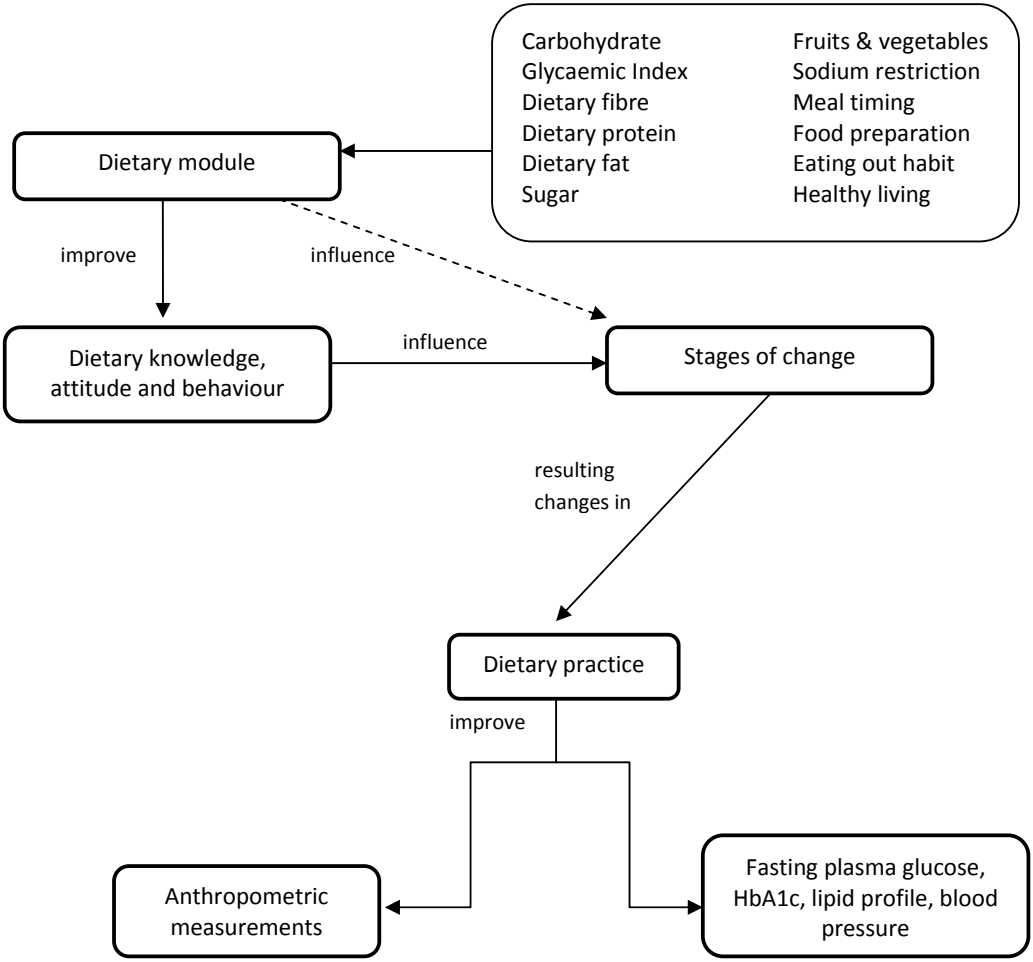
Carbohydrate
Glycaemic Index
Dietary fibre
Dietary protein
Dietary fat
Sugar
Fruits & vegetables
Sodium restriction
Meal timing
Food preparation
Eating out habit
Healthy living
Dietary module
improve
influence
Dietary knowledge, attitude and behaviour
influence
Stages of change
resulting changes in
Dietary practice
improve
Anthropometric measurements
Fasting plasma glucose, HbA1c, lipid profile, blood pressure