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# Python code for ingesting data into IBM Cloudant

from cloudant.client import Cloudant

import json


# Initialize the Cloudant client

client = Cloudant("your-username", "your-password", account="your-account")

client.connect()


# Get or create a database

db_name = "your-database"

db = client.create_database(db_name)


# Ingest data

data = {"name": "John", "age": 30}

doc = db.create_document(data)


# Clean up

client.disconnect()
```