WHAT IS CLAIMED IS:

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

outputting a request of acquisition of the menu information to the second server based on a request for a personalized menu for the user acquired from an information terminal of the user via a network;

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

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

2. The method of providing information according to Claim 1, wherein

when the request for the personalized menu for the user is acquired, a seat ID indicating a seat of the user is acquired from the information terminal of the user, wherein the seat ID is acquired via an operation screen displayed on a display of the information terminal.

3. The method of providing information according to Claim 1, wherein

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

4. The method of providing information according to Claim 3, wherein the reducing of the ingredient includes removing the ingredient such that an amount of the ingredient is zero.

5. The method of providing information according to Claim 1, wherein the personalized menu is generated from the menu information by excluding or graying out a dish including an ingredient specified by the information indicating the degree of dietary restriction as an ingredient to be avoided by the user.

6. The method of providing information 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.

7. The method of providing information 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.

8. The method of providing information 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.

9. The method of providing information 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.

10. The method of providing information 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.

11. The method of providing information 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.

12. The method of providing information 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.

13. The method of providing information 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.

14. The method of providing information 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.

15. The method of providing information 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.

16. The method of providing information 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.

17. The method of providing information 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.

18. The method of providing information 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.

19. The method of providing information 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.

20. The method of providing information 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.

21. The method of providing information 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.

22. The method of providing information 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.

23. The method of providing information according to Claim 21 or 22, 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.

24. The method of providing information according to ~~any one of~~ Claim~~s~~ 1 ~~to 23~~, wherein

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

25. The method of providing information according to ~~any one of~~ Claim~~s~~ 1 ~~to 24~~, 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.

26. The method of providing information according to ~~any one of~~ Claim~~s~~ 1 ~~to 25~~, further includes

receiving, from the information terminal of the user, 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.

27. The method of providing information according to Claim 1, wherein the identification information includes a user ID.

28. The method of providing information according to Claim 1, wherein the first server is different from the second server.

29. The method of providing information according to Claim 2, wherein the seat ID is acquired by reading, via the operation screen, an identification code prepared at a corresponding position of a table where the user is seated.

30. The method of providing information according to Claim 29, wherein the identification code includes a QR code.

31. The method of providing information according to Claim 29, wherein the identification code is read using NFC (Near Field Communication).

32. The method of providing information according to ~~any one of~~ Claim~~s~~ 1 ~~to 31~~, 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.