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Sardar Patel University

MSc. HSc. III Semester Food & Nutrition/ Food Biotechnology (old CBCS & New CBCS)

External Theory Examination

New CBCS : PH03CFDND3/PH03CFBT01 : Medical Nutrition Therapy and

Old CBCS : PH03CFDND2/ PH03CFBT03 : Clinical Dietetics

Date : 3/12/2012 (Monday)

Time: 2:30 – 5:30 P.M

Total Marks: 70

1. Multiple Choice questions (Select the correct answer) (8)
- All nutrients needed by the body :
    - Must be obtained by specific food combinations
    - Must be obtained by vitamin or mineral supplements
    - Have only one function & use in the body.
    - Are supplied by a variety of foods in many different combinations.
  - One of the following foods cannot be included under the soft diet :
    - Tender cooked meat
    - Soft cheese
    - Strained vegetable paneer
    - Fried egg
  - A low cholesterol diet avoids which of the following foods :
    - Fish
    - Olive oil
    - Butter
    - Non fat milk
  - A 500 kcal reduction in the daily energy intake of an obese person enables him or her to lose weight at which of the following rates :
    - 500 g/ week
    - 1000g/ week
    - 1500g/ week
    - 2000g/ week
  - Which of the following is not restricted on a low sodium diet
    - Fruits
    - Carrots
    - Soy sauce
    - Spinach
  - The calorie value of the diet for a person with diabetes should be
    - Increased above normal requirements to meet the increased metabolic demand.
    - Decreased below normal requirements to prevent glucose formation.
    - Sufficient to maintain the person's appropriate body weight
    - Contributed mainly by fat to spare the carbohydrate for energy needs.

7. Which one of the foods among the following has negligible purine content :

- a) Milk & Milk products
- b) Liver
- c) Meat broth
- d) Pulses

8. In a gluten – free diet, which of the following foods is eliminated

- a) Eggs
- b) Milk
- c) Rice
- d) Whole wheat bread

II. Explain briefly (any Seven)

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- 1. Protein quality Vs. protein quantity in the diet.
- 2. Poor & rich sources of dietary calcium.
- 3. Poor and rich sources of dietary iron
- 4. Sodium content of salt.
- 5. Satiety value of foods.
- 6. Diet during exercise and sports.
- 7. Diverticulosis
- 8. Hyperphosphatemia
- 9. Food exchange list.

III. QA is compulsory. Answer any one question from B.

A) What is chronic renal failure? Explain the dietary modification in sodium, fluid content and potassium content in CRF. (8)

B) Explain the following terms & mention dietary recommendations in brief:  
Nephrolithiasis and Nephrotic syndrome (4)

OR

B) Explain the difference between lactose intolerance and milk allergy. Describe the dietary modification in lactose intolerance. (4)

IV.

A) Differentiate between any two of the following: (4)

- i) Crude vs. dietary fibre
- ii) Soluble vs. insoluble fibre
- iii) Acid detergent fibre vs. Neutral detergent fibre

B) Describe the beneficial role of fibre in the following conditions :

- i) Diabetes mellitus (3)
- ii) Hypercholesteremia (3)
- iii) Appendicitis (2)

OR

IV. Explain the condition peptic ulcer. Describe the risk factors, pathogenesis and dietary principles and modification in peptic ulcer. (12)

- V.
- A) What is the difference between being overweight and obese? Explain the weight loss pattern on a low – kcal diet. (4)
- B) Explain the following terms:
- a. Formula diet (3)
  - b. Fad diet
- C) Explain what different modifications should be carried out to convert a normal diet into a low -kcal diet for an obese person. (5)

OR

V. Explain the following terms:

- A)
- i) Hypertension, Hyperlipidemia, Atherosclerosis (3)
  - ii) Give the dietary modification in hypertension. (4)
- B) What is gout? Explain the dietary modification in gout. (5)

VI. Question A is compulsory. Answer any one from B.

A) Explain the importance of the following blood parameters in liver disease:

- i) Unconjugated bilirubin
- ii) Conjugated bilirubin
- iii) Albumin
- iv) Ammonia (4)

- B)
- i) What is viral hepatitis? Name the types. What is jaundice? Explain. (2)
  - ii) What is liver cirrhosis? Describe the condition. Describe the symptoms, complications and dietary modification in liver disease. (6)

OR

- B)
- i) What is burns? Give the degree of burns and the dietary modification in the same. (5)
  - ii) Explain the term "short – term fevers". Give the dietary modification in the above condition. (3)

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