CLAIMS

[Claim 1]

A method for producing nutrition-added food, comprising adding nutrient additives consisting of at least three groups:

a group including at least one or more types of vitamins having an upper limit of intake in public nutrient reference intakes,

a group including at least one or more types of minerals having an upper limit of intake in public nutrient reference intakes, and

a group including at least one or more types of vitamins or/and minerals having no upper limit of intake in public nutrient reference intakes

to at least one or more types of single items constituting a diet having one meal amount, and

thereby preparing nutrition-added food that satisfies a specific nutrient reference designed on the basis of the public nutrient reference intakes.

[Claim 2]

The method for producing nutrition-added food according to claim 1, wherein the vitamins having an upper limit of intake are vitamin A, vitamin D, vitamin E, niacin, vitamin B6, and folic acid.

[Claim 3]

The method for producing nutrition-added food according to claim 1 or 2, wherein the minerals having an upper limit of intake are calcium, iron, zinc, copper, manganese, phosphorus, iodine, selenium, chromium, and molybdenum.

[Claim 4]

The method for producing nutrition-added food according to any one of claims 1 to 3, wherein the vitamins or/and minerals having no upper limit of intake are vitamin B1, vitamin B2, vitamin B12, vitamin C, vitamin K, pantothenic acid, biotin, potassium, and magnesium.

[Claim 5]

Nutrition-added food produced by a production method according to any one of claims 1 to 4.

[Claim 6]

A method for providing nutrition-added food in order to provide a customer with a plurality of diets each having one meal amount on a menu as nutrition-added food that

satisfies a specific nutrient reference designed on the basis of public nutrient reference intakes, the method comprising:

a deficiency calculation step of calculating a nutrient content of a basic configuration of the nutrition-added food on the basis of nutrient data on each single item constituting a diet having one meal amount selected from the menu, and calculating an amount of a nutrient that falls short of a lower-limit value of the specific nutrient reference;

a nutrient additive addition amount calculation step of calculating addition amounts of nutrient additives consisting of at least three groups: a group including at least one or more types of vitamins having an upper limit of intake in the public nutrient reference intakes, a group including at least one or more types of minerals having an upper limit of intake in the public nutrient reference intakes, and a group including at least one or more types of vitamins or/and minerals having no upper limit of intake in the public nutrient reference intakes, the nutrient additives being added to the diet having one meal amount selected from the menu so as to compensate for the nutrient deficiency calculated in the deficiency calculation step and so as not to exceed an upper-limit value of the specific nutrient reference; and

a nutrition-added food production step of preparing the nutrition-added food by adding the nutrient additives during or after production of at least one or more types of single items constituting the diet having one meal amount selected from the menu on the basis of the addition amounts calculated in the nutrient additive addition amount calculation step, wherein

the nutrition-added food prepared in the nutrition-added food production step is provided directly or after being refrigerated or frozen to the customer.