***Abstract***

***Unhealthy lifestyle factors, one of which is related to the selection of improper food intake can cause obesity. Obesity can have an impact on the health of the sufferer so it is necessary to make an effort to regulate the intake of the food consumed and this can be helped by the family of obese people (companion of obese people). In determining the intake of the food menu, a companion of obese people can consult a nutritionist but doing so requires a significant amount of time and money. Decision support system is an alternative to help obese sufferers determine the intake of the food menu. The Simple Additive Weighting method is used in determining alternative recommendations for food menu intake that can be chosen by the obese sufferer. This method was chosen because it was able to make recommendations with good accuracy and have the fastest computing time. The criteria used as consideration for recommendations followed the obesity consensus which consisted of 9 criteria, and added criteria for how to serve food and food texture as additional criteria. Load Testing is used to evaluate a particular transaction that the system performs in a set duration of time. The time taken to get a food menu recommendation from this system is 24 millisecond with 10 users that access concurrently. This shows that the support system for selecting food menu decisions for obese sufferers can provide recommendations on food menu intake effectively and fast.***

***Keywords: Decision Support Systems, Food Menu Intake Recommendations, Load Testing, Obesity Patients, Simple Additive Weighting***