

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

Term-End Examination

June, 2011

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

Time : 3 hours

Maximum Marks : 100

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

1. (a) List any two low Glycemic index and two high glyçemic index foods, along with their glycemic index. 5
- (b) Fill in the blanks : 5
- (i) _____ is defined as nutritional diagnostic therapy and counselling services for the purpose of disease management.
- (ii) The centric fat distribution with an increased disposition towards the abdominal and waist area refers to as _____ obesity.
- (iii) _____ is the measurement of energy required to keep the body functioning at rest.

- (iv) An underweight sedentary individual requires _____ kcal/kg ideal body weight per day.
 - (v) Under strict sodium restriction _____ mg of sodium can be recommended.
- (c) Differentiate between the following sets of terms : 10
- (i) Modifiable risk factors - Non-modifiable risk factors for coronary heart disease.
 - (ii) Anorexia Nervosa - Bulimia Nervosa.
 - (iii) Primary hypertension - Secondary hypertension.
 - (iv) Hypokalemia - Hyponatremia.
 - (v) Diverticulosis - Diverticulitis.
2. (a) What are therapeutic diets ? What is the purpose of therapeutic diet adaptation ? 6
- (b) Discuss the dietary principles underlying enteric fever (typhoid) 6
- (c) What are the special feeding methods in nutrition support ? Enlist the indications for special feeding methods. 2+6
3. (a) Explain the adverse food reactions. Enlist the handy guidelines for prevention of adverse food reactions. 6+4

- (b) Discuss the dietary management of obesity and underweight, highlighting the dietary principles. 10
4. (a) Discuss the role of dietary fats in the etiology and management of hyperlipidemia. 8
- (b) Mr. Mohan is an obese, sedentary bank manager. He is suffering from Type 2 diabetes :
- (i) Enlist the dietary goals for the management of his condition. 5
- (ii) Calculate and discuss the macronutrient and micronutrient requirements for Mr. Mohan. 5
- (iii) What foods would you recommend to Mr. Mohan daily in moderate amounts. 2
5. (a) Briefly explain the nutritional management of the following conditions : 5+5+5+5
- Phenylketonuria
 - Gout
 - Gastro Oesophageal Reflux Disease (GERD)
 - Celiac Disease

6. (a) Parvati is suffering from gallstones. Explain the dietary considerations you would recommend for management of gallstones in her case. 10
- (b) Discuss the medical nutritional therapy for hepatic coma. 10
7. (a) Enlist the common renal disorders. 3
- (b) Explain the modification in the intakes of protein, electrolytes and fluids in the diet of renal patients. 3+3+3
- (c) What is a ketogenic diet ? Discuss its relevance in context of management of epilepsy. 8
8. Write short notes on *any four* of the following : 5+5+5+5
- (a) Nutritional management of peptic ulcer
- (b) Nutrient requirements and feeding options for pre-term/low birth weight babies
- (c) Role of Antioxidants in cancer prevention.
- (d) Dietary management for burns.
- (e) Medical Nutrition Therapy for AIDS.
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