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## LIST OF ABBREVIATIONS AND SYMBOLS USED

BMI	:	Body Mass Index or Indices
<i>et al.</i>	:	et alli (and others)
FFQ	:	Food Frequency Questionnaire
Fig.	:	Figure
g	:	Gram
GPAQ	:	Global Physical Activity Questionnaire
Hb	:	Haemoglobin
KAP	:	Knowledge, Attitudes and Practices
kg	:	Kilogram
L	:	Litre
m	:	Metre
mg	:	Milli-gram
ml	:	Milli-litre
NCDs	:	Non-communicable Diseases
PSQI	:	Pittsburgh Sleep Quality Index
RBG	:	Random Blood Glucose
RDA	:	Recommended Dietary Allowances
T <sub>3</sub>	:	Tri-iodothyronine
T <sub>4</sub>	:	Tetra-iodothyronine
TSH	:	Thyroid Stimulating Hormone
WHO	:	World Health Organization
WHR	:	Waist-to-hip ratio