The major limitation of this study that this study was based on the recommendations and counseling only; respondents were not provided any food during the trial. So in this study we could not see the dose dependent relationships.

Regarding the dietary intake, dietary information's were collected by using 24 hour recall method so recall bias may occur and the possibility of a reporting bias cannot be excluded because patients might have overestimated exercise level and underestimated dietary intake after follow-up.

In this study follow-up period was limited to only three months period further a study of longer duration could have shown maintenance of the benefits. Limited time & resources play major limiting factor for this study.

Generalization of the findings is limited by the sample considering only the respondents from Sir Sundar Lal Hospital Banaras Hindu University Varanasi. Hence limitations of a single Centre study and it was a hospital based study.

The sample for this study was taken from the hospital and most of respondents were on medications. So the effect of medicines could not be eliminated from this study.