

## SPRINT - 3

DATE	05 November 2022
Team ID	PNT2022TMID50156
Project Name	Project-Nutrition assistant application

CODE:

app.py

```
from turtle import st
from flask import Flask, render_template, request, redirect, url_for, session
from markupsafe import escape

import ibm_db
conn = ibm_db.connect("DATABASE=bludb;HOSTNAME=815fa4db-dc03-4c70-869a-a9cc13f33084.bs2io90l08kqb1od8lcg.databases.appdomain.cloud;PORT=30367;SECURITY=SSL;SSLServerCertificate=DigiCertGlobalRootCA.crt;UID=nbs99713;PWD=s5OJXqYIOlMikOIy",",")

app = Flask(__name__)

@app.route("/")
def index():
    return render_template("index.html")

@app.route("/home")
def home():
    return render_template("home.html")

@app.route("/about")
def about():
    return render_template("about.html")

@app.route("/login")
def login():
    return render_template("login.html")

@app.route("/bmi")
def bmi():
    return render_template("bmi.html")

@app.route("/user")
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def user():
    return render_template("user.html")

@app.route('/addrec', methods = ['POST', 'GET'])
def addrec():
    if request.method == 'POST':

        uname = request.form['uname']
        uemail = request.form['uemail']
        upassword = request.form['upassword']
        conpassword= request.form['conpassword']

        sql = "SELECT * FROM useer WHERE name =?"
        stmt = ibm_db.prepare(conn, sql)
        ibm_db.bind_param(stmt,1,uname)
        ibm_db.execute(stmt)
        account = ibm_db.fetch_assoc(stmt)

        if account:
            return render_template('user.html', msg="You are already a member,
            please login using your details")
        else:
            insert_sql = "INSERT INTO user VALUES (?, ?, ?, ?)"
            prep_stmt = ibm_db.prepare(conn, insert_sql)
            ibm_db.bind_param(prepare_stmt, 1, uname)
            ibm_db.bind_param(prepare_stmt, 2, uemail)
            ibm_db.bind_param(prepare_stmt, 3, upassword)
            ibm_db.bind_param(prepare_stmt, 4, conpassword)
            ibm_db.execute(prepare_stmt)

    return render_template('home.html', msg=" user Data saved successfully..")

@app.route('/user')
def user():
    user = []
    sql = "SELECT * FROM user"
    stmt = ibm_db.exec_immediate(conn, sql)
    dictionary = ibm_db.fetch_both(stmt)
    while dictionary != False:
        # print ("The Name is : ", dictionary)
        user.append(dictionary)
        dictionary = ibm_db.fetch_both(stmt)

    if user:
        return render_template("user.html", user = user)

```

```

@app.route('/delete/<name>')
def delete(name):
    sql = f"SELECT * FROM user WHERE name='{escape(name)}'"
    print(sql)
    stmt = ibm_db.exec_immediate(conn, sql)
    user = ibm_db.fetch_row(stmt)
    print ("The Name is : ", user)
    if user:
        sql = f"DELETE FROM user WHERE name='{escape(name)}'"
        print(sql)
        stmt = ibm_db.exec_immediate(conn, sql)

    user = []
    sql = "SELECT * FROM user"
    stmt = ibm_db.exec_immediate(conn, sql)
    dictionary = ibm_db.fetch_both(stmt)
    while dictionary != False:
        user.append(dictionary)
        dictionary = ibm_db.fetch_both(stmt)
    if user:
        return render_template("user.html", user = user, msg="Delete
        successfully")
        return "success..."

if __name__ == "__main__":
    app.run(debug=True)

```

Read.html:

```

<!DOCTYPE html>
<html>
  <head>
    <meta charset="utf-8">
    <meta name="viewport" content="width=device-width, initial-scale=1">
    <link rel="stylesheet" href="{{ url_for('static',filename='css/read.css')}} ">
  <body >

    <h1><center>NUTRITION AWARENESS</center></h1>
    <P><B>To lead an active and healthy lifestyle, a well-balanced diet
combined with regular physical exercise is crucial. Good nutrition boosts
immunity, cuts the risk of mental and physical disorders and helps in fighting
diseases. Vitamins are essential to any diet as they help in the normal growth of a
human being. A recent survey shows that most Indians suffer from a Vitamin D,
Vitamin B12 and Vitamin B9 deficiency. To add to this, we also suffer from
Vitamin A deficiency and are deficit in essential minerals such as zinc and iron.
Micronutrients, comprising vitamins and minerals, form the backbone of a good

```

and well-balanced nutritive diet. Nutrition cannot be just a means to get something done; it is the pathway to success in daily life, to play any sport and an important aspect to keep one active.

```
<div class="img">
  <br><br>
<div class="note">
  <h2>NUTRITION FACTS</h2>
  <ul><b>
    <li>March is the national nutrition awareness month</li>
    <li>School and Colleges spread news about nutrition </li>
    <li>Healthy food keep us healthy</li>
    <li>We stop growing if we not eat healthy food</li>
    <li>Dairy products should be included in our diet</li>
    <li>Eat home-cooked meals as much as possible</li>
    <li>Eat home-cooked meals as much as possible</li>
    <li>Ensure fruits and vegetables make up 50% of your meal</li>
    <li>Instead of frying choose to bake or grill your meals</li>
    <li>Swapping soft drinks for water and herbal tea</li>
    <li>Avoiding processed foods</li>
    <li>Eating whole fruits instead of juices</li>
    <li>Limit your salt and sugar intake</li>

  </b>
</ul>
</div>
</body>
```

User.html:

```
<!DOCTYPE html>
<html>
<head>
<title>nutrition</title>
<link rel="stylesheet" href="{{url_for('static',filename='css/login.css')}}">
</head>
<body>
    <body background="{{url_for('static',filename='images/paperclip.jpg')}}">



<div class="header">
<form>
<label> USER
NAME</label>&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&~
&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&~<input type="user name"
required><br><br>
<label> USER EMAIL
```

## About us

### Nutrient

Macronutrients make up a majority of our diets and provide energy for us to move and function. Micronutrients, on the other hand, are chemical substances that we require in small amounts for healthy growth and development. Nowadays there are many nutrient-poor foods available – this means they don't contain much nutrition that your body needs to function. Instead, the food is full of excess energy (kilojoules), but it is not nutritional. This excess energy means that the food will provide your body with kilojoules, but it's void of other essential nutrients that your body needs to function.

[Read More](#)




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Hi! I'm a virtual assistant. How can I help you today?

Example: Find nearby location

Example: Check account balance

Example: See how I can help

Type something...

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## NUTRITION AWARENESS

To lead an active and healthy lifestyle, a well-balanced diet combined with regular physical exercise is crucial. Good nutrition boosts immunity, cuts the risk of mental and physical disorders and helps in fighting diseases. Vitamins are essential to any diet as they help in the normal growth of a human being. A recent survey shows that most Indians suffer from a Vitamin D, Vitamin B12 and Vitamin B9 deficiency. To add to this, we also suffer from Vitamin A deficiency and are deficit in essential minerals such as zinc and iron. Micronutrients, comprising vitamins and minerals, form the backbone of a good and well-balanced nutritive diet. Nutrition cannot be just a means to get something done; it is the pathway to success in daily life, to play any sport and an important aspect to keep one active.



### NUTRITION FACTS

- March is the national nutrition awareness month
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- We stop growing if we not eat healthy food
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