Subjects with type 2 diabetes (N=100)

Run-in period (2 weeks)

Baseline measurements
Dietary, anthropometry, BP, Lab assessments

Random allocation

Plain doogh (PYD), n1=50
Fortified doogh (FYD), n2=50

12 Weeks Follow Up

Final measurements
Dietary, anthropometry, BP, Laboratory assessments

Data analysis

Figure 1. A summary of the study protocol