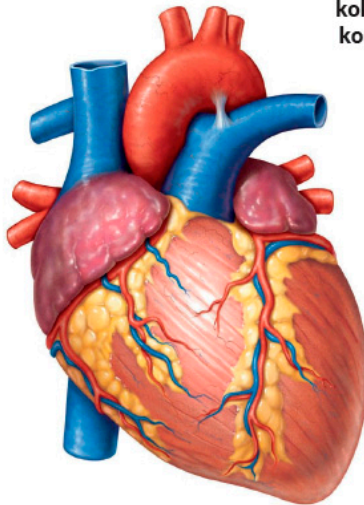
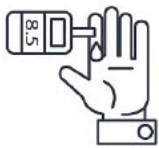


SINDROM METABOLIK

tekanan darah tinggi



gula dalam darah tinggi



kolesterol baik (HDL) rendah
kolesterol jahat (LDL) tinggi



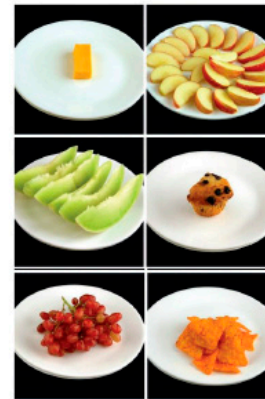
buncit dan kegemukan



KEMATIAN AWAL

PELAN DIET SEHARIAN

50 KCAL



600 KCAL



50 KCAL	6.30 PAGI - 7.00 PAGI
600 KCAL	7.00 PAGI - 8.30 PAGI
50 KCAL	10.00 PAGI - 10.30 PAGI
600 KCAL	12.00 TENGAH HARI - 2.00 PETANG
50 KCAL	4.30 PETANG - 5.30 PETANG
600 KCAL	6.30 PETANG - 8.30 MALAM
50 KCAL	8.30 MALAM - 9.00 MALAM

Figure S1. Sample pages of booklet given to peer supporters

PIRAMID MAKANAN SIHAT



REKOD MAKANAN ANDA SETIAP HARI



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast							
Snack							
Snack							
Snack							
Dinner							
Snack							
H ₂ O							

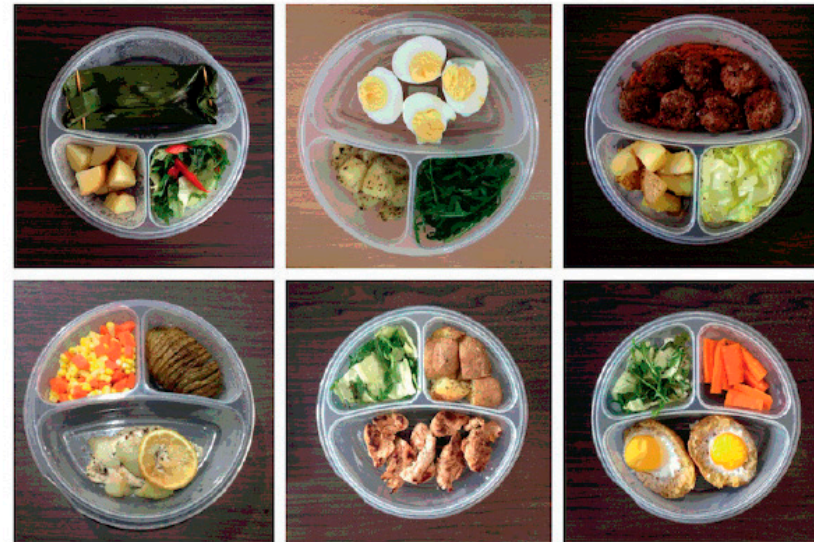


Figure S1. Sample pages of booklet given to peer supporters (continued)