

**Sistem Pendukung Keputusan Pemilihan Menu Makanan Pada Penderita
Lambung Menggunakan Metode *Electre***

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ABSTRACT

Gastritis or commonly known as ulcer disease is an inflammation of the gastric mucosa. The classification of gastritis is divided into two, namely acute gastritis and chronic gastritis. Acute gastritis is inflammation of the surface of the gastric mucosa, resulting from the use of anti-inflammatory drugs, smoking and alcohol. Chronic gastritis occurs due to inflammation of the stomach in the long term caused by the bacterium Helicobacter pylori. Food consumption behavior by groups that occurs during adulthood, for example, busy working hours, the availability of various kinds of ready-to-eat foods, results in unbalanced and unhygienic food consumption. Gastritis occurs due to high stomach acid, too much food that stimulates acid or spicy. The problem of the food menu can be overcome by choosing the right menu, namely the selection decision support system. The definition of a decision support system is a system device that is able to solve problems effectively and efficiently which aims to help make the right decisions. In decision making there are several methods, each method has different characteristics. One of the methods in the decision-making system is the Elimination Et Choix Traduisant La Realite (Electre) method. This method is a multi-criteria decision-making method originating from Europe. The Electre method is used for problems or cases with many alternatives but only a few criteria are involved.

Keywords : *Gastritis, inflammation, food, decision support system, electre*