

KANYASHREE UNIVERSITY

M.Sc. 2nd Semester Examination-2024

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)

(5×2=10)

1. Determine the BMI and waist-hip ratio of your friend and comment on the health status of the individual. (4+1)
2. A 22-year-old male college going student currently having 64 kg of body weight. Calculate his total daily energy requirement. PAL – 1.4 (Use factorial method for energy calculation). (5)
3. In which cases preoperative PN is administered to the patients? Mention the names of two cholesterol rich foods. What do you understand by obligatory loss of nutrients? In which case Rule of Nine method is used? (1+1+2+1)
4. Write the names of food groups according to Dietary Guidelines for Indians (2024). What would be your suggestions on foods to be avoided and included in the diet of a patient of infective hepatitis? “Demonstration method should be chosen over lecture method”. Justify the statement. (1+2+2)

GROUP – B

(Answer **any one** of the following)

(10× 1=10)

1. A 57-year-old woman was found to have the value of random blood glucose level 227 mg/dL at a health fair. She was having the problem of urination more than usual, especially at night. Several days later, she was undergone some tests and then she got the values of 147 mg/dl and 210 mg/dl for fasting blood glucose and post prandial blood glucose respectively. Now she is of 5 feet 3 inch tall and bears a weight of 65 kg. Alarmed by her current conditions she seeks some dietary recommendations. Prepare a suitable diet chart for the woman and give some suggestions of dos and don'ts regarding her condition. (10)
2. 47-year-old Mr. Chatterjee (weight - 55 kg, height - 165 cm) was admitted with uremic symptoms with fluid overload and was advised emergency peritoneal dialysis. His urine output was 500 ml/day. Treatment plan was to go for hemodialysis. His lab findings were - BUN -97 mgs/dl, Serum Creatinine - 14.9 mgs/dl, Serum Sodium - 149mEq/l, Serum Potassium -5.8mEq/l, GFR- <15 ml/min, blood pressure 180/120mmhg. Write the diagnosis. Write down the dietary requirements and plan a suitable diet chart. (10)

(10)
