**Title**: **Determining the nutrients changes after undergoing nutritional counseling and cooking assistance among T2DM outpatients in Malang city, Indonesia**

**Authors**: Rany Adelina1\*, Awalia Nanda Arianto1, Sabrina Julietta Arisanty1, Wisnowan Hendy Saputra2, Risa Mafaza1, Khairudin1, Tapriadi1, Rathi Paramastri3

\***Correspondence to**: Rany Adelina, Department of Nutrition, Politeknik Kesehatan Kementerian Kesehatan Malang, Ijen Boulevard 77C, Malang, 65112, Indonesia.

E-mail address: [rany\_adelina@poltekkes-malang.ac.id](mailto:rany_adelina@poltekkes-malang.ac.id)

**Affiliation**:

*1Undergraduate Program in Applied Nutrition and Dietetics, Department of Nutrition, Politeknik Kesehatan Kementerian Kesehatan Malang, Ijen Boulevard 77C, Malang, 65112, Indonesia.*

2Department of Actuarial Science, Institut Teknologi Sepuluh Nopember, Keputih, Sukolilo,

Surabaya, Indonesia 60111

3School of Nutrition and Health Science, College of Nutrition, Taipei Medical University, 250 Wuxing St., Taipei 11031 Taiwan, ROC.

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