

Fig. 1

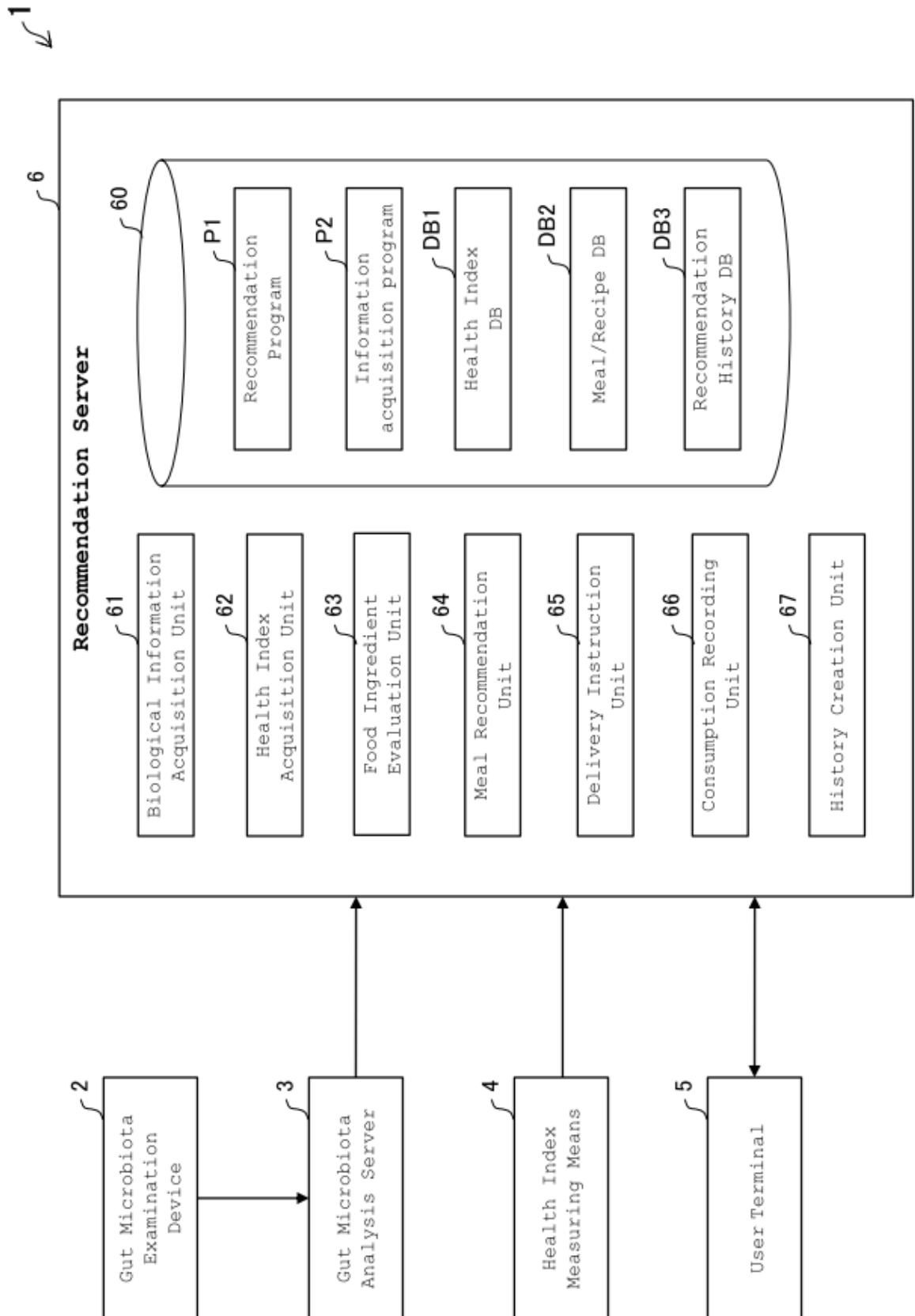


Fig. 2

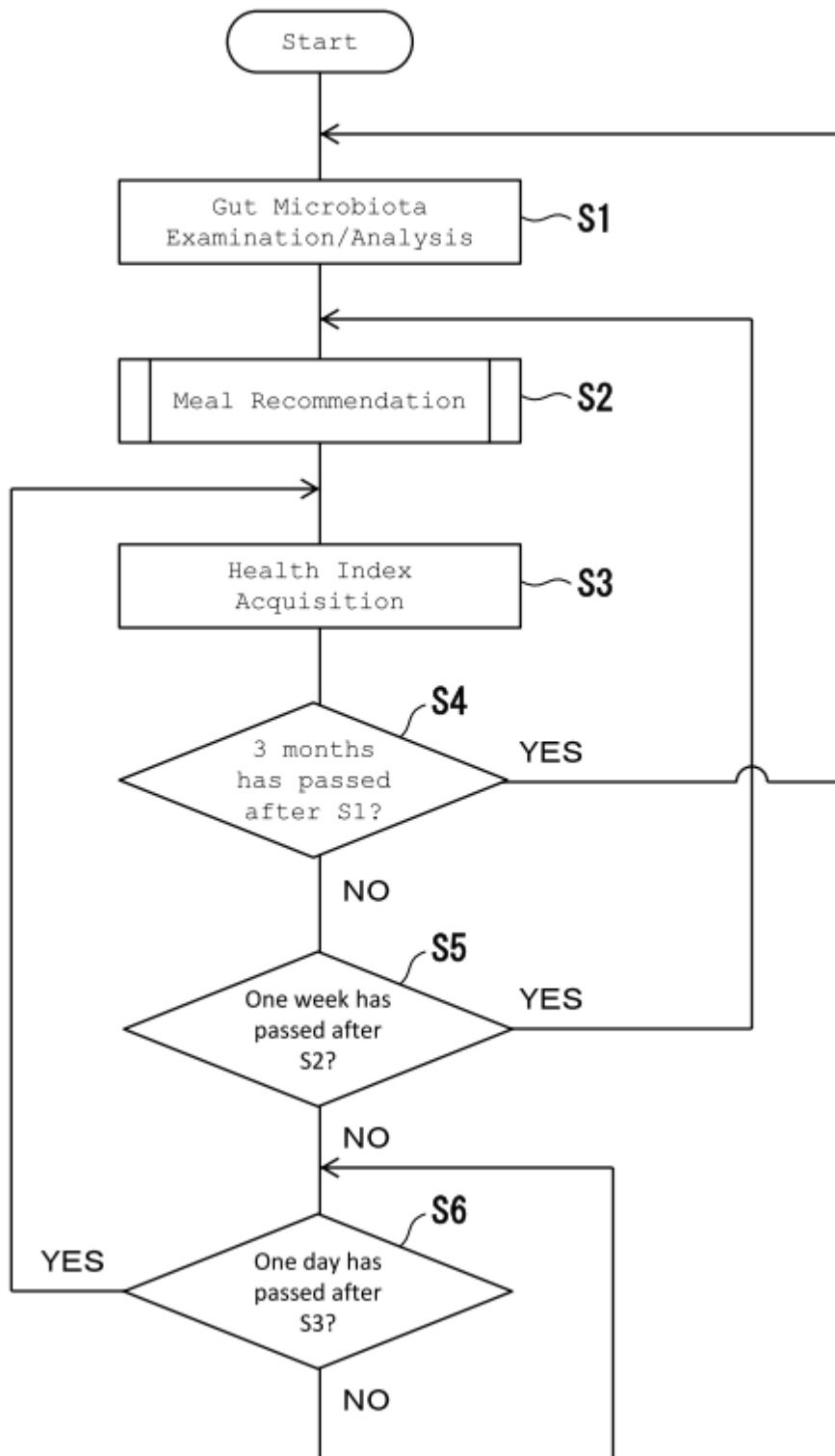


Fig. 3

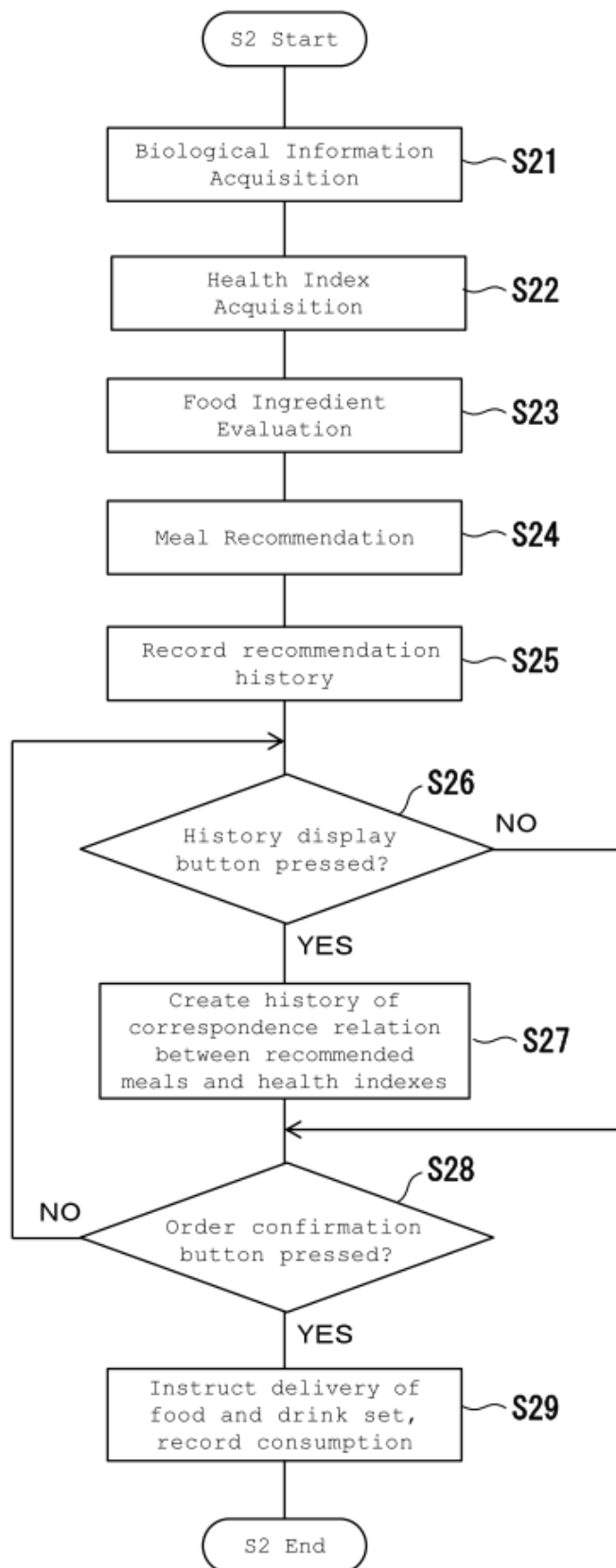


Fig. 4

Food Ingredient	Impact on blood glucose level
Sermon	1
Potato	−1
Asparagus	1

Fig. 5

Recipe 1 (Four People)

Food ingredient	Quantity
Potato	Two pieces
Sermon	Three pieces
Butter	One tablespoon
Salt and pepper	Appropriate amount
Parsley	Appropriate amount
Water	100 cc

Recipe 2

Food ingredient	Quantity
Brown rice	One bowl

Recipe 3 (Two People)

Food ingredient	Quantity
Dried Wakame	One tablespoon
Miso	One tablespoon
Water	500cc

Fig. 6

Food ingredient	Impact on blood glucose level
Potato	-1
Sermon	1
Butter	0
Salt and pepper	0
Parsley	0
Water	0

Food ingredient	Impact on blood glucose level
Brown rice	0

Food ingredient	Impact on blood glucose level
Dried Wakame	0
Miso	0
Water	0

Fig. 7

Recommended food and drink set

Based on the results of gut microbiota examination, we recommend food and drink sets that are good for controlling blood glucose level. Please choose 7 meals you desire from options.

	Quantity
Food and drink set 1: Lemon simmered chicken wings, steamed vegetables..	3
Food and drink set 2: Salmon with daikon radish, kinpira gobo (stir-fried burdock root).. ..	0
Food and drink set 3: ..	1
⋮	⋮

B1

Order confirmation

B2

See history of blood glucose level

Fig. 8

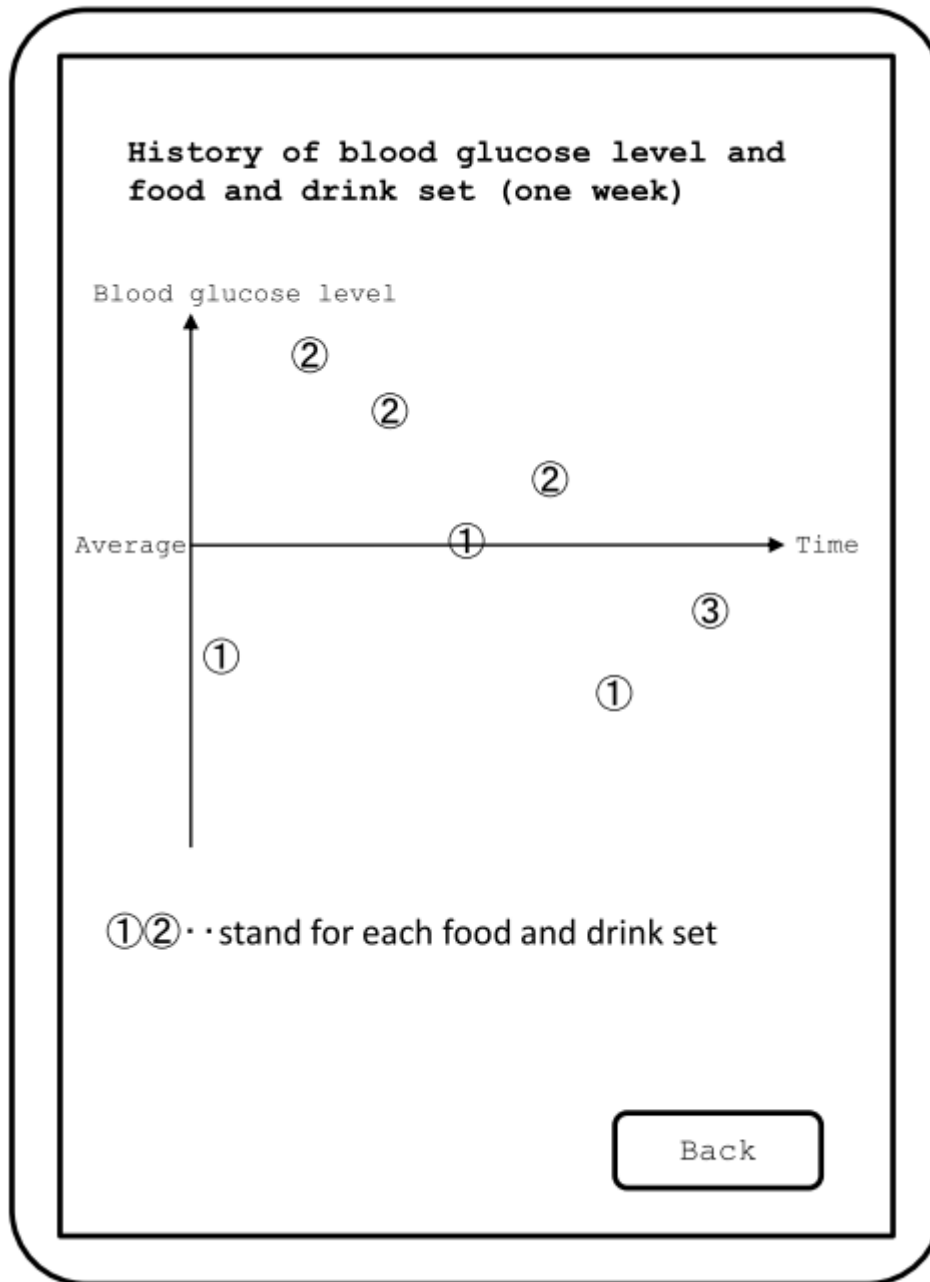


Fig. 9

1'

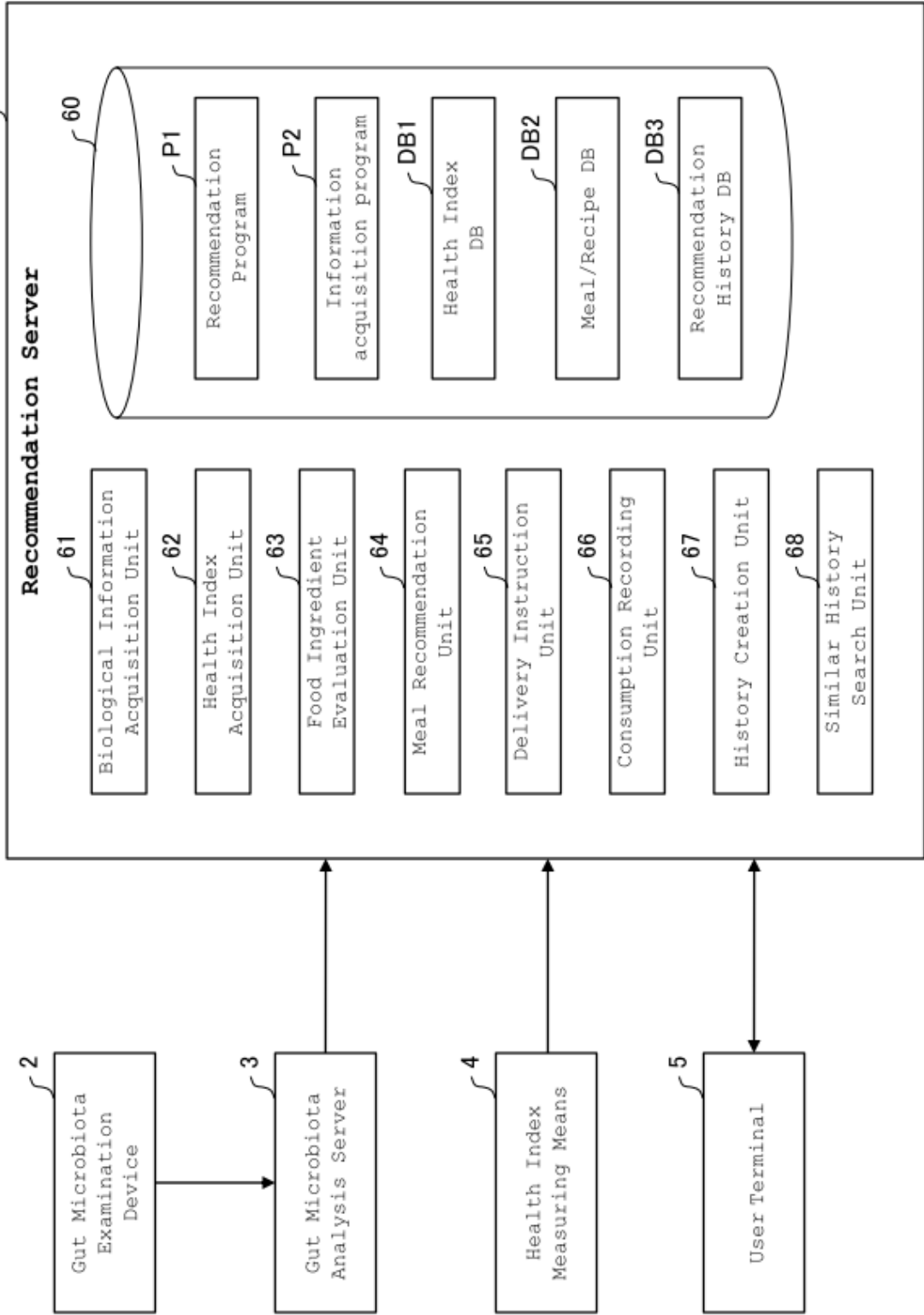


Fig. 10

(a)

Gut microbiota score for user A

Item	Value
Diversity score of gut bacteria	0.9
Proportion of bifidobacteria	0.02
Proportion of butyric acid-producing bacteria	0.15

(b)

Gut microbiota score for user P

Item	Value
Diversity score of gut bacteria	0.8
Proportion of bifidobacteria	0.03
Proportion of butyric acid-producing bacteria	0.15

(c)

Gut microbiota score for user Q

Item	Value
Diversity score of gut bacteria	0.4
Proportion of bifidobacteria	0.05
Proportion of butyric acid-producing bacteria	0.3

Fig. 11

(a)

History of user A

Date and time	Food and drink set right before	Blood glucose level (mg/dL)	Difference from average
2022.7.1 13:00	Food and Drink set 1	130	0
2022.7.8 13:00	Food and Drink set 2	125	-5
2022.7.15 13:00	Food and Drink set 3	135	+5

(b)

History of user P

Date and time	Food and drink set right before	Blood glucose level (mg/dL)	Difference from average
2022.7.2 13:00	Food and Drink set 4	134	-2
2022.7.9 13:00	Food and Drink set 5	136	+1
2022.7.16 13:00	Food and Drink set 6	136	+1

Fig. 12

(a)

Food and drink set right before	Difference from average
Food and Drink set 1	0
Food and Drink set 2	-5
Food and Drink set 4	-2

(b)

Food and drink set right before	Score
Food and Drink set 1	0
Food and Drink set 2	5
Food and Drink set 4	2

Fig. 13

Recommended food and drink set

Based on the results of gut microbiota examination, we recommend food and drink sets that are good for controlling blood glucose level. Please choose 7 meals you desire from options below.

	Quantity
Food and drink set 1: Lemon simmered chicken wings, steamed vegetables..	2
Food and drink set 2: Salmon with daikon radish, kinpira gobo (stir-fried burdock root)..	0
Food and drink set 3:	1
⋮	⋮

B1

Order confirmation

B3

See detail of recommendation level

Fig. 14

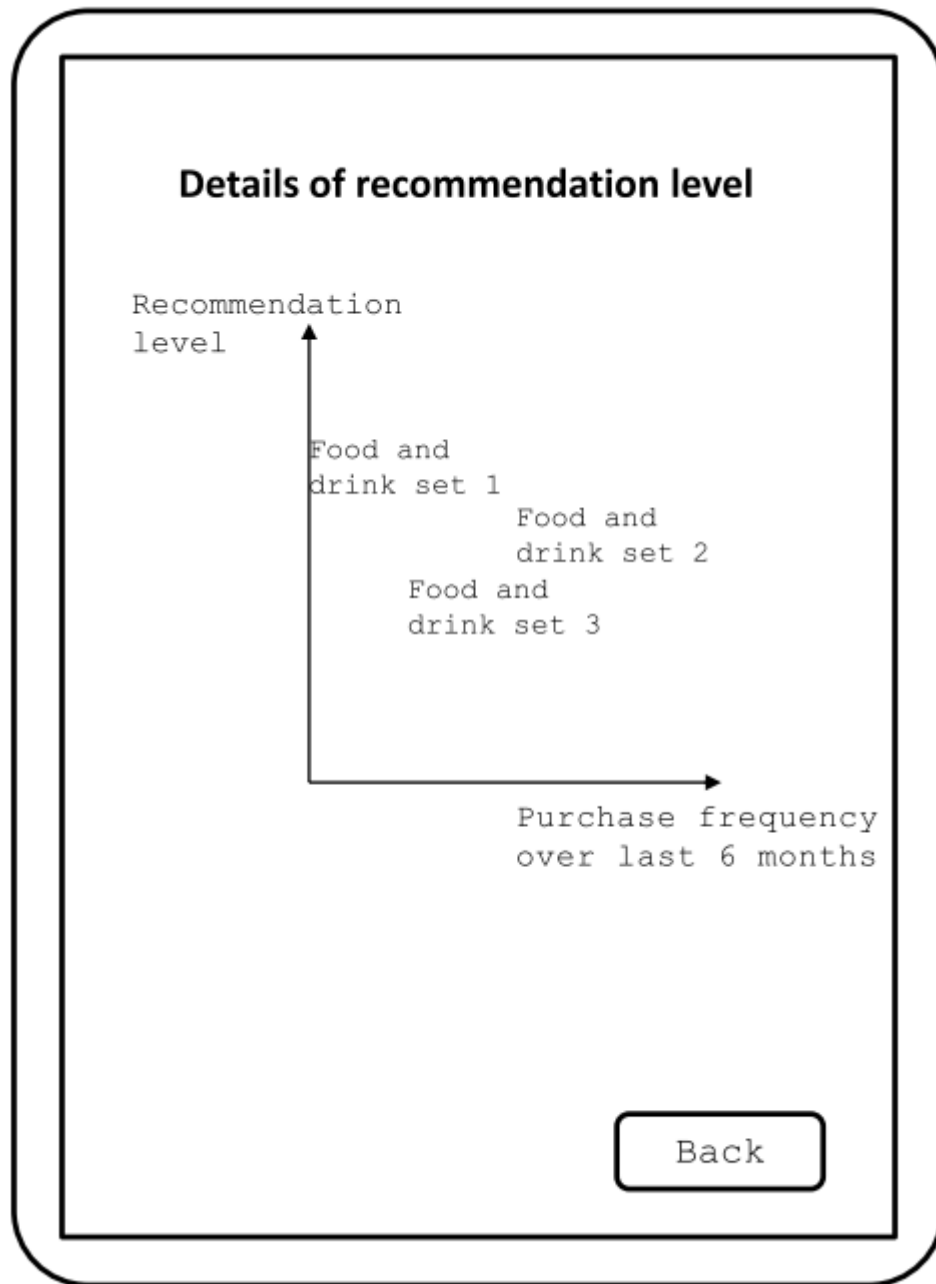


Fig. 15

How to choose recommended food and drink sets

Please select factors from options below to consider in meal recommendations. (Please select one or more factors)

- ☒ History
- ☒ Blood glucose level
- ☒ Gut microbiota

Display recommendations considering selected factors **B4**

Fig. 16

Recommended food and drink set

Based on blood glucose level, results of gut microbiota examination and history, we recommend food and drink sets that are good for controlling blood glucose level. Please choose 7 meals you desire from options below.

	Quantity
Food and drink set 1: Lemon simmered chicken wings, steamed vegetables..	3
Food and drink set 2: Salmon with daikon radish, kinpira gobo (stir-fried burdock root)..	0
Food and drink set 3:	1
⋮	⋮

B1

Order confirmation

B5

See detail of recommendation level

Fig. 17

