

Your Roll No.....

P G Diploma in Dietetics & Therapeutic Nutrition
Annual Examination-2016
Paper No.: PTND-102
Diet therapy & Applied Nutrition

Time: 2:30 hours

Maximum Marks: 70

(Write your roll number at the top immediately on receipt of this question paper)

This paper is divided into three sections. Attempt questions from each section as per the instructions.

Section-I

- Q 1. Read the following statements carefully & put a tick on true/false: 10x1
- (a) In nephritic syndrome 0.8-1.0 gms protein/Kg/day is allowed. True/False
 - (b) The Harris-Benedict equations are commonly used for calculation of the BMR in adults. True/False
 - (c) Basal metabolic rate & body mass Index are same. True/False
 - (d) RDAs are the levels of intake of essential nutrients to be adapted to meet the nutritional needs of all healthy people. True/False
 - (e) Colostrums is rich in fat that are vital for the growth of baby. True/False
 - (f) Energy requirement for 0 to 6 months infant is 98 Kcal/Kg. True/False
 - (g) During lactation energy requirements are higher than pregnancy. True/False
 - (h) Osteoporosis is an age-related bone disorder characterised by thinning of the bones. True/False
 - (i) There are three potential sources of calories from our foods i.e proteins, fat & minerals.
 - (j) Deficiency of thyroid hormone is characterised by lethargy and lowering of metabolism.

Section- II

....., functions & deficiency disease of any SIX of the following:

- (i) Vitamin A
- (ii) Vitamin B
- (iii) Vitamin C
- (iv) Vitamin D
- (v) Iron
- (vi) Carbohydrate
- (vii) Vitamin K
- (viii) Protein

Section III

Q 3. Attempt any Two questions:

2x15=30

- (a) "Brest milk is best for the new born". Explain the statement in detail.
- (b) Explain the functions of kidneys. Discuss the causes, sign & symptoms of renal failure.
- (c) Write short notes on any three:
 - (i) Diet during pregnancy
 - (ii) Deficiency of endocrine system
 - (iii) Irritable bowel syndrome
 - (iv) Health benefits of fibres
 - (v) Metabolism of lipids and fats.