

**IMPLEMENTASI METODE *SIMPLE ADDITIVE WEIGHTING* (SAW)
DALAM SISTEM PENDUKUNG KEPUTUSAN UNTUK REKOMENDASI
MAKANAN SEHAT BERDASARKAN KEBUTUHAN GIZI**

***IMPLEMENTATION OF SIMPLE ADDITIVE WEIGHTING (SAW)
METHOD IN DECISION SUPPORT SYSTEM FOR HEALTHY FOOD
RECOMMENDATION BASED ON NUTRITIONAL NEEDS***

SKRIPSI

Untuk Memenuhi Sebagian Persyaratan Mencapai Derajat Sarjana (S1) Teknik
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ABSTRACT

IMPLEMENTATION OF SIMPLE ADDITIVE WEIGHTING (SAW) METHOD IN DECISION SUPPORT SYSTEM FOR HEALTHY FOOD RECOMMENDATION BASED ON NUTRITIONAL NEEDS

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Public health is greatly influenced by daily food consumption patterns. Choosing foods that meet individual nutritional needs is crucial for maintaining nutritional balance and preventing various diseases. This research aims to develop a Decision Support System (DSS) that can help recommend healthy foods according to users' nutritional needs, by applying the Simple Additive Weighting (SAW) method. The SAW method is chosen for its ability to assess and rank alternatives based on various criteria. This system is designed using criteria data such as calories, protein, fat, and carbohydrates, which are then calculated for their preference values. The result of this system is a list of recommended healthy foods that most closely match the user's nutritional profile. With this system in place, it is hoped that the public can more easily determine the right food choices and support a healthy lifestyle.

Keywords: *Decision Support System, SAW, Nutrition.*