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### **Pseudocode**

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import json
function inputInt(prompt):
    endless loop:
        try:
            {int}= prompt for integer
            if {int}<=0:
                print 'warn to input integer greater than zero'
            else:
                break the loop
        except value error:
            print 'warn to input integer'
    return {int}
function inputSomething(prompt):
    endless loop:
        input= prompt to input data:
        if input is empty:
            print 'warn to input something'
        else:
            break the loop
    return input.strip()

function saveChanges(data):
    open 'file' in write mode
    write the file in Json format
    close 'file'
    print 'success informaiton'

function main()
    try:
        open 'file' in read mode
        write the file in Json on data
        close 'file'
    except:
        print 'file not found error'
        initiate an empty data list
```

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print welcome message
endless loop:
    print 'Choose [a]dd, [l]ist, [s]earch, [v]iew, [d]elete or [q]uit.'
    Prompt to enter a choice
    if choice= 'a':
        prompt to input food name calling inputSomething function and store to
variable 'foodName'
        prompt to input calories calling inputInt function and store to variable
'calories'
        prompt to input fat calling inputInt function and store to variable 'fat'
        prompt to input protein calling inputInt function and store to variable
'protein'
        prompt to input carbohydrates calling inputInt function and store to
variable 'carbohydrates'
        prompt to input sodium calling inputInt function and store to variable
'sodium'
        prompt to input cholestrol calling inputInt function and store to variable
'cholestrol'
        add data to dictionary{name, calories, fat, protein, carbohydrates, sodium,
cholestrol}
        append data to the dictionary data
        save changes calling saveChanges function
    elif choice = 'l':
        if length of data is 0:
            print 'no data found'
        else:
            print 'Food available:'
            set number to 1
            for each item, name in data:
                print 'number and name'
                add 1 to number
    elif choice = 's':
        prompt to search something calling imputSomething function
        assign variable count to 0
        if length of data is 0:
            print 'No data found'
        else:
            for each name in data:
                if search is in name:
                    print food name
    elif choice = 'v':
        if length of data is 0:
            print 'no data saved'

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else:
    endless loop:
        {int}=prompt user to enter integer calling inputInt function
        try:
            assign food variable with data index int minus 1
            print 'Food name and value'
            print 'Calories and value'
            print 'Fat and value'
            print 'Protein and value'
            print 'Carbohydrate and value'
            print 'Sodium and value'
            print 'Cholestrol name and value'
        except index error:
            print 'warn invalid index number'

```

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elif choice = 'd':
    if length of data is 0:
        print 'no data found'
    else:
        endless loop:
            {int}= prompt to input number calling inputInt function
            try:
                del data of index int minus 1
                open 'file' in write mode
                call saveChanges function
                close 'file'
                print 'success informaiton'

                print 'data deleted'
            except index error:
                print 'warn invalid number'
            else:
                break

```

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elif choice = 'q':
    print 'goodbye message'
    break
else:
    print 'warn invalid choice'

```

call the function main()