

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

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 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

at 6 months

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