

Abstract

Different nutritional intake standards are set according to age, gender, and physical activity level in the Dietary Reference Intakes (DRIs) set in each country, for example, the "Japanese DRIs". Therefore, in order to provide meals satisfying the DRIs to a plurality of users with different attributes, for example, in a company staff canteen or the like, not only adjustment of the amounts of meals but also fine adjustment of nutritional components of meals for each category has been required. The present invention proposes a complete nutritious food product that eliminates the need for adjustment of nutrients according to each category of age, gender, and physical activity level, and enables eating of a complete nutritious food product satisfying the DRIs only by adjusting the amount (calories) of foods, and a providing system thereof. As a result, users who receive meals can easily take the complete nutritious food product, are freed from the trouble of nutrition management, and can improve their health.

(Fig.1)