Assessed for Eligibility

excluded

Randomisation visit 2
Baseline oral glucose tolerance test

N=25 Allocated to 10 weeks supply of DHRMA chapatti flour and DHRMA rice

- Discontinued intervention / lost to follow-up
- Follow-up at 10 weeks. Repeat oral glucose tolerance test

N=25 Allocated to 10 weeks supply of Elephant Atta chapatti flour and Tilda rice

- Discontinued intervention / lost to follow-up
- Follow-up at 10 weeks. Repeat oral glucose tolerance test