**Sistem Pendukung Keputusan Pemilihan Jenis Makanan Untuk Penderita Penyakit Obesitas Berbasis *Website* menggunakan Metode *Ahp***

**Nauval Permana Putra**
**Study Program of Informatic Enginering**
**Majoring of Information Technology**
Program Studi Teknik Informatika
Jurusan Teknologi Informasi

## ABSTRACT

Along with the development of the times, the need for human life for food is increasingly irregular, especially the availability of fast food makes the nutritional balance in the human body less good. Lack of knowledge of the nutritional needs of the body is a major factor in the imbalance of food intake that enters the body. High levels of fat in the body cause a degenerative disease commonly called obesity or overweight. One of the effects of this disease is weight gain due to the increase in the physical size of the body. The prevention of this disease is by doing a diet program. The development of the digital era is currently able to overcome the problems experienced by humans. The existence of a Decision Support System (DSS) makes it easier for humans to control their daily life patterns, including their diet. This system is able to determine the right choice when experiencing a problem or doing a routine. In the Decision Support System (DSS) there are several methods to determine an appropriate selection according to their respective conditions, one of which is the AHP method. The Analytical Hierarchy Process (AHP) is a method of selecting decisions by looking at the weights of the criteria and options that have been determined. This AHP method is able to determine options that have certain alternatives according to existing conditions.

**Keywords** : Diet, Decision Support System, AHP Method