

```

1 __author__ = "Keegan McCormack"
2 """This will be a calculator for dieting"""
3
4
5 def main():
6     """It enters main for call back later near the end of the project"""
7     print("Welcome to my Integration Project!")
8     # Welcomes user to project
9     continue_program = True
10    # This will create a loop that will go on forever
11    while continue_program:
12        # The while statement shows when the value is not zero it will continue
13        print("Enter the choice for what you would like to see")
14        print("1. Shows how much your items will cost")
15        print("2. Input dietary inputs to keep track for the day")
16        print("0. Stop program")
17        # Allows for the user to enter what they would like to do
18        selection = int(input())
19        # The users choice
20        if selection == 1:
21            # If they enter 1 it brings them to a cost calculator
22            x = 0
23            cost = float(input("Enter cost of Item"))
24            while cost > 0:
25                x += cost
26                cost = str(input("Enter another items cost if done enter 0"))
27            print("Cost: $" + cost)
28            # This is a loop in which it adds up the cost of all items in the user
29            # has until they enter zero
30        elif selection == 2:
31            calories = int(14000)
32            fats = int(490)
33            saturatedFats = int(140)
34            carbohydrates = int(1820)
35            totalSugars = int(630)
36            protein = int(350)
37            sodium = int(42)
38            # Dietary fact for a week
39            calories_day = calories / 7
40            fats_day = fats / 7
41            saturated_fats_day = saturatedFats / 7
42            carbohydrates_day = carbohydrates / 7
43            total_sugars_day = totalSugars / 7
44            protein_day = protein / 7
45            sodium_day = sodium / 7
46            # variables calling for daily dietary facts
47            repeat = True
48            while repeat:
49                itemName = input("Please enter the name of food:")
50                inpCal1 = int(
51                    input("Please enter the amount of calories(kcalories)"
52                        " per serving size that is in item:"))
53                inpFat1 = int(
54                    input("Please enter the amount of fat per serving "
55                        "size that is in this item:"))
56                inpSat1 = int(
57                    input("Please enter the amount of saturated fat per "
58                        "serving size that is in this item:"))
59                inpCarb1 = int(
60                    input("Please enter the amount of Carbohydrates per "
61                        "serving size that is in this item:"))

```

```

62         inpSug1 = int(
63             input("Please enter the amount of sugar per serving "
64                   "size that is in this item:"))
65         inpPro1 = int(input("Please enter the amount of protein per "
66                             "serving size that is in this item:"))
67         inpSod1 = int(
68             input("Please enter the amount of sodium per serving "
69                   "size that is in this item:"))
70         print("The amount of calories left after", itemName, "is",
71               (calories - inpCal1), "for the week")
72         print("For a single day it will be", (calories_day - inpCal1))
73         # I made it so it would come out as an integer to better
74         # understand the amount
75         print("The amount of fats left after", itemName, "is",
76               (fats - inpFat1), "for the week")
77         print("For a single day it will be", (fats_day - inpFat1)),
78         print("The amount of Saturated Fats left after", itemName,
79               "is ",
80               (saturatedFats - inpFat1), " for the week")
81         print("For a single day it will be",
82               (saturated_fats_day - inpSat1)),
83         print("The amount of carbohydrates left after", itemName, "is"
84               ,
85               (carbohydrates - inpCarb1), "for the week")
86         print("For a single day it will be", (carbohydrates_day -
87                                               inpCarb1)),
88         print("The amount of sugar left after", itemName, "is",
89               (totalSugars - inpSug1), "for the week"),
90         print("For a single day it will be", (total_sugars_day -
91                                               inpSug1)),
92         print("The amount of protein left after", itemName, "is",
93               (protein - inpPro1), "for the week")
94         print("For a single day it will be", (protein_day - inpPro1)),
95         print("The amount of sodium left after", itemName, "is",
96               (sodium - inpSod1), "for the week")
97         print("For a single day it will be", (sodium_day - inpSod1))
98         stop = int(input("If you would like to add another item enter any "
99                           "number if you would like to stop input 0"))
100     if stop != 0:
101         calories = int(14000)
102         fats = int(490)
103         saturatedFats = int(140)
104         carbohydrates = int(1820)
105         totalSugars = int(630)
106         protein = int(350)
107         sodium = int(42)
108         itemName = input("Please enter the name of food:")
109         calories_day = calories / 7
110         fats_day = fats / 7
111         saturated_fats_day = saturatedFats / 7
112         carbohydrates_day = carbohydrates / 7
113         total_sugars_day = totalSugars / 7
114         protein_day = protein / 7
115         sodium_day = sodium / 7
116         inpCal1 = int(input("Please enter the amount of calories"
117                             "(kcalories) per serving size that "
118                             "is in item: "))
119         inpFat1 = int(input("Please enter the amount of fat per serving "
120                             "
121

```

```

120                                     "serving size that is in this item:"))
121     inpCarb1 = int(
122         input("Please enter the amount of Carbohydrates per "
123             "serving size that is in this item:"))
124     inpSug1 = int(input("Please enter the amount of sugar per serving
    "
125                         "size that is in this item:"))
126     inpPro1 = int(input("Please enter the amount of protein per "
127                         "serving size that is in this item:"))
128     inpSod1 = int(
129         input("Please enter the amount of sodium per serving "
130             "size that is in this item:"))
131     print("The amount of calories left after", itemName,
132         "is ", (calories - inpCal1), " for the week")
133     print("For a single day it will be", (calories_day - inpCal1))
134     # I made it so it would come out as an integer to better
135     # understand the amount
136     print("The amount of fats left after", itemName,
137         "is ", (fats - inpFat1), 'for the week')
138     print("For a single day it will be", (fats_day - inpFat1))
139     print("The amount of Saturated Fats left after", itemName,
140         "is ", (saturatedFats - inpFat1), " for the week")
141     print("For a single day it will be",
142         (saturated_fats_day - inpSat1))
143     print("The amount of carbohydrates left after", itemName,
144         "is", (carbohydrates - inpCarb1), "for the week")
145     print("For a single day it will be",
146         (carbohydrates_day - inpCarb1))
147     print("The amount of sugar left after", itemName,
148         "is", (totalSugars - inpSug1), "for the week")
149     print("For a single day it will be", (total_sugars_day - inpSug1))
150     print("The amount of protein left after", itemName,
151         "is", (protein - inpPro1), "for the week")
152     print("For a single day it will be", (protein_day - inpPro1))
153     print("The amount of sodium left after", itemName,
154         "is", (sodium - inpSod1), "for the week")
155     print("For a single day it will be", (sodium_day - inpSod1))
156
157     else:
158         print("Unknown Input. Try again")
159
160
161 main()
162

```