EFFECT OF DIETARY COUNSELLING AND LIFE STYLE MODIFICATION ON DIETARY INTAKE AMONG HYPERTENSIVE PATIENTS

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ABSTRACT

The present study was conducted in Bhilai. Three experimental groups I,II,III and control group IV was selected. Each group consisted of 60 samples each i.e. total samples were 240 .Pretest posttest control group design was used. Independent variables were Dietary counseling and lifestyle modification and dependent variable was Dietary intake. Findings showed that there was significant reduction in dietary intake of fat, cholesterol and sodium and reduction in daily calories in Experimental group I in which dietary counseling was given as compared to Experimental group II in whom lifestyle modification was given and Experimental group III in whom both interventions were done. Control group IV didn’t show any change in posttest.

KEYWORDS: control, independent, sodium.

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