

ABSTRACT

A condition in which stomach acid rises into the esophagus repeatedly, causing symptoms such as vomiting and regurgitation is known as Gastroesophageal Reflux Disease (GERD). This study has the main objective of developing a web system to help individuals make decisions more accurately and effectively. This condition can be caused by an irregular diet, both in terms of the amount, frequency, and type of food that is always consumed by the individual. Consuming food that is too hot, spicy, or sour in excess can cause stomach disorders, increase stomach acid production, and risk causing a recurrence of gastroesophageal disease. The designed system utilizes five main criteria, namely protein, carbohydrates, fat, fiber, and calories, to analyze ten alternative meal options. A comparison between the system's results and manual calculations demonstrates consistency, as the generated preference index values are identical. Based on the calculations, Whole Wheat Pasta is identified as the most ideal meal option with the highest preference index of 0.7415. Other meals such as Kalasan Fried Chicken, Salmon, and Stir Fried Tempeh also exhibit high preference index values, whereas dishes like Stir Fried Chayote, Stir Fried Spinach, and Oatmeal rank lower.

Keywords: *topsis, decision support system, food, gerd*