

ABSTRACT

An object of the present invention is to conveniently 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. Nutrition-added food that satisfies a specific nutrient reference designed on the basis of public nutrient reference intakes can be conveniently prepared, even for a plurality of diets each having one meal amount on a menu, by adding nutrient additives divided into 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 to at least one or more types of single items constituting a diet having one meal amount.

[No Figure]