

Appendix of Output

Output Sample

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Enter your age:12
Enter your gender(F/M):F
Enter your blood group(A,B,AB,O):B
Enter your blood sugar level:122
Enter your food:Apple, dried
Enter amount of food(gms):120
('Glycemic Load:', 45.3792)
If food is consumed in lesser quantity, it would be fit for consumption
Do you want a healthier food substitute(Y/N):Y
Y
connected
Healthier substitute will be: Apricot, dried
Is this a good substitute and ensures no allergies? (Y/N):Y

Process finished with exit code 0
```

```
Enter your age:22
Enter your gender(F/M):F
Enter your blood group(A,B,AB,O):B
Enter your blood sugar level:150
Enter your food:Mangoes
Enter amount of food(gms):120
Enter Energywithdietaryfibre(kJ):1
Enter Energywithoutdietaryfibre(kJ):1
Enter Moisture(g):1
Enter Protein(g):1
Enter Totalfat(g):1
Enter Available carbohydrates with sugar alcohols(g):1
Enter Availablecarbohydrateswithout sugaralcohol(g):1
Enter Starch(g):1
Enter Totalsugars(g):1
Enter Added sugars(g):1
Enter Free sugars(g):1
Enter Dietaryfibre(g):1
Enter Alcohol(g):1
Enter Ash(g):1
Enter Preformed vitamin A(retinol)(g):1
Enter Beta - carotene(g):1
Enter Provitamin A(b - carotene equivalents)(g):1
Enter Vitamin A retinol equivalents(g):1
Enter Thiamin(B1)(mg):1
Enter Riboflavin(B2)(mg):1
Enter Niacin(B3)(mg):1
Enter Niacin derived equivalents(mg):1
Enter Folate, natural(g):1
Enter Folic acid(g):1
Enter Total Folates(g):1
Enter Dietary folate equivalents(g):1
```

```

Enter Vitamin B6(mg):1
Enter Vitamin B12(g):1
Enter Vitamin C(mg):1
Enter Alpha - tocopherol(mg):1
Enter Vitamin E(mg):1
Enter Calcium(Ca) (mg):1
Enter Iodine(I) (g):1
Enter Iron(Fe) (mg):1
Enter Magnesium(Mg) (mg):1
Enter Phosphorus(P) (mg):1
Enter Potassium(K) (mg):1
Enter Selenium(Se) (g):1
Enter Sodium(Na) (mg):1
Enter Zinc(Zn) (mg):1
Enter Caffeine(mg):1
Enter Cholesterol(mg):1
Enter Tryptophan(mg):1
Enter Totalsaturatedfat(g):1
Enter Totalmonounsaturatedfat(g):1
Enter Totalpolyunsaturatedfat(g):1
Enter Linoleic acid(g):1
Enter Alpha - linolenic acid(g):1
Enter C20:5 w3 Eicosapentaenoic(mg):1
Enter C22:5 w3 Docosapentaenoic(mg):1
Enter C22:6 w3 Docosaheptaenoic(mg):1
Enter Total long chain omega3 fatty acids(mg):1
Enter Totaltransfattyacids(mg):1
1
1[[ 1. 1. 1. 1. 1. 1. 1. 1. 1. 1.]]
('Glycemic Index: ', 37)
('Glycemic Load: ', 2.22)
Food is appropriate for consumption

```

```

Enter your age:33
Enter your gender(F/M):F
Enter your blood group(A,B,AB,O):O
Enter your blood sugar level:150
Enter your food:Biscuit, sweet, honey jumble, homemade from basic ingredients, fat not further defined, uniced
Enter amount of food(gms):120
('Glycemic Load:', 593.19036)
Food is inappropriate for consumption
Do you want a healthier food substitute(Y/N):Y
Y
connected
Healthier substitute will be: Chocolate, not further defined
Is this a good substitute and ensures no allergies? (Y/N):N
Healthier substitute will be: Chocolate, plain, not further defined
Is this a good substitute and ensures no allergies? (Y/N):Y

```