% ------------------------------------

% Diet Recommendation Expert System

% ------------------------------------

% diet(Disease, RecommendedDiet).

diet(diabetes,

'Avoid sugar, include whole grains, leafy vegetables, lean protein, and fruits with low glycemic index.').

diet(hypertension,

'Low-salt diet, include bananas, spinach, oats, avoid processed food, fried items.').

diet(obesity,

'Low-calorie diet, include green vegetables, salads, fruits, avoid junk food and sugary drinks.').

diet(anemia,

'Iron-rich diet, include spinach, beetroot, apple, dates, lean meat, vitamin C-rich foods.').

diet(cardiac,

'Heart-healthy diet: include nuts, olive oil, fish, whole grains, avoid red meat and trans fats.').

diet(gastric,

'Easily digestible food: rice, bananas, yogurt, ginger tea, avoid spicy and oily food.').

diet(normal,

'Balanced diet: cereals, pulses, vegetables, fruits, milk, eggs, moderate fats.').

% ------------------------------------

% Rule: suggest\_diet(Disease)

% ------------------------------------

suggest\_diet(Disease) :-

diet(Disease, Plan),

write('For '), write(Disease), write(', recommended diet is:'), nl,

write(Plan), nl.

% ------------------------------------

% Main Program (demo queries)

% ------------------------------------

:- initialization(main).

main :-

nl, write('--- Diet Recommendation System ---'), nl, nl,

write('Example Queries:'), nl,

% Query 1

suggest\_diet(diabetes), nl,

% Query 2

suggest\_diet(hypertension), nl,

% Query 3

suggest\_diet(obesity), nl,

halt.