**Table 1: Nutrition education curriculum**

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| **Week** | **Topic** | **Content and activities** | **Participants** |
| **Introduction week** | What is diabetes and how it is managed | Nature of disease (explanation of what happens when one has diabetes, including body’s response to food in diabetic/non-diabetic states, insulin action, causes/risk factors, types)  Symptoms and complications | All participants |
|  |  | medication and their roles in treatment |  |
|  |  | Aim for treatment and targets for good control |  |
|  |  | Causes, symptoms and management of hypoglycemia and hyperglycemia |  |
|  |  | Foot care and eye care. |  |
| **Week One** | Dietary guidelines on healthy eating | Principal of healthy eating: importance of regular and varied meals | Intervention groups |
|  |  | Guided discussion on improving dietary variety |  |
|  | Dietary guidelines continued; Overview of food groups and their role diabetes management | Cereals and starches as well as root and tuber groups and their role in diet  Different type of starches and cereals, carbohydrate content and how it affects blood glucose  Some healthy ways to include starches in meals  Demonstration of portion/serving sizes of different cereals and starches  Group work: practices on portioning and serving of starches |  |
|  |  | Specific guidelines for cereals preparation |  |
| **Week Two** | Dietary guidelines continued:  Overview of food groups and their role diabetes management | Legumes group and nut and seed groups and their role in diet  Carbohydrate content in legumes and how it affects blood glucose  Different type of legumes, seed and nuts that can be used by Type 2 diabetes mellitus patient.  Some healthy ways to include legumes, seed and nuts in meals  Demonstration of portion/serving sizes of different cereals and starches  Group work: practices on portioning and serving of legume and nuts  Specific guidelines for cereals and legumes preparation | Intervention groups |
| **Week Three** | Dietary guidelines continued: Overview of food groups and their role diabetes management | Meat, dairy group and their role in diet  Their role in diabetes management  Trimming of fat in meat  Reduction of cream in milk  Different milk product and how to include different serving portion  Importance of minimizing of processed meat in diabetes and chronic disease management | Intervention groups |
| **Week Four** | Dietary guidelines continued: Overview of food groups and their role diabetes management | Vegetables and fruits  How to improve vegetables supply at home  Importance of vegetables and fruit in diabetes management  Carbohydrate content in fruits and vegetables and how it affects blood glucose  Demonstration of different vegetables and fruits  Group work: participant in groups to name different fruit and vegetables demonstrated and indicate how they will improve their supplies | Intervention groups |
| **Week Five** | Dietary guidelines continued: Overview of food groups and their role diabetes management | Fats and oil and their role in diet  Importance of fat and oil  Sources of fat  Type of fats (saturated and unsaturated), Their sources and effect of each in the body.  Some healthy way to include fat and oils in the diet | Intervention groups |
|  |  | Group activity: label reading of fat and oil products on display and identification of different content of different component of triglycerides, saturated fat and unsaturated fat levels. |  |
| **Week Six** | Meal planning: portions and meal frequency | Facilitated group review of the effect of different food group on blood glucose | Intervention groups |
|  |  | Discussion on importance of food portion control and regular meals |  |
|  |  | Guidelines for portion sizes |  |
|  |  | Demonstration: portion sizes (household measures, Zimbabwe hand jive, plate model). |  |
|  |  | Group activity: practice portioning various commonly used foods  Reflection and group discussion about portion sizes and associated issues such as hunger. |  |
|  |  | Planning meals on a limited budget, emphasis on variety and balance within available resources |  |
|  |  | Importance of timing and combining meals |  |
| **Week Seven** | Glycemic index and its importance in diabetes management | Role of glycemic index and glycemic load in blood glucose control.  Glycemic index and glycemic load of different foods. | Intervention groups |
|  |  | Examples of glycemic index of various foods. |  |
|  |  | Group activity: classifying food in terms of glycemic index  Label reading of different foods: reflection on current practices related to dietary guidelines and label reading plus group discussion |  |
| **Week Eight** | Physical activity | Importance of physical activity in blood glucose control  When to exercise | Intervention groups |
|  |  | Group activity: demonstration of the exercises by group leaders and  All participant participate in exercise programme |  |
|  | Post Evaluation, Handouts: pamphlet and wall poster | Post evaluation and issue of handouts, pamphlets and wall posters | All groups |

**Table Dietary intake questionnaire**

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| **1** | On how many days per week in the last one month did you follow a healthful eating plan? | 0 1 2 3 4 5 6 7 |
| 2 | On how many days per week in the last one month did you did you eat three to five or more servings of fruits each day? | 0 1 2 3 4 5 6 7 |
| 3 | On how many days per week in the last month did you eat three to five or more servings of vegetables each day? | 0 1 2 3 4 5 6 7 |
| 4 | On how many days per week in the last month did you include high fibre such as whole grain, legumes in your diet? | 0 1 2 3 4 5 6 7 |
| 5 | On how many days per week in the last month did you include low caloric of low glycemic index food in your meal? | 0 1 2 3 4 5 6 7 |
| 6 | On how many days per week in the last one month did you include high fat foods like fatty meat, skin on chicken, highly fried foods? | 0 1 2 3 4 5 6 7 |
| 7 | On how many days per week in the last month did you include fish or fish based product in your meal each day? | 0 1 2 3 4 5 6 7 |
| 8 | On how many days per week in the last month did you include sugar and sweetened beverages? | 0 1 2 3 4 5 6 7 |
| 9 | On how many day per week in the last month did you space your carbohydrates throughout the day? | 0 1 2 3 4 5 6 7 |
| 10 | On how many days per week in the last month did you include low sodium diet in your meal? | 0 1 2 3 4 5 6 7 |
| 11 | On how many days per week in the last month did you include low fat foods like? | 0 1 2 3 4 5 6 7 |
| 12 | On how many days per week in the last one moth did you prepare your food with unsaturated fats like canola oil, olive oil, sunflower oil? | 0 1 2 3 4 5 6 7 |

Healthful eating plan was defined as per WHO recommendation on health eating