	users
PK&UK	id
	nickname
	password
UK	email
	height
	weight
	age
	sex
	birth
	created_at

	nutrients user_id(FK)
PK&UK	id
	name
	calorie
	carbohydrates
	protein
	lipid
	sugar
	fiber
	number
	date

	basis
PK&UK	id
	name
	calorie
	carbohydrates
	protein
	lipid
	sugar
	fiber