Dietary module

- Carbohydrate
- Glycaemic Index
- Dietary fibre
- Dietary protein
- Dietary fat
- Sugar
  - Fruits & vegetables
  - Sodium restriction
  - Meal timing
  - Food preparation
  - Eating out habit
  - Healthy living

Dietary knowledge, attitude and behaviour

- Dietary module
- Dietary practice
- Anthropometric measurements

Stages of change

- Dietary module
- Dietary practice
- Anthropometric measurements

Dietary practice

- Dietary module
- Dietary practice
- Anthropometric measurements

Fasting plasma glucose, HbA1c, lipid profile, blood pressure

resulting changes in

improve

influence