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MySQL Example :

Connect.php :

```
<?php

$conn_error = 'Could not connect.';
$mysql_host = 'localhost';
$mysql_user = 'root';
$mysql_pass = '';
$mysql_db = 'practice';

$con = @mysqli_connect($mysql_host, $mysql_user, $mysql_pass);

if (!@mysqli_connect($mysql_host, $mysql_user, $mysql_pass) || !@mysqli_select_db($con, $mysql_db)) {
    die($conn_error);
}
?>
```

Index.php :

```
<?php

require('connect.php');

?>

<form action="index.php" method="GET">

    Healthy and Unhealthy :
    <select name="uh">
        <option value="u">Unhealthy</option>
        <option value="h">Healthy</option>
    </select>
    <br><br>
    <input type="submit" value="submit">

</form>
<?php

if (isset($_GET['uh']) && !empty($_GET['uh'])) {
    $uh = strtolower($_GET['uh']);

    if ($uh == 'u' || $uh == 'h') {
        $query = "SELECT `food`, `calories` from `food` where `healthy_unhealthy` = '$uh' ORDER BY `id`";
        if ($query_run = mysqli_query($con, $query)) {
            if (mysqli_num_rows($query_run) == NULL) {
                echo 'No results found.';
            } else {
                while ($query_row = mysqli_fetch_assoc($query_run)) {
                    $food = $query_row['food'];
                    $caleroie = $query_row['calories'];

                    echo $food . ' has ' . $caleroie . ' calories <br>';
                }
            }
        } else {
            echo mysqli_error('Error!');
        }
    }
}

?>
```