

KANYASHREE UNIVERSITY

M.Sc. 2nd Semester Examination-2023

Subject: Food & Nutrition

Course-CC 11

Diet Therapy and Community Nutrition

Full Marks-20

Time-1.00 Hour

Group A

[Answer **any two** of the following]

(2×5=10)

1. Differentiate between method and result demonstration. Give your idea about depletion and repletion studies. (2+3)
2. If a person is going through some kind of nutritional inadequacies, which clinical signs of his/her mouth will be the indicators to identify particular nutrient deficiencies? Write down the formula of glycemic load. Name one food that reduces the risk of prostate cancer development. Name one weight for age assessing tool for under 5 children. (2+1+1+1)
3. A lady farmer is having 65 kg of body weight. Currently she is 55 years old. What will be her total daily energy requirement? PAL – 2.30 [Use factorial method for energy calculation] (5)
4. If a mother of an 8 months old child asks you about the foods to give her child, what would be your suggestions to the mother? A 40-year-old female has a BP of 145/110 mmHg. What would be her principle of diet? (3+2)

Group B

[Answer **any one** of the following]

(10×1=10)

1. 51 years old, 5 feet 3 inches tall, Mr. Suresh Pal, by profession a teacher, has undergone cardiac bypass surgery. His weight was 77 kg. His history revealed, he was a chain smoker. His blood pressure was, 170/90. Picture of his lipid profile was – Total cholesterol - 290 mg/dl, Serum triglycerides – 220 mg/dl, HDL cholesterol – 32 mg/dl, LDL cholesterol - 137.2 mg/dl, VLDL cholesterol – 43.7. Plan a diet chart for this patient. (10)

2. A 28-year-old female presents to the clinic with a 10-day history of flu-like symptoms, including anorexia and malaise. She does not report any pertinent prior medical history or surgeries. She takes no medications. Her family history is non-contributory, and she reports no sick contacts. On physical examination, she is alert and oriented, in no acute distress. Her vital signs are temperature of 99.9°F, pulse 78/minute, respirations of 18/minute, and blood pressure of 121/78 mm Hg. Her mild scleral icterus is noted. The abdomen is soft and nontender, except the liver is tender when palpated. Her initial laboratory findings are - Alanine aminotransferase [ALT]– 3817 U/L, Aspartateaminotransferase [AST] – 2152U/L, Alkaline phosphatase [ALP] – 176 U/L, Albumin -3.4 g/dL, Total protein 6.7 g/dL, Total bilirubin- 8.5 mg /dL. Make the diagnosis and plan a suitable diet chart for her.

(10)
