

RECOMMENDATION DEVICE, RECOMMENDATION METHOD,
RECOMMENDATION PROGRAM, AND RECORDING MEDIUM FOR
RECOMMENDING MEALS

ABSTRACT

Provided is a recommendation device 6 for recommending meals beneficial to user's health. The recommendation device 6 comprises: a biological information acquisition unit 61 that obtains biological information of a user; a health index acquisition unit 62 that obtains health index of the user; a food ingredient evaluation unit 63 that evaluates food ingredients based on the biological information; a meal recommendation unit 64 that recommends meals beneficial to health based on the evaluation results of the food ingredients; and a history creation unit 67 that creates a history of the correspondence relation between the meals recommended by the meal recommendation unit 64 and the health index.

Fig. 1