

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

Term-End Examination

December, 2014

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

Time : 3 hours

Maximum Marks : 100

*Note : Question No. 1 is compulsory. Answer five questions
in all. All questions carry equal marks.*

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1. (a) (i) Give the ratio of n-3 and n-6 fatty acid in the diet which is considered healthy. Give two rich sources of each (n-3 and n-6). 2½
- (ii) List two each of high and low - sources of purines in the diet. 2
- (iii) Name the enzyme impaired in the metabolic disease phenylketonuria. 1
- (iv) What is a gluten - free diet ? Give examples. List two rich sources of gluten. 2½
- (v) Give a list of foods best avoided during constipation. 2
- (b) In 2-3 sentences explain the relationship between the following sets of terms. 10
- (i) Diverticulosis _____ Fibre.
- (ii) Diabetes _____ Ketoacidosis.
- (iii) Diarrhoea _____ Residue in foods.
- (iv) Malnutrition _____ Injection.

(v) Syndrome X _____ Cardiovascular disease.

2. (a) Enlist the types of diet prescription to meet the therapeutic needs. Give examples. 6
- (b) Discuss the role of nutrition and diet counselling in patient care. 8
- (c) List the salient features of the diet given to a patient suffering from tuberculosis. 6
3. (a) Briefly explain the pre-operative and post operative *nutritional care* during surgery. 10
- (b) As a dietitian briefly discuss the plan you would adopt for diagnosis treatment and prevention of adverse food reactions. 10
4. (a) What is obesity ? How will you classify it ? Give the metabolic aberrations and consequences of obesity. 2+2+3
- (b) Elaborate on the classes of lipoproteins present in blood which are of interest in the context of coronary heart diseases. 5
- (c) Discuss the dietary guidelines during hypertension. 8
5. (a) Enlist the dietary goals and present the dietary modifications you would recommend for energy, protein, fat and carbohydrates for a diabetic patient. 10
- (b) Provide guidelines for diet counselling, prevention and control of : 5+5
- Gout
 - MSUD

6. Present the medical and nutritional management for : **8+6+6**
- (a) Peptic Ulcer
 - (b) Celiac Disease
 - (c) Gastritis
7. (a) Give the main goals and basic dietary guidelines for liver patients. (Give the nutrient requirement for liver diseases in tabular form only) **3+7**
- (b) List the common renal disorders. Give the main objective of dietary management in renal diseases. Discuss the modifications in the diet, if any, you would recommend with regards to protein, electrolytes and fluids for renal diseases. **2+8**
8. Write short notes on any **FOUR** of the following :
- (a) Nutrition support for the elderly **5+5+5+5**
 - (b) Ketogenic diet for epileptic
 - (c) Nutritional management of bulimia nervosa
 - (d) Dietary management of underweight individuals
 - (e) Nutritional management of a child suffering from congenital heart disease
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