NUTRITION ASSISTANT APPLICATION

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CODING:

APP.PY:

```python
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=s5OJXqYIOl
MIkOIy","","")


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():
```

```python
    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")
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:
```

```python
        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(prep_stmt, 1, uname)
        ibm_db.bind_param(prep_stmt, 2, uemail)
        ibm_db.bind_param(prep_stmt, 3, upassword)
        ibm_db.bind_param(prep_stmt, 4, conpassword)
        ibm_db.execute(prep_stmt)


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


@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)
```

```python
        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)



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


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

HOME.HTML:

```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/home.css')}}">
  </head>
  <script>
    window.watsonAssistantChatOptions = {
      integrationID: "8459266a-522b-4340-9ede-c4bfde0f36bf", // The ID of this integration.
      region: "eu-gb", // The region your integration is hosted in.
      serviceInstanceID: "0077e8b2-9162-48fe-bd46-502637599914", // The ID of your
service instance.
      onLoad: function(instance) { instance.render(); }
    };
    setTimeout(function(){
      const t=document.createElement('script');
      t.src="https://web-chat.global.assistant.watson.appdomain.cloud/versions/" +
(window.watsonAssistantChatOptions.clientVersion || 'latest') +
"/WatsonAssistantChatEntry.js";
      document.head.appendChild(t);
    });
   </script>


  <body >
    <body background="{{url_for('static',filename='images/home2.jpg')}}">
    <h1>NUTRITION </h1>
    <P><b>Nutrition is the biochemical and physiological process by which an organism
uses food to support its life. It provides organisms with nutrients, which can be metabolized
to create energy and chemical structures. Failure to obtain sufficient nutrients causes
malnutrition. Nutritional science is the study of nutrition, though it typically emphasizes
human nutrition.The type of organism determines what nutrients it needs and how it obtains
```

them. Organisms obtain nutrients by consuming organic matter, consuming inorganic matter, absorbing light, or some combination of these. Some can produce nutrients internally by consuming basic elements, while some must consume other organisms to obtain preexisting nutrients. All forms of life require carbon, energy, and water as well as various other molecules. Animals require complex nutrients such as carbohydrates, lipids, and proteins, obtaining them by consuming other organisms. Humans have developed agriculture and cooking to replace foraging and advance human nutrition. Plants acquire nutrients through soil and the atmosphere. Fungi absorb nutrients around them by breaking them down and absorbing them through the mycelium. </P>

```
    <div class="img">

      <img src="{{url_for('static',filename='images/home1.jpg')}}">
```

</div>

<div class="note">

<h2>NUTRITION FACTS</h2>

   Added Sugar Is a Disaster

    Omega-3 Fats Are Crucial and Most People Don't Get Enough

   There Is No Perfect Diet for Everyone

   Artificial Trans Fats Are Very Unhealthy

   decrease obesity

</div>

</div>

 </body>

</html>

INDEX.HTML:

<!DOCTYPE html>

<html>

<head>

        <meta charset="utf-8">

        <meta name="viewport" content="width=device-width, initial-scale=1">

```html
        <title>nutrition</title>
    <link rel="stylesheet"  href="{{url_for('static',filename='css/style.css')}}">
        <script src="https://use.fontawesome.com/47d72d0777.js">


        </script>


</head>
<body>
<header class="menu">
        <p>Nutrition &nbsp Assistant</p>
        <nav class="nav">
    <ul>
        <li><a href="/home">HOME</a></li>
        <li><a href="/about">ABOUT</a></li>
        <li><a href="/user">LOGIN</a></li>
                <li><a href="/bmi">BMI</a></li>
                <li><a href="/bg">DIET PLAN</a></li>


    </ul>

</nav></header>


<div class="img">
        <img src="{{url_for('static',filename='images/nutri.jpg')}}">
</div>
<div class="footer">
<ul>
    <li><a href="/home">HOME</a></li>
    <li><a href="/about">ABOUT</a></li>
```

```html
    <li><a href="/user">LOGIN</a></li>
 </ul>
    <p> &copy; 2022|Designed by VSUT</p>
        <p><a href="https://help.instagram.com/1094643983940381"><i class="fa fa-
instagram" aria-hidden="true"></i></a></p>
    <p><a href="https://twitter.com/login"><i class="fa fa-twitter-square" aria-
hidden="true"></i></a></p>
    <p><a href="https://www.google.com/account/about/?hl=en&utm_source=google-
account&utm_medium=web"><i class="fa fa-envelope" aria-hidden="true"></i></a></p>
</div>
</body>
</html>
```

LOGIN.HTML:

```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/black.jpg')}}">


<div class="header">


<form>
<label> ENTER EMAIL </label>  <input type="email" required><br><br>
<label> CONFIRM EMAIL </label> <input type="email" required><br><br>
<label> COUNTRIES </label>
<select>
<option name="COUNTRIES" value="INDIA" >INDIA</option>
```

```html
<option name="COUNTRIES" value="USA" >USA</option>
<option name="COUNTRIES" value="UK" >UK</option>
<option name="COUNTRIES" value="JAPAN" >JAPAN</option>
</select>


<br><br>


<label> ENTER PASSWORD </label><input type="password" required> <br> <br>
<label> CONFIRM PASSWORD </label><input type="password" required> <br>
<h4><input type="checkbox" name="conditions"  value="terms" class="signup">
yes,i agree  to all the terms given by this website.</h4>


<button type="submit">sign in</button>


<br><br>
</form>


</div>
</body>
</html>
```

BMI.HTML:

```html
<!DOCTYPE html>
<html>
<head>
<meta charset="utf-8">
<meta name="viewport" content="width=device-width, initial-scale=1">
<title>BMI CALCULATOR</title>
<link rel="stylesheet"  href="{{url_for('static',filename='css/bmi.css')}}">
<script type="text/javascript">
function BMI()
```

```
{
    var w = document.getElementById("w").value;

    var h = document.getElementById("h").value;

    var bmi=w/(h/100*h/100);

    document.getElementById("resultat").innerHTML="Your BMI is " + bmi;

}
</script>
</head>


<body>
  <body background="{{url_for('static',filename='images/white.jpg')}}">
     <h3><u>BMI CALCULATOR</u></h3>
<div class="flex">
<div class="cal"><br>
ENTER YOUR WEIGHT: <input type="text" id="w"></input><br><br>
ENTER YOUR HEIGHT:<input type="text" id="h"></input><br><br>
<p id="resultat"></p>
<button id="btn" onclick="BMI()">CLICK TO CALC</button>
</div>
<div class="image">
  <img src="{{url_for('static',filename='images/bmi1.jpg')}}">
</div>
</div>
</body>
</html>
```

USER.HTML:

```
<!DOCTYPE html>
<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<input type="user name" required><br><br>

<label> USER EMAIL </label>&nbsp&nbsp&nbsp&nbsp&nbsp&nbsp&nbsp&nbsp&nbsp&nbsp &nbsp&nbsp&nbsp<input type="email" required><br><br>

<label> USER PASSWORD </label>&nbsp&nbsp&nbsp&nbsp&nbsp&nbsp&nbsp&nbsp<input type="password" required> <br> <br>

<label> CONFIRM PASSWORD </label>&nbsp<input type="password" required> <br> <br>

<input type="submit" value="Sign in" class="signin" >


<br><br>

</form>

</div>

</body>

</html>
```

READ.HTML:

```html
<!DOCTYPE html>

<html>

   <head>

   <meta charset="utf-8">
```

```html
    <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.
</B></P>
    <div class="img">
      <img src="{{url_for('static',filename='images/week.png')}}"><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>
```

BG.HTML:

```html
<!DOCTYPE html>

<html>

<head>

   <link rel="stylesheet"  href="{{url_for('static',filename='css/bg.css')}}">

</head>


<body>

<h1><center>DIET PLANS</center></h1><br><br>

<div class="flex">

 <div class="box"><img src=" https://dietplan.s3.jp-tok.cloud-object-
storage.appdomain.cloud/diet1.jpg" ></div><br>

 <div class="box"><img src=" https://dietplan.s3.jp-tok.cloud-object-
storage.appdomain.cloud/diet2.jpg" ></div><br>

 <div class="box"><img src=" https://dietplan.s3.jp-tok.cloud-object-
storage.appdomain.cloud/diet3.jpg " ></div>

 <div class="box"><img src=" https://dietplan.s3.jp-tok.cloud-object-
storage.appdomain.cloud/diet4.jpg" ></div><br>

 <div class="box"><img src=" https://dietplan.s3.jp-tok.cloud-object-
storage.appdomain.cloud/diet5.jpg" ></div><br>

 <div class="box"><img src="https://dietplan.s3.jp-tok.cloud-object-
storage.appdomain.cloud/diet6.jpg " ></div>

 <div class="box"><img src="https://dietplan.s3.jp-tok.cloud-object-
storage.appdomain.cloud/diet7.jpg " ></div><br>

 <div class="box"><img src="https://dietplan.s3.jp-tok.cloud-object-
storage.appdomain.cloud/diet8.jpg " ></div><br>

 <div class="box"><img src=" https://dietplan.s3.jp-tok.cloud-object-
storage.appdomain.cloud/diet9.jpg" ></div>
```

```html
 <div class="box"><img src=" https://dietplan.s3.jp-tok.cloud-object-storage.appdomain.cloud/diet10.jpg" ></div><br>

 <div class="box"><img src=" https://dietplan.s3.jp-tok.cloud-object-storage.appdomain.cloud/diet11.jpg" ></div><br>

 <div class="box"><img src=" https://dietplan.s3.jp-tok.cloud-object-storage.appdomain.cloud/diet12.png" ></div>

</div>

 </body>

</html>
```