Enrollment

- Assessed eligibility (20 GPs)

Allocation

Randomization (20 GPs)

Intervention group

- Allocated to intervention group (10 GPs)
- Assessment of nutritional intake using FFQW82
  - Face-to-face counseling session with registered dietitian for strategies of glycemic control and deciding on 1 or 2 short-term goals for subsequent 1 month and study duration for glycemic control based on the result of FFQW82

at 1 month

- Follow up
  - Face-to-face counseling session or receiving telephone counseling by registered dietitian.

at 2-6 months

- Follow up
  - Face-to-face counseling session or receiving telephone counseling by registered dietitian within 2 months after last session.

at 6 months

- Physical examinations (HbA1c, etc.)
- Assessment of nutritional intake using FFQW82

Control group

- Allocated to control group (10 GPs)
- Assessment of nutrition intake using FFQW82
  - Receiving result of FFQW82 and brief advice by registered dietitian

at 6 months

- Physical examinations (HbA1c, etc.)
- Assessment of nutritional intake using FFQW82