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# DBMS ASSIGNMENT – 1

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## FITNESS GUARDIAN

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## Abstract:

The objective of this project is developing the application dietary suggestion to the users based on their health conditions for adults between 20 – 60 years.

This application utilizes a computer analysis of a, body mass index to provide a menu of a specific number of calories to maintain a reasonable weight. The system further provides instructions to maintain a healthy nutrition balance.

## REQUIREMENT ANALYSIS

List of tables:

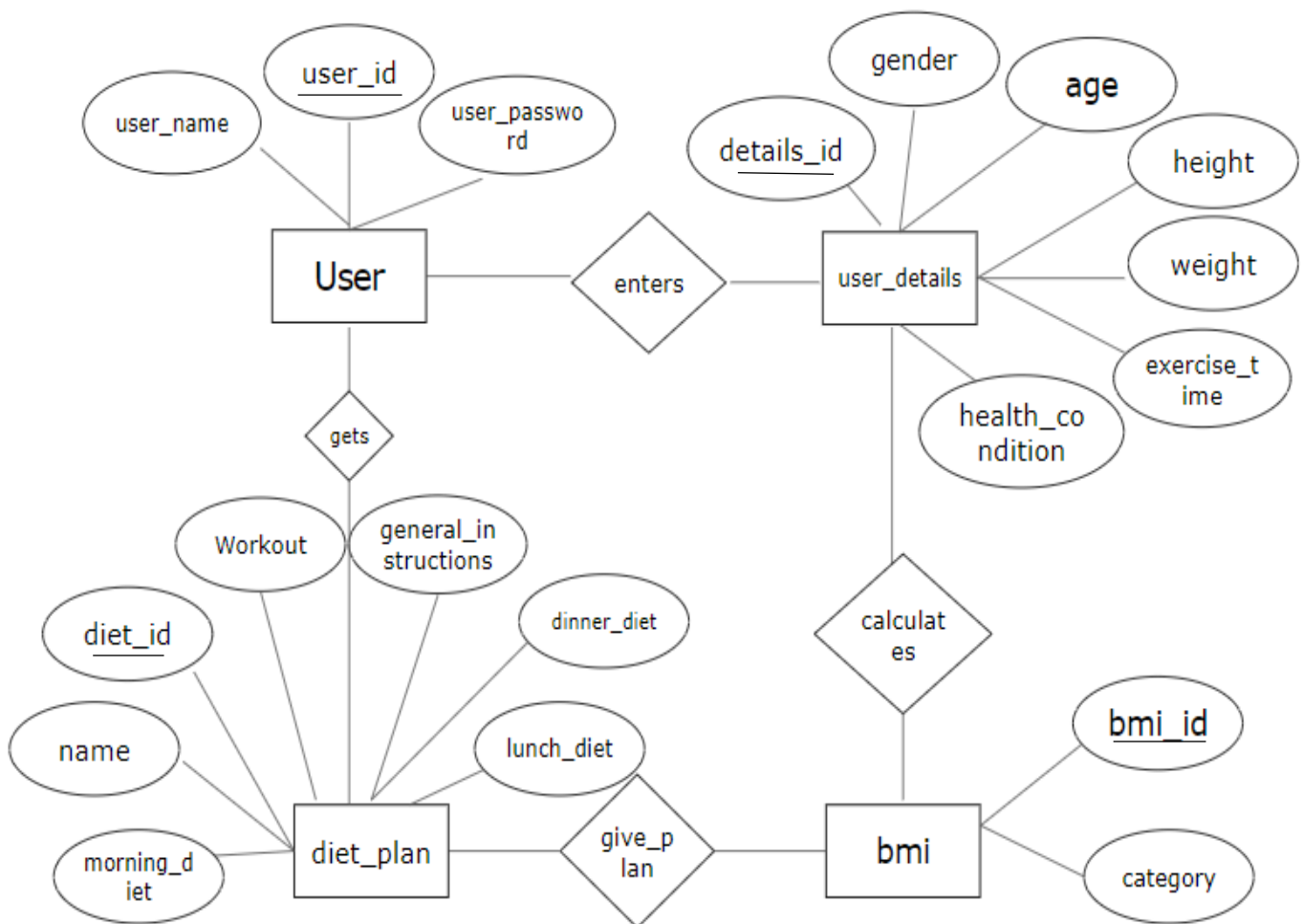
- USER
- USER DETAILS
- CALCULATES
- BMI
- GIVE PLAN
- DIET PLAN

List of attributes with their domain types:

- USERS
  - USER ID: user\_id number (20)
  - USER NAME: user\_name varchar2(40)
  - USER PASSWORD: user\_password varchar2(10)
- USER DETAILS
  - DETAILS ID: details\_id number(20)
  - USER GENDER: gender varchar(6)
  - USER AGE: age number(5)
  - USER HEIGHT: height number(5)
  - USER WEIGHT: weight number(5)
  - EXERCISE TIME : exercise\_time number(20)
  - HEALTH CONDITION : health\_condition varchar(40)
- CALCULATES
  - DETAIL ID : details\_id number(20)
  - BMI NUMBER : bmi\_number number(20)
- BMI
  - BMI ID : bmi\_id number(20)
  - BMI CATEGORY : bmi\_category varchar(40)
- GIVE PLAN
  - DETAIL ID : details\_id number(20)

- BMI ID : bmi\_id number(20)
- TYPE OF DIET : type\_of\_diet varchar(100)
- DIET PLAN
  - DIET ID : diet\_id number(20)
  - NAME : name varchar(40)
  - MORNING DIET : morning\_diet varchar(200)
  - LUNCH DIET : lunch\_diet varchar(200)
  - DINNER DIET : dinner\_diet varchar(200)
  - INSTRUCTIONS : general\_instructions varchar(200)
  - WORKOUT : workout varchar(200)

## ER DIAGRAM OF FITNESS GUARDIAN



## DDL COMMANDS

```
CREATE TABLE users (user_id number(20), user_name varchar2(40),  
user_password varchar2(20), primary key(user_id));
```

```
CREATE TABLE user_details(details_id number(20), gender varchar(6), age  
number(5), height number(5), weight number(5), exercise_time number(20),  
health_condition varchar(40),primary key(details_id));
```

```
alter table user_details modify height number(5) not null;
```

```
alter table user_details modify weight number(5) not null;
```

```
CREATE TABLE calculates( details_id number(20), bmi_number  
number(20),foreign key(details_id) references user_details);
```

```
CREATE TABLE bmi(bmi_id number(20), bmi_category varchar(40),primary  
key(bmi_id));
```

```
CREATE TABLE give_plan(bmi_id number(20), details_id number(20),  
type_of_diet varchar(100), foreign key(details_id) references user_details,  
foreign key(bmi_id) references bmi));
```

```
CREATE TABLE diet_plan(diet_id number(20), name varchar(40), morning_diet  
varchar(200), lunch_diet varchar(200), dinner_diet varchar(200),  
general_instructions varchar(200), workout varchar(200),primary key(diet_id));
```

## DML COMMANDS

```
INSERT INTO users values('&user_id', '&user_name', '&user_password');
```

```
INSERT INTO user_details values('&details_id', '&gender', '&age' , '&height',  
'&weight', '&exercise_time', '&health_condition');
```

```
INSERT INTO calculates values('&details_id', '&bmi_number');
```

```
INSERT INTO bmi values('&bmi_id', '&bmi_category');
```

```
INSERT INTO give_plan values('&bmi_id', '&details_id', '&type_of_diet');
```

```
INSERT INTO diet_plan values('&diet_id','&name','&morning_diet',  
'&lunch_diet', '&dinner_diet', '&general_instructions', '&workout');
```

## DDL COMMANDS

1

CREATE TABLE users (user\_id number(20), user\_name varchar2(40),  
user\_password varchar2(20), primary key(user\_id));

```
SQL> create table users(  
2 user_id number(20),  
3 user_name varchar2(40),  
4 user_password varchar2(20),primary key(user_id));  
  
Table created.  
  
SQL> desc users;  
Name                               Null?   Type  
-----  
USER_ID                            NOT NULL NUMBER(20)  
USER_NAME                          VARCHAR2(40)  
USER_PASSWORD                      VARCHAR2(20)
```

2.

CREATE TABLE user\_details(details\_id number(20), gender varchar(6), age  
number(5), height number(5), weight number(5), exercise\_time number(20),  
health\_condition varchar(40),primary key(details\_id));

alter table user\_details modify height number(5) not null;

alter table user\_details modify weight number(5) not null;

```
SQL> create table user_details(  
2 details_id number(20),  
3 gender varchar(6),  
4 age number(5),  
5 height number(5),  
6 weight number(5),  
7 exercise_time number(20),  
8 health_condition varchar(40),primary key(details_id));  
  
Table created.  
  
SQL> alter table user_details modify height number(5) not null;  
  
Table altered.  
  
SQL> alter table user_details modify weight number(5) not null;  
  
Table altered.  
  
SQL> desc user_details;  
Name                               Null?   Type  
-----  
DETAILS_ID                         NOT NULL NUMBER(20)  
GENDER                            VARCHAR2(6)  
AGE                                NUMBER(5)  
HEIGHT                            NOT NULL NUMBER(5)  
WEIGHT                            NOT NULL NUMBER(5)  
EXERCISE_TIME                     NUMBER(20)  
HEALTH_CONDITION                  VARCHAR2(40)
```

3.

CREATE TABLE calculates( details\_id number(20), bmi\_number  
number(20),foreign key(details\_id) references user\_details);

```
SQL> create table calculates(
  2 details_id number(20),
  3 bmi_number number(20),
  4 foreign key(details_id) references user_details);

Table created.

SQL> desc calculates;
      Name                               Null?    Type
-----
DETAILS_ID                               NUMBER(20)
BMI_NUMBER                               NUMBER(20)
```

4.

CREATE TABLE bmi(bmi\_id number(20), bmi\_category varchar(40),primary  
key(bmi\_id));

```
SQL> create table bmi(
  2 bmi_id number(20),
  3 bmi_category varchar2(40),primary key(bmi_id));

Table created.

SQL> desc bmi;
      Name                               Null?    Type
-----
BMI_ID                                   NOT NULL NUMBER(20)
BMI_CATEGORY                             VARCHAR2(40)
```

5.

CREATE TABLE give\_plan(bmi\_id number(20), details\_id number(20),  
type\_of\_diet varchar(100), foreign key(details\_id) references user\_details,  
foreign key(bmi\_id) references bmi));

```
SQL> create table give_plan(
  2 bmi_id number(20),
  3 details_id number(20),
  4 type_of_diet varchar2(100),
  5 foreign key(bmi_id) references bmi,
  6 foreign key(details_id) references user_details);

Table created.

SQL> desc give_plan;
      Name                               Null?    Type
-----
BMI_ID                                   NUMBER(20)
DETAILS_ID                               NUMBER(20)
TYPE_OF_DIET                             VARCHAR2(100)
```



6.

```
CREATE TABLE diet_plan(diet_id number(20), name varchar(40), morning_diet  
varchar(200), lunch_diet varchar(200), dinner_diet varchar(200),  
general_instructions varchar(200), workout varchar(200),primary key(diet_id));
```

```
SQL> create table diet_plan(  
2 diet_id number(20),  
3 name varchar(40),  
4 morning_diet varchar2(200),  
5 lunch_diet varchar2(200),  
6 dinner_diet varchar2(200),  
7 general_instructions varchar2(200),  
8 workout varchar2(200),primary key(diet_id));
```

Table created.

```
SQL> desc diet_plan;
```

Name	Null?	Type
DIET_ID	NOT NULL	NUMBER(20)
NAME		VARCHAR2(40)
MORNING_DIET		VARCHAR2(200)
LUNCH_DIET		VARCHAR2(200)
DINNER_DIET		VARCHAR2(200)
GENERAL_INSTRUCTIONS		VARCHAR2(200)
WORKOUT		VARCHAR2(200)

## DML COMMANDS:

1.

INSERT INTO users values('&user\_id', '&user\_name', '&user\_password');

```
SQL> insert into users values('&user_id', '&user_name', '&user_password');
Enter value for user_id: 1001
Enter value for user_name: Mehul
Enter value for user_password: mehul@123
old 1: insert into users values('&user_id', '&user_name', '&user_password')
new 1: insert into users values('1001', 'Mehul', 'mehul@123')
ERROR:
ORA-01756: quoted string not properly terminated

SQL> insert into users values('&user_id', '&user_name', '&user_password');
Enter value for user_id: 1001
Enter value for user_name: Mehul
Enter value for user_password: mehul@123
old 1: insert into users values('&user_id', '&user_name', '&user_password')
new 1: insert into users values('1001', 'Mehul', 'mehul@123')

1 row created.

SQL> /
Enter value for user_id: 1002
Enter value for user_name: Faisal
Enter value for user_password: fais@432
old 1: insert into users values('&user_id', '&user_name', '&user_password')
new 1: insert into users values('1002', 'Faisal', 'fais@432')

1 row created.

SQL> /
Enter value for user_id: 1003
Enter value for user_name: Vivaan
Enter value for user_password: vaan_1234
old 1: insert into users values('&user_id', '&user_name', '&user_password')
new 1: insert into users values('1003', 'Vivaan', 'vaan_1234')
```

```
Enter value for user_id: 1003
Enter value for user_name: Vivaan
Enter value for user_password: vaan_1234
old 1: insert into users values('&user_id', '&user_name', '&user_password')
new 1: insert into users values('1003', 'Vivaan', 'vaan_1234')

1 row created.

SQL> /
Enter value for user_id: 1004
Enter value for user_name: Triveedi
Enter value for user_password: triveedi@333
old 1: insert into users values('&user_id', '&user_name', '&user_password')
new 1: insert into users values('1004', 'Triveedi', 'triveedi@333')

1 row created.

SQL> /
Enter value for user_id: 1005
Enter value for user_name: Kendra
Enter value for user_password: candy@7890
old 1: insert into users values('&user_id', '&user_name', '&user_password')
new 1: insert into users values('1005', 'Kendra', 'candy@7890')

1 row created.
```

```
SQL> select * from users;
```

USER_ID	USER_NAME	USER_PASSWORD
1001	Mehul	mehul@123
1002	Faisal	fais@432
1003	Vivaan	vaan_1234
1004	Triveedi	triveedi@333
1005	Kendra	candy@7890

2.

INSERT INTO user\_details values('&details\_id', '&gender', '&age', '&height', '&weight', '&exercise\_time', '&health\_condition');

```

SQL> insert into user_details values('&details_id', '&gender', '&age', '&height', '&weight', '&exercise_time', '&health_condition');
Enter value for details_id: 1001
Enter value for gender: Female
Enter value for age: 20
Enter value for height: 162
Enter value for weight: 55
Enter value for exercise_time: 90
Enter value for health_condition: null
old 1: insert into user_details values('&details_id', '&gender', '&age', '&height', '&weight', '&exercise_time', '&health_condition')
new 1: insert into user_details values('1001', 'Female', '20', '162', '55', '90', 'null')

1 row created.

SQL> /
Enter value for details_id: 1002
Enter value for gender: Male
Enter value for age: 22
Enter value for height: 170
Enter value for weight: 47
Enter value for exercise_time: null
Enter value for health_condition: null
old 1: insert into user_details values('&details_id', '&gender', '&age', '&height', '&weight', '&exercise_time', '&health_condition')
new 1: insert into user_details values('1002', 'Male', '22', '170', '47', 'null', 'null')
insert into user_details values('1002', 'Male', '22', '170', '47', 'null', 'null')

ERROR at line 1:
ORA-01722: invalid number

SQL> /
Enter value for details_id: 1002
Enter value for gender: Male
Enter value for age: 22
Enter value for height: 170

```

```

SQL> /
Enter value for details_id: 1002
Enter value for gender: Male
Enter value for age: 22
Enter value for height: 170
Enter value for weight: 47
Enter value for exercise_time: 0
Enter value for health_condition: null
old 1: insert into user_details values('&details_id', '&gender', '&age', '&height', '&weight', '&exercise_time', '&health_condition')
new 1: insert into user_details values('1002', 'Male', '22', '170', '47', '0', 'null')

1 row created.

SQL> /
Enter value for details_id: 1003
Enter value for gender: Male
Enter value for age: 157
Enter value for height: 70
Enter value for weight:
Enter value for exercise_time:
Enter value for health_condition:
old 1: insert into user_details values('&details_id', '&gender', '&age', '&height', '&weight', '&exercise_time', '&health_condition')
new 1: insert into user_details values('1003', 'Male', '157', '70', '', '')
insert into user_details values('1003', 'Male', '157', '70', '', '')

ERROR at line 1:
ORA-01400: cannot insert NULL into ("IT19737076"."USER_DETAILS"."WEIGHT")

SQL> /
Enter value for details_id: 1003
Enter value for gender: Male
Enter value for age: 28
Enter value for height: 157
Enter value for weight: 70

```

```

SQL> /
Enter value for details_id: 1003
Enter value for gender: Male
Enter value for age: 28
Enter value for height: 157
Enter value for weight: 70
Enter value for exercise_time: 30
Enter value for health_condition: high cholesterol
old 1: insert into user_details values('&details_id', '&gender', '&age', '&height', '&weight', '&exercise_time', '&health_condition')
new 1: insert into user_details values('1003', 'Male', '28', '157', '70', '30', 'high cholesterol')

1 row created.

SQL> /
Enter value for details_id: 1004
Enter value for gender: Male
Enter value for age: 24
Enter value for height: 167
Enter value for weight: 64
Enter value for exercise_time: 60
Enter value for health_condition: high blood pressure
old 1: insert into user_details values('&details_id', '&gender', '&age', '&height', '&weight', '&exercise_time', '&health_condition')
new 1: insert into user_details values('1004', 'Male', '24', '167', '64', '60', 'high blood pressure')

1 row created.

SQL> /
Enter value for details_id: 1005
Enter value for gender: Female
Enter value for age: 26
Enter value for height: 156
Enter value for weight: 75
Enter value for exercise_time: 0

```

```
SQL> select * from users;
```

USER_ID	USER_NAME	USER_PASSWORD
1001	Mehul	mehul@123
1002	Faisal	fais@432
1003	Vivaan	vaan_1234
1004	Triveedi	triveedi@333
1005	Kendra	candy@7890

```
SQL> select * from user_details;
```

DETAILS_ID	GENDER	AGE	HEIGHT	WEIGHT	EXERCISE_TIME	HEALTH_CONDITION
1001	Female	20	162	55	90	null
1002	Male	22	170	47	0	null
1003	Male	28	157	70	30	high cholesterol
1004	Male	24	167	64	60	high blood pressure
1005	Female	26	156	75	0	diabetes

3.

INSERT INTO calculates values('&details\_id', '&bmi\_number');

```
SQL> insert into calculates values('&details_id', '&bmi_number');
Enter value for details_id: 1001
Enter value for bmi_number: 20
old 1: insert into calculates values('&details_id', '&bmi_number')
new 1: insert into calculates values('1001', '20')

1 row created.

SQL> /
Enter value for details_id: 1002
Enter value for bmi_number: 16
old 1: insert into calculates values('&details_id', '&bmi_number')
new 1: insert into calculates values('1002', '16')

1 row created.

SQL> /
Enter value for details_id: 1003
Enter value for bmi_number: 28
old 1: insert into calculates values('&details_id', '&bmi_number')
new 1: insert into calculates values('1003', '28')

1 row created.

SQL> /
Enter value for details_id: 1004
Enter value for bmi_number: 23
old 1: insert into calculates values('&details_id', '&bmi_number')
new 1: insert into calculates values('1004', '23')

1 row created.

SQL> /
Enter value for details_id: 1005
```

```
SQL> /
Enter value for details_id: 1005
Enter value for bmi_number: 30
old 1: insert into calculates values('&details_id', '&bmi_number')
new 1: insert into calculates values('1005', '30')

1 row created.

SQL> select * from calculates;
```

DETAILS_ID	BMI_NUMBER
1001	20
1002	16
1003	28
1004	23
1005	30

4.

INSERT INTO bmi values('&bmi\_id', '&bmi\_category');

```
SQL> insert into bmi values('&bmi_id', '&bmi_category');
Enter value for bmi_id: 1001
Enter value for bmi_category: Normal
old 1: insert into bmi values('&bmi_id', '&bmi_category')
new 1: insert into bmi values('1001', 'Normal')

1 row created.

SQL> 1002
SP2-0226: Invalid line number
SQL> /
Enter value for bmi_id: 1002
Enter value for bmi_category: Under weight
old 1: insert into bmi values('&bmi_id', '&bmi_category')
new 1: insert into bmi values('1002', 'Under weight')

1 row created.

SQL> /
Enter value for bmi_id: 1003
Enter value for bmi_category: Over weight
old 1: insert into bmi values('&bmi_id', '&bmi_category')
new 1: insert into bmi values('1003', 'Over weight')

1 row created.

SQL> /
Enter value for bmi_id: 1004
Enter value for bmi_category: Normal
old 1: insert into bmi values('&bmi_id', '&bmi_category')
new 1: insert into bmi values('1004', 'Normal')

1 row created.

SQL> /
```

```
Enter value for bmi_id: 1004
Enter value for bmi_category: Normal
old 1: insert into bmi values('&bmi_id', '&bmi_category')
new 1: insert into bmi values('1004', 'Normal')

1 row created.

SQL> /
Enter value for bmi_id: 1005
Enter value for bmi_category: Over weight
old 1: insert into bmi values('&bmi_id', '&bmi_category')
new 1: insert into bmi values('1005', 'Over weight')

1 row created.

SQL> select * from bmi;

   BMI_ID BMI_CATEGORY
-----
    1001      Normal
    1002 Under weight
    1003 Over weight
    1004      Normal
    1005 Over weight
```

5.

INSERT INTO give\_plan values('&bmi\_id', '&details\_id', '&type\_of\_diet');

```

SQL> insert into give_plan values('&bmi_id', '&details_id', '&type_of_diet');
Enter value for bmi_id: 1001
Enter value for details_id: 1001
Enter value for type_of_diet: Mediterranean diet
old 1: insert into give_plan values('&bmi_id', '&details_id', '&type_of_diet')
new 1: insert into give_plan values('1001', '1001', 'Mediterran diet')

1 row created.

SQL> /
Enter value for bmi_id: 1002
Enter value for details_id: 1002
Enter value for type_of_diet: Nutri-dense diet
old 1: insert into give_plan values('&bmi_id', '&details_id', '&type_of_diet')
new 1: insert into give_plan values('1002', '1002', 'Nutri-dense diet')

1 row created.

SQL> /
Enter value for bmi_id: 1003
Enter value for details_id: 1003
Enter value for type_of_diet: Atkins diet
old 1: insert into give_plan values('&bmi_id', '&details_id', '&type_of_diet')
new 1: insert into give_plan values('1003', '1003', 'Atkins diet')

1 row created.

SQL> /
Enter value for bmi_id: 1004
Enter value for details_id: 1004
Enter value for type_of_diet: DASH diet
old 1: insert into give_plan values('&bmi_id', '&details_id', '&type_of_diet')
new 1: insert into give_plan values('1004', '1004', 'DASH diet')

```

```

SQL> /
Enter value for bmi_id: 1005
Enter value for details_id: 1005
Enter value for type_of_diet: Plant based diet
old 1: insert into give_plan values('&bmi_id', '&details_id', '&type_of_diet')
new 1: insert into give_plan values('1005', '1005', 'Plant based diet')

1 row created.

SQL> select * from give_plan;

  BMI_ID DETAILS_ID
-----
TYPE_OF_DIET
-----
    1001      1001
Mediterran diet

    1002      1002
Nutri-dense diet

    1003      1003
Atkins diet

  BMI_ID DETAILS_ID
-----
TYPE_OF_DIET
-----
    1004      1004
DASH diet

    1005      1005
Plant based diet

```

6.

INSERT INTO diet\_plan values('&diet\_id','&name','&morning\_diet',  
'&lunch\_diet', '&dinner\_diet', '&general\_instructions', '&workout');

```

SQL> insert into diet_plan values('&diet_id','&name','&morning_diet', '&lunch_diet', '&dinner_diet', '&general_instructions', '&workout');
Enter value for diet_id: 1001
Enter value for name: Mehul
Enter value for morning_diet: Dry Fruits(5-8 different combination), 2-cup poha or 2-sandwich or 1.5-cup upma.
Enter value for lunch_diet: 2-chapathi+1/2-cup rice, 1-cup curd, salad, curry combination(1-cup dal, 1-cup vegetable or 1.5-non veg curry.
Enter value for dinner_diet: 2 chapathi , 1 cup curd , salad , curry combination Curry combination: (1 cup Dal + 1 cup vegetable) or (1.5 cup Non vegetarian curry)
Enter value for general_instructions: In evening have Sprouts/ Vegetable/ Milk/ Fruit Salad/ Fruit or Vegetable Juice / Snacks.Exercise daily do not skip meals.
Enter value for workout: jogging,abdomen,squads,plank.
old 1: insert into diet_plan values('&diet_id','&name','&morning_diet', '&lunch_diet', '&dinner_diet', '&general_instructions', '&workout')
new 1: insert into diet_plan values('1001','Mehul','Dry fruits(5-8 different combination), 2-cup poha or 2-sandwich or 1.5-cup upma.', '2-chapathi+1/2-cup rice, 1-cup cu
d, salad, curry combination(1-cup dal, 1-cup vegetable or 1.5-non veg curry.', '2 chapathi , 1 cup curd , salad , curry combination Curry combination: (1 cup Dal + 1 cup
vegetable) or (1.5 cup Non vegetarian curry)', 'In evening have Sprouts/ Vegetable/ Milk/ Fruit Salad/ Fruit or Vegetable Juice / Snacks.Exercise daily do not skip meals.',
'jogging,abdomen,squads,plank.')
```

```

SQL> /
Enter value for diet_id: 1002
Enter value for name: Faisal
Enter value for morning_diet: Dry fruits (9-10 - different combination) + 1cup milk/curd + Food Food (2 cup poha) or (2 sandwich) or (1.5 cup upma)
Enter value for lunch_diet: 3 chapathi+1/2 cup rice + 1 cup curd + salad + curry combination Curry combination: (1 cup Dal + 1 cup vegetable) or (1.5 cup Non vegetarian cur
ry)
Enter value for dinner_diet: 3 chapathi + 1 cup curd + salad + curry combination Curry combination: (1 cup Dal + 1 cup vegetable) or (1.5 cup Non vegetarian curry)
Enter value for general_instructions: 1.Eat more often, Drink Milk, Try Weight gainer shakes, Use Bigger Plates , Add cream to your coffee,Take Creatine.
Enter value for workout: jogging, yoga.
old 1: insert into diet_plan values('1002','Faisal','&morning_diet', '&lunch_diet', '&dinner_diet', '&general_instructions', '&workout')
new 1: insert into diet_plan values('1002','Faisal', 'Dry fruits (9-10 - different combination) + 1cup milk/curd + Food Food (2 cup poha) or (2 sandwich) or (1.5 cup upma
', '3 chapathi+1/2 cup rice + 1 cup curd + salad + curry combination Curry combination: (1 cup Dal + 1 cup vegetable) or (1.5 cup Non vegetarian curry)', '3 chapathi + 1 c
p curd + salad + curry combination Curry combination: (1 cup Dal + 1 cup vegetable) or (1.5 cup Non vegetarian curry)', '1.Eat more often, Drink Milk, Try Weight gainer sh
akes, Use Bigger Plates , Add cream to your coffee,Take Creatine.', 'jogging, yoga.')
1 row created.

```

```

milk or 1 cup coconut water.', '1 Chapathi + 1 cup vegetable curry + salad.', '1.Don't skip meals.Drink plenty of water - you can become hungry when thirsty.', 'morning-e
ning-jogging, exercise-onehour.')
ERROR:
ORA-01756: quoted string not properly terminated

```

```

SQL> /
Enter value for diet_id: 1003
Enter value for name: Vivaan
Enter value for morning_diet: % cup low fat milk (no sugar) or low-fat curd + food Food: 1 sandwich or 1 toasted bread or 1 sandwich or 1 cup upma or poha or 1 cup oats wi
h 3-4 strawberries.
Enter value for lunch_diet: 1 chapathi + 1 cup curry + salad + % cup low fat curd (occasionally) 1 cup vegetable soup or juice or 1 cup fruits or buttermilk or 1 cup coco
ut water.
Enter value for dinner_diet: 1 Chapathi + 1 cup vegetable curry + salad.
Enter value for general_instructions: drink plenty of water, dont skip meals,use olive oil, avoid oily food.
Enter value for workout: Jogging, yoga.
old 1: insert into diet_plan values('1003','Vivaan','% cup low fat milk (no sugar) or low-fat curd + food Food: 1 sandwich or 1 toasted bread or 1 sandwich or 1 cup upma
or poha or 1 cup oats with 3-4 strawberries.', '1 chapathi + 1 cup curry + salad + % cup low fat curd (occasionally) 1 cup vegetable soup or juice or 1 cup fruits or butt
ermilk or 1 cup coconut water.', '1 Chapathi + 1 cup vegetable curry + salad.', 'drink plenty of water, dont skip meals,use olive oil, avoid oily food.', 'jogging, yoga.')
1 row created.

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SQL> /
Enter value for diet_id: 1004
Enter value for name: Triveedi
Enter value for morning_diet: Dry fruits ( 5 -8 - different combination) + FoodFood (2 cup poha) or (2 sandwich) or (1.5 cup upma).
Enter value for lunch_diet: 2 chapathi+1/2 cup rice + 1 cup curd + salad + curry combination Curry combination: (1 cup Dal + 1 cup vegetable) or (1.5 cup Non vegetarian cu
rry).
Enter value for dinner_diet: 2 chapathi , 1 cup curd , salad , curry combination Curry combination: (1 cup Dal + 1 cup vegetable) or (1.5 cup Non vegetarian curry).
Enter value for general_instructions: avoid salty food,reduce stress, quit smoking, quality sleep.
Enter value for workout: Jogging,yoga.
old 1: insert into diet_plan values('1004','Triveedi','&morning_diet', '&lunch_diet', '&dinner_diet', '&general_instructions', '&workout')
new 1: insert into diet_plan values('1004','Triveedi','Dry fruits ( 5 -8 - different combination) + FoodFood (2 cup poha) or (2 sandwich) or (1.5 cup upma).', '2 chapath
i+1/2 cup rice + 1 cup curd + salad + curry combination Curry combination: (1 cup Dal + 1 cup vegetable) or (1.5 cup Non vegetarian curry).', '2 chapathi , 1 cup curd , sa
lad , curry combination Curry combination: (1 cup Dal + 1 cup vegetable) or (1.5 cup Non vegetarian curry).', 'avoid salty food,reduce stress, quit smoking, quality sleep.'
'meditation or yoga.')
1 row created.

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SQL> /
Enter value for diet_id: 1005
Enter value for name: Kendra
Enter value for morning_diet: % cup low fat milk (no sugar) or low-fat curd + food Food: 1 sandwich or 1 toasted bread or 1 sandwich or 1 cup upma or poha or 1 cup oats wit
h 3-4 strawberries.
Enter value for lunch_diet: 1 chapathi + 1 cup curry + salad + % cup low fat curd (occasionally) 1 cup vegetable soup or juice or 1 cup fruits or buttermilk or 1 cup cocon
ut water.
Enter value for dinner_diet: 1 Chapathi + 1 cup vegetable curry + salad.
Enter value for general_instructions: donot skip meals, eat chapati, drink amla,alovera,bitter guard juice,avoid sweet.
Enter value for workout: Jogging,yoga.
old 1: insert into diet_plan values('1005','Kendra','% cup low fat milk (no sugar) or low-fat curd + food Food: 1 sandwich or 1 toasted bread or 1 sandwich or 1 cup upma
or poha or 1 cup oats with 3-4 strawberries.', '1 chapathi + 1 cup curry + salad + % cup low fat curd (occasionally) 1 cup vegetable soup or juice or 1 cup fruits or butte
rmilk or 1 cup coconut water.', '1 Chapathi + 1 cup vegetable curry + salad.', 'donot skip meals, eat chapati, drink amla,alovera,bitter guard juice,avoid sweet.', 'jogging
,yoga.')
1 row created.

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