Pregnancy Nutrition & Precautions Application

Project Overview

This is a 'Pregnancy Nutrition & Precautions' application built using Python's Tkinter library. The application provides tailored nutrition advice, precautions, and educational resources for users based on their pregnancy week range.

Users can select their current pregnancy week range (Weeks 1 to 40) using a dropdown menu. Once a range is selected, the app displays detailed nutrition guidance, precautions to take, and recommended external resources for further reading.

Features

- Dropdown menu to select pregnancy week range.
- Detailed nutrition advice tailored for each trimester.
- Important precautions to follow during pregnancy.
- Links to educational websites for further information.
- A clean and user-friendly interface.
- Responsive layout using Tkinter.

Requirements

- Python 3.x
- Tkinter library (built-in with Python).
- An IDE or editor to run Python code (e.g., VS Code, PyCharm).

How to Run the Application

1. Ensure Python 3 is installed on your system.
2. Copy the source code to a Python file (e.g., `pregnancy_app.py`).
3. Run the script in your terminal using the command:

    python pregnancy_app.py
4. The application window will open, allowing you to interact with the app.