

**MASTER OF SCIENCE (DIETETICS AND  
FOOD SERVICE MANAGEMENT)**

**Term-End Examination**

**December, 2011**

**MFN-005 : CLINICAL AND THERAPEUTIC  
NUTRITION**

*Time : 3 hours*

*Maximum Marks : 100*

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*Note : Answer five questions in all. Question Number 1 is compulsory. All questions carry equal marks.*

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1. (a) List any five low fibre and any five low residue foods. 2½+2½
- (b) Give one example for each of the following : 5
- (i) Types of carbohydrates
  - (ii) Rich source of PUFA
  - (iii) Chronic disorders associated with syndrome X.
  - (iv) Branched chain amino acids.
  - (v) Foods to be avoided in gastritis.
- (c) Explain the relationship between the following sets of terms : 10
- (i) Homocystinuria -- Methionine
  - (ii) Diabetes -- ketoacidosis
  - (iii) Dyslipidemia -- Lipoproteins
  - (iv) Obesity -- BMI
  - (v) Cancer -- Cachexia

2. (a) Suppose you were to counsel a group of 8 -10 school going children who are obese. What are the points you would keep in mind while counselling this group. 6
- (b) Differentiate between a liquid and soft diet giving appropriate examples. 8
- (c) What dietary advice would you give to a patient suffering from tuberculosis ? 6
3. (a) Discuss the post-operative nutritional management of a patient who has undergone a Surgery.. 6
- (b) Explain the factors which can lead to food intolerance. 6
- (c) Give the medical nutrition therapy for a burn patient. 8
4. (a) Give the classification for obesity among adults and children. 3+3
- (b) Enumerate the modifiable risk factors that increase the risk for developing heart diseases. 7
- (c) Discuss the sodium intake guidelines during hypertension. 7
5. (a) What recommendations would you give regarding the *quantity* and *quality* of *fat* and *fibre* in the diet of a diabetic patient ? 4+4

- (b) Discuss the nutrient requirement and the important factors which need to be considered in the medical and nutritional management of peptic ulcer patient ? 8
- (c) What are the important conditions grouped under "Malabsorption syndrome"? Enumerate. 4
6. (a) Present the dietary recommendation for liver cirrhosis, highlighting the foods to be included and excluded from the diet. 10
- (b) Give the important dietary guidelines for managing chronic pancreatitis. 6
- (c) What is fatty liver? What is it associated with ? 4
7. (a) Differentiate between acute and chronic renal failure (ARF and CRF), highlighting the chemical and metabolic manifestations in the two conditions. 6
- (b) Give the recommended protein and sodium intake for ARF and CRF patients, highlighting the food sources. 4+4
- (c) Identify some common neurological disorders and enlist the consequences of these disorders on feeding and nutrition. 6

8. Write short notes on **any FOUR** of the following :

- (a) Nutritional changes and requirement of the elderly. 5+5+5+5
  - (b) Nutritional management of celiac disease.
  - (c) Dietary management of constipation.
  - (d) Preventive measures for adverse food reactions.
  - (e) Nutrition care process and model.
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