

TITLE OF INVENTION: METHOD OF PROVIDING INFORMATION

ABSTRACT OF THE DISCLOSURE

A method of providing information includes acquiring allergy information related to a user from a first server, the allergy information including information indicating a level of an allergic reaction of the user to each ingredient, generating, based on the menu information and the allergy information, a personalized menu arranged for the user according to the allergy information, the menu information including information indicating one or more ingredients contained in each dish and an amount of each ingredient, and transmitting the personalized menu to the information terminal. In the generating of the personalized menu, when the level of the allergic reaction of an ingredient in the menu information is equal to or larger than a criterion value, the ingredient is determined as an allergy ingredient that causes allergy. The personalized menu includes one or more dishes, in each of which the allergy ingredient that causes allergy is reduced.