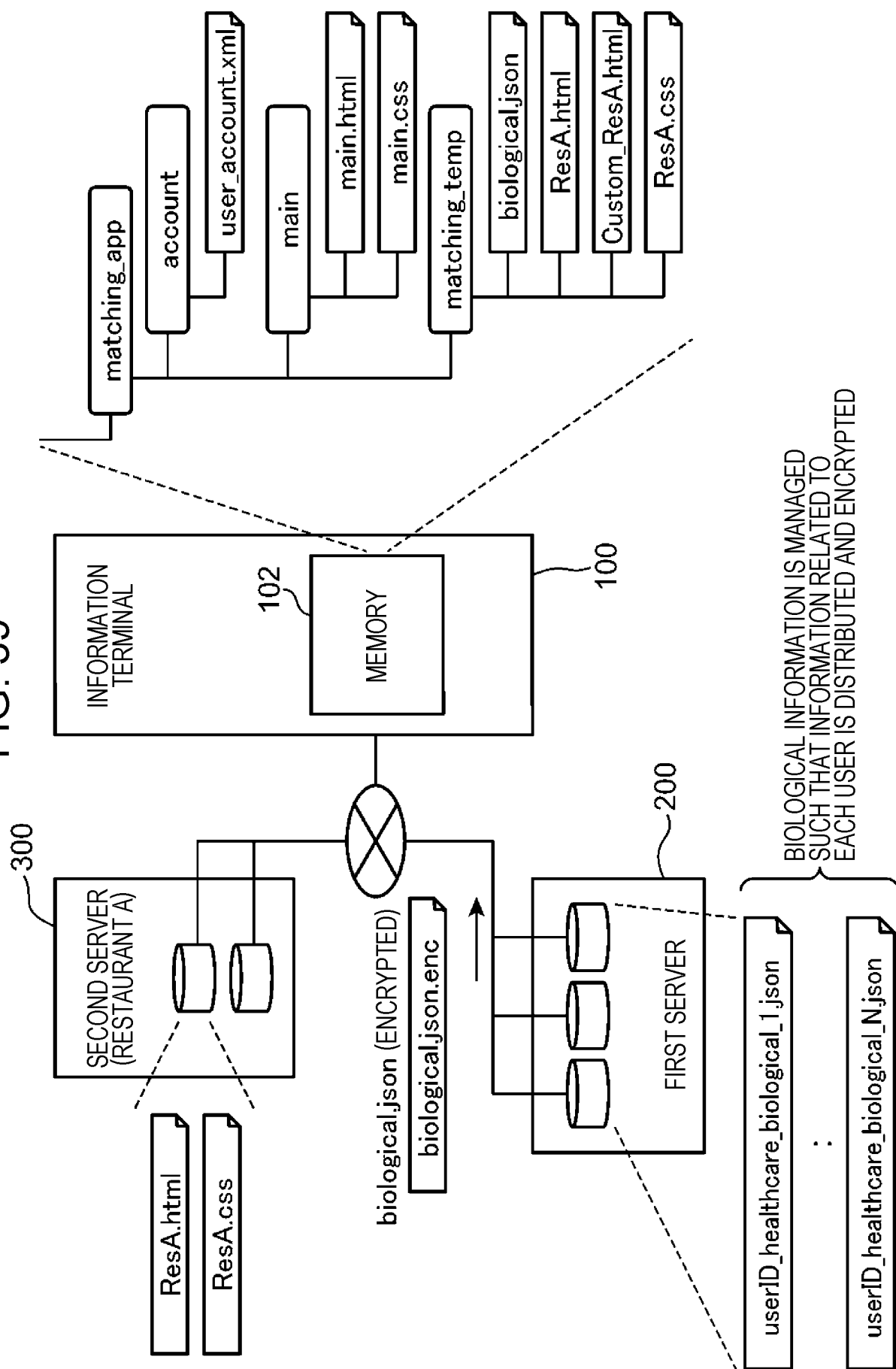


FIG. 40

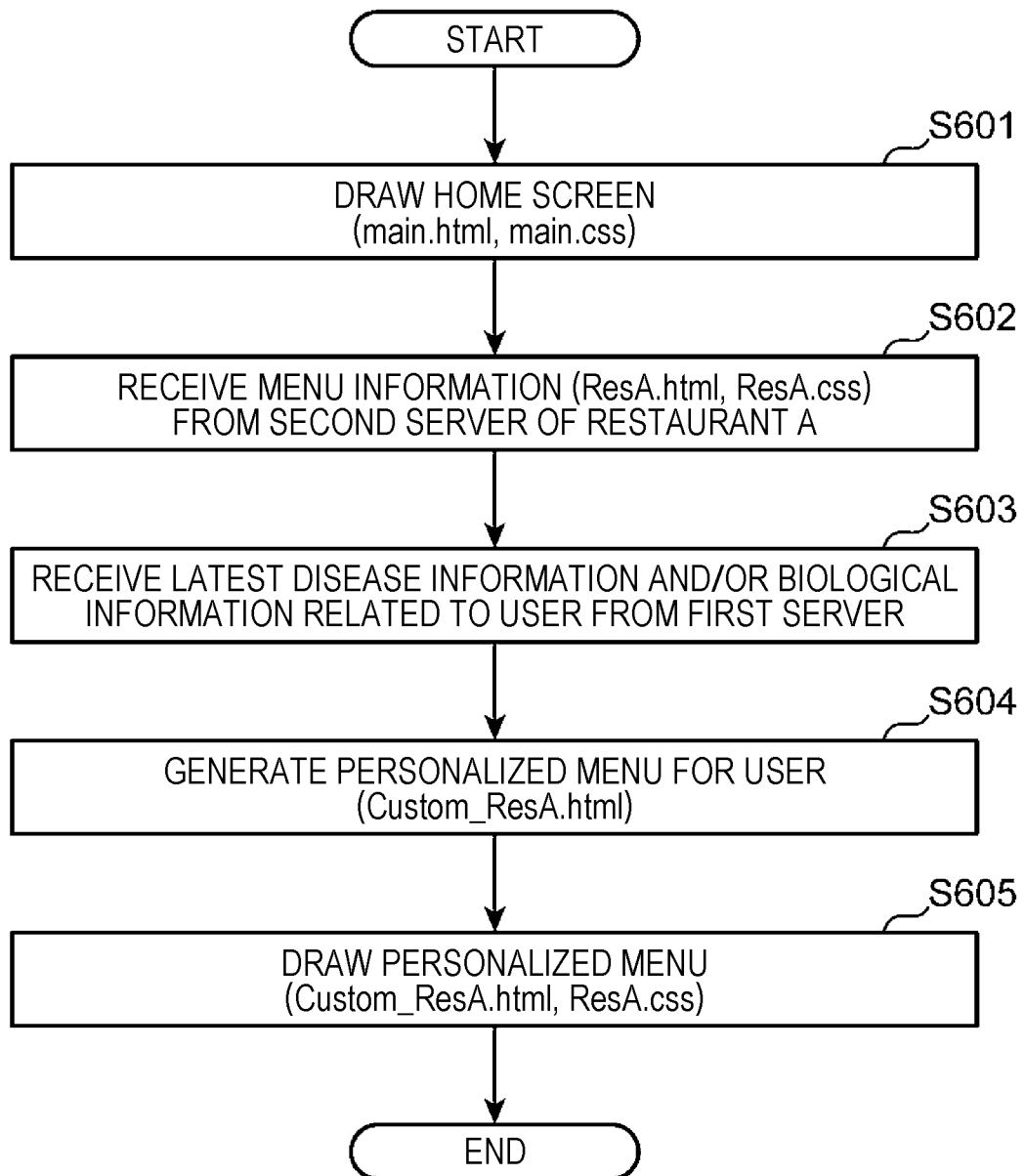


FIG. 41

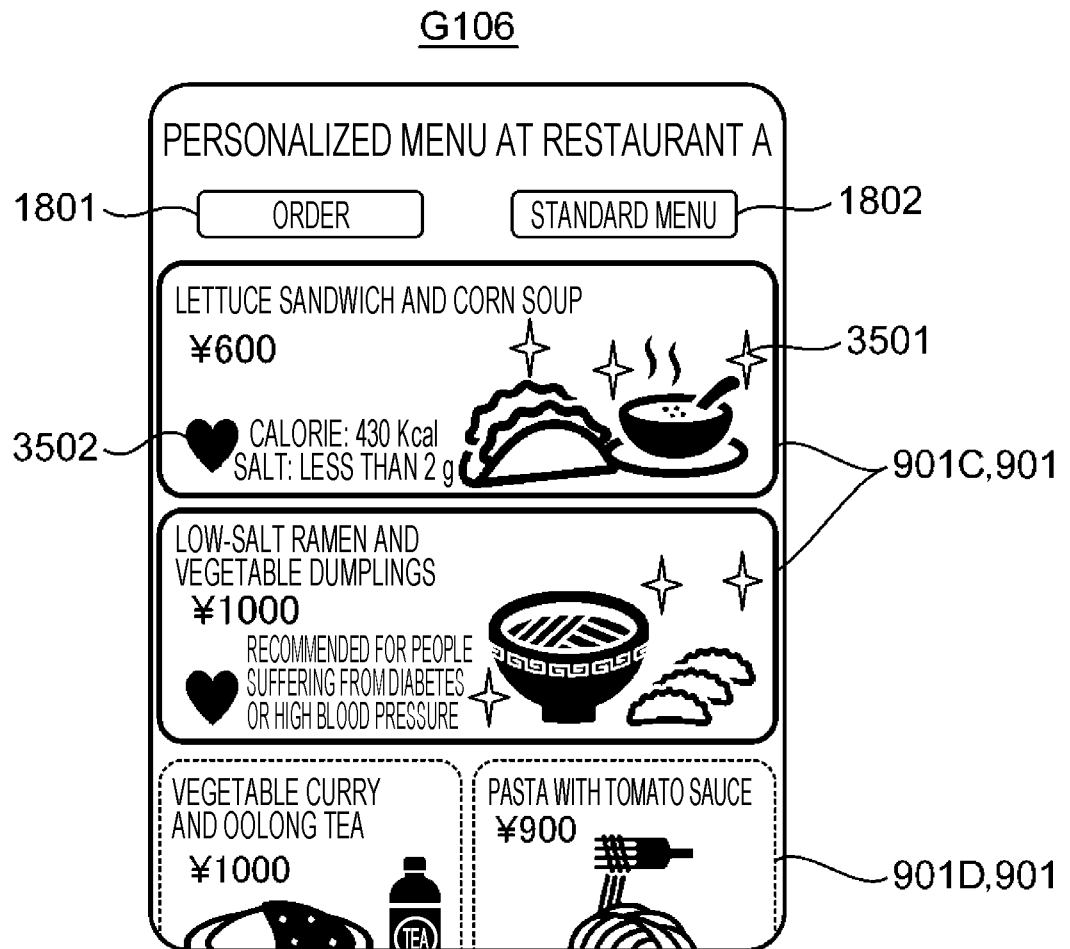


FIG. 42A

G106

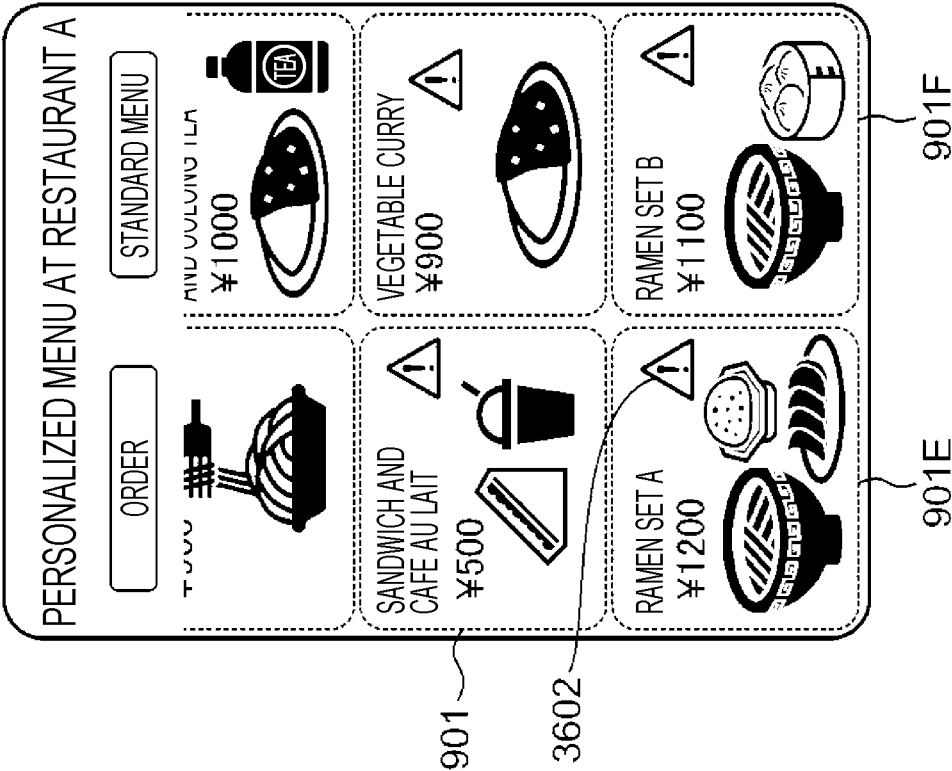


FIG. 42B

G106

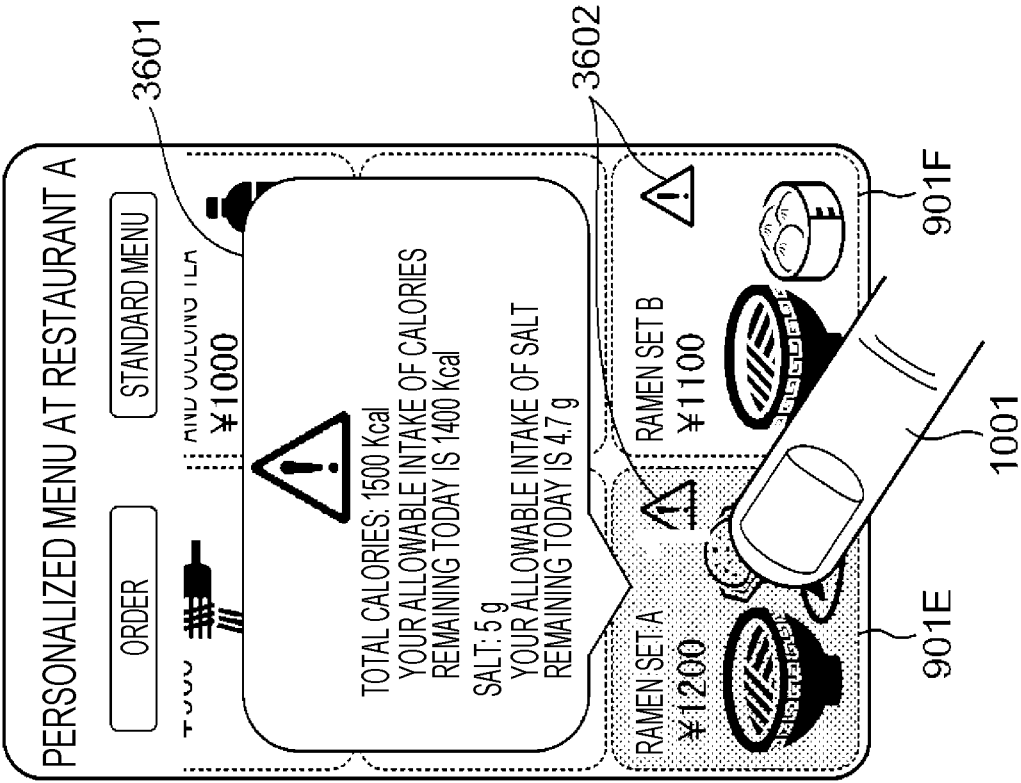


FIG. 43

G106

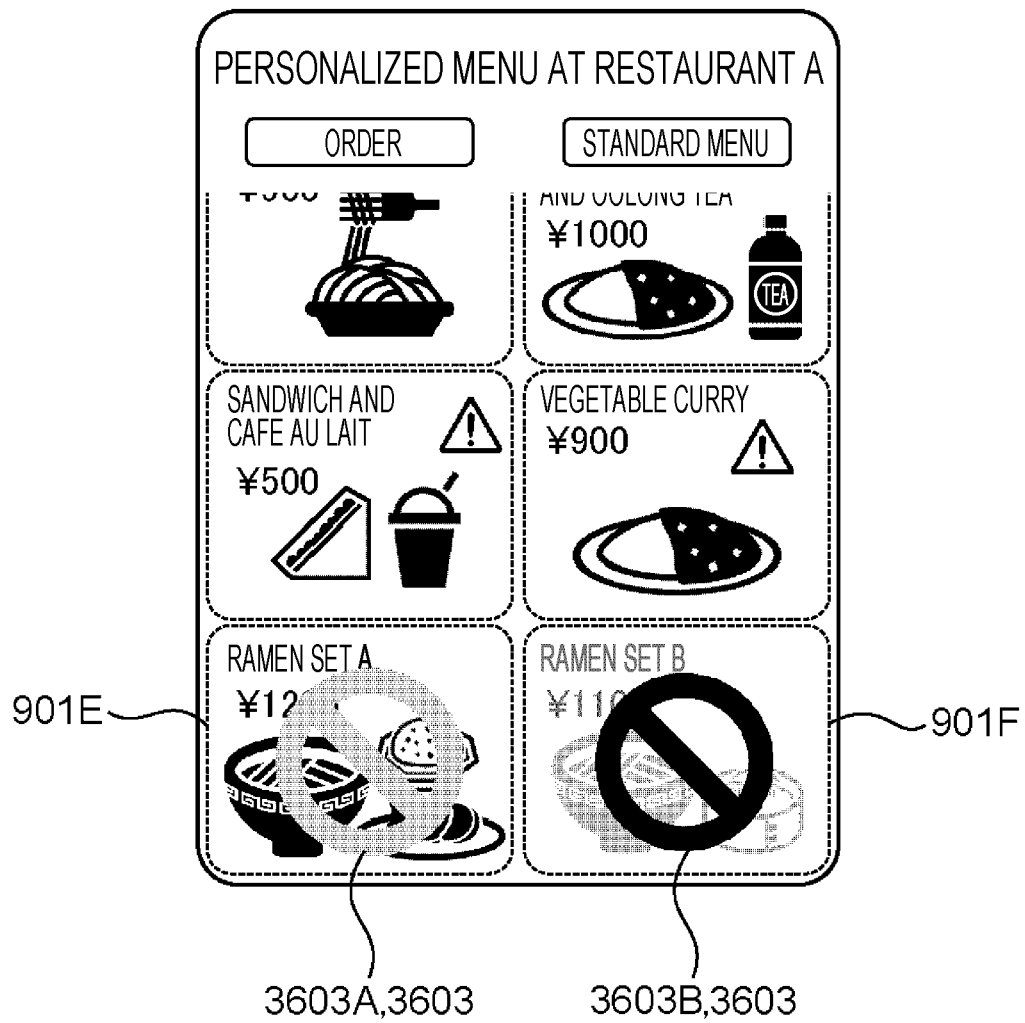


FIG. 44A

G106

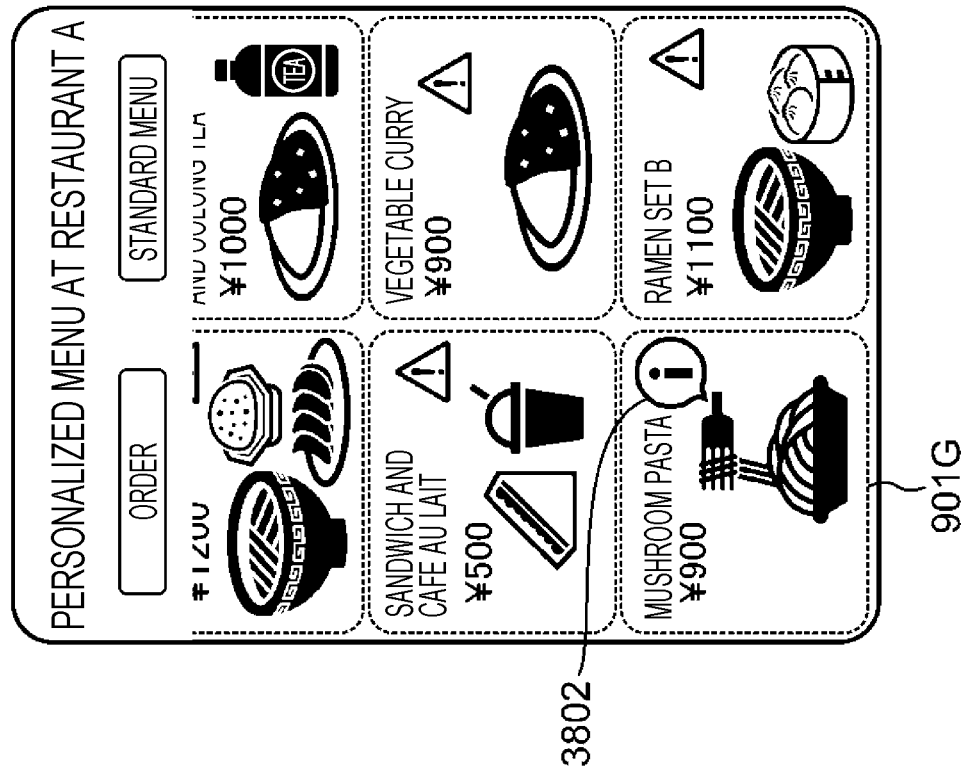


FIG. 44B

G106

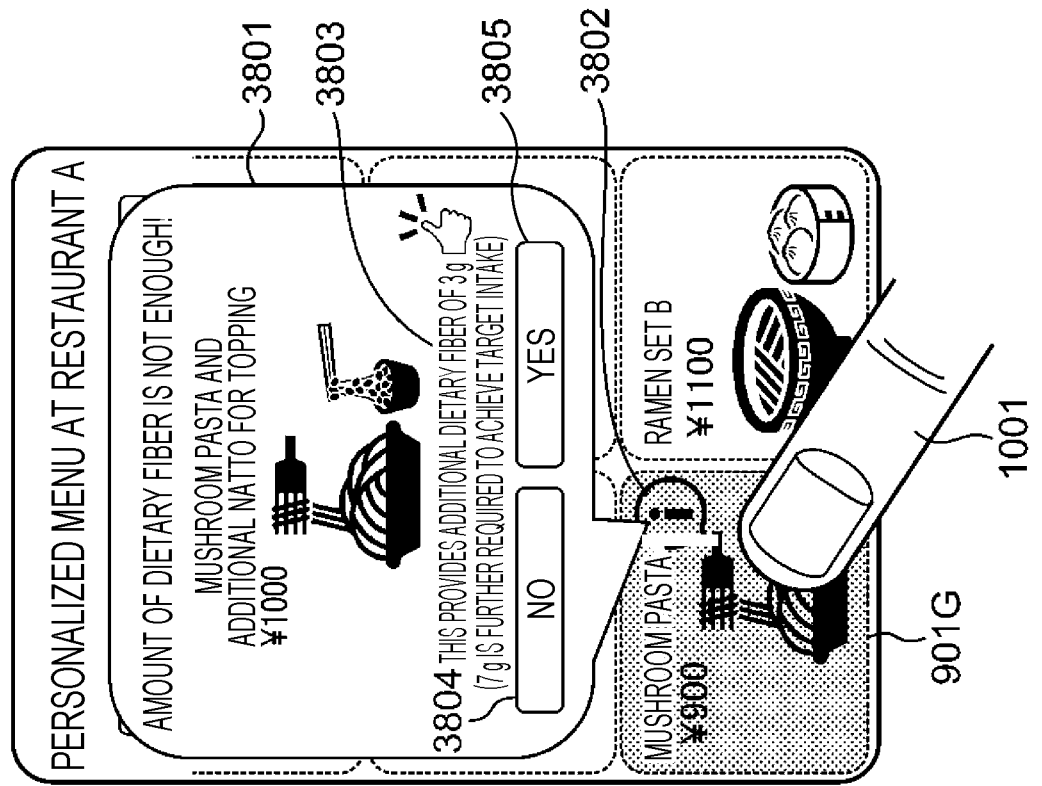


FIG. 45

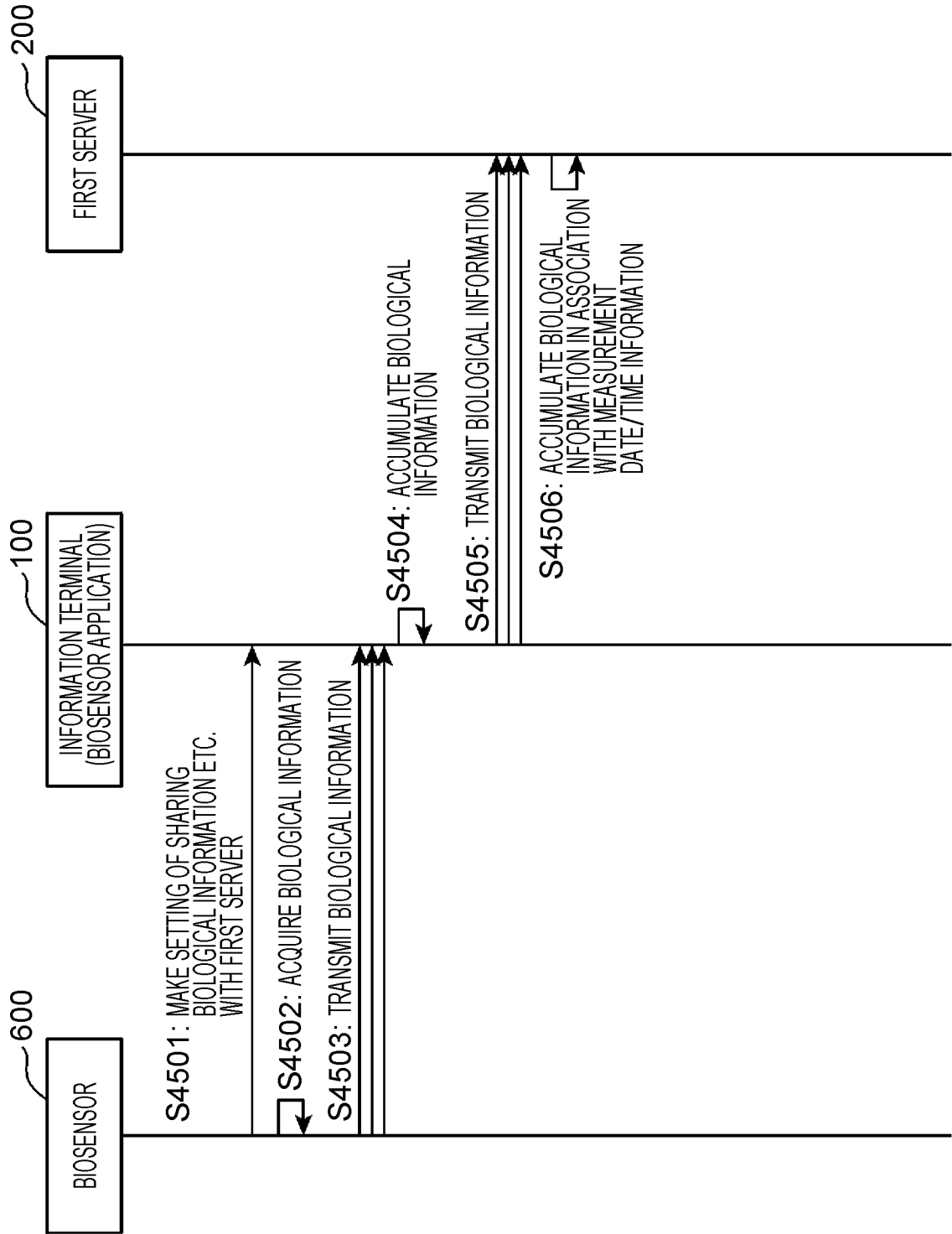


FIG. 46

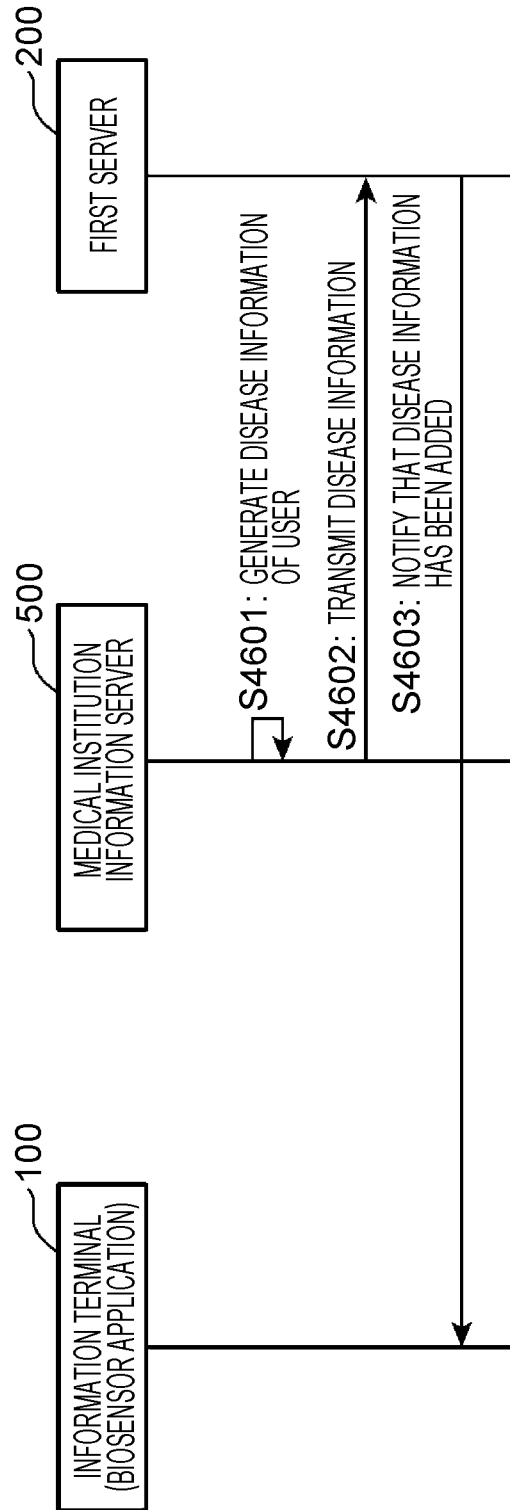


FIG. 47

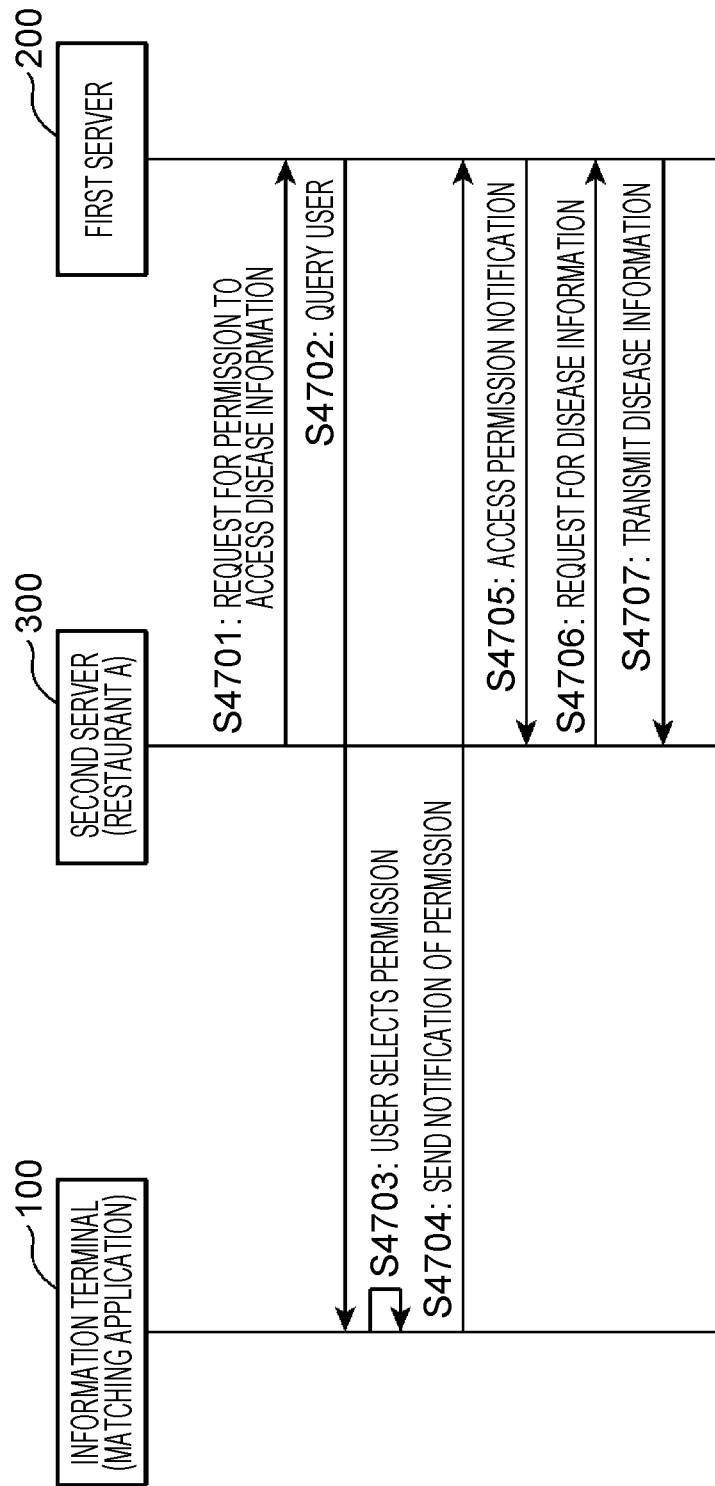


FIG. 48

