

METHOD OF PROVIDING INFORMATION

ABSTRACT OF THE DISCLOSURE

A method of providing information includes outputting a request of acquisition of menu information to a 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 identification information stored in the information terminal from the information terminal via a network, acquiring the menu information from a 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, thereby allowing a dish to be selected from the personalized menu on the information terminal.

[FIG. 4]