**IDA REGISTERED DIETITIAN EXAMINATION**

**NOVEMBER 2013**

**Paper II-(Nutrition, Dietetics and Food Service Management)**

**Time: 2 Hours Marks: 100**

**Answer All Questions**

**SECTION A - (20 Marks)**

**I. Multiple Choice Questions - Answer all of the questions**

**( 10 x 2 = 20 marks)**

1.What is ISO and what are the different ISO best management systems available?

2. What is IUFD?

3. What is the meaning of colic?

4. What is PCOS and which are symptoms associated?

5. If the selling price of a South Indian meal in the hospital canteen is Rs 50 what will its food cost be if it is 55%?

6. The risk of obesity is lower in

a. breast fed infants

b. formula fed infants

c. cows milk fed infants

d. goats milk fed infants

7. Steatorrhoea

a. 1g fat excretion

b. >7g fat excretion

c. <5g fat excretion

d. 4g fat excretion

8. Hypoglycemia treatment

a. 15-20 gms glucose

b. 15-20 gms sugar

c. 30 gms candy

d. 30 gms dextrose

9. 2000 mgs of potassium is equal to

a. 56 mmols of potassium

b. 69 mmols of potassium

c. 51 mmols of potassium

d. 62 mmols of potassium

10. MCT is preferred form of fat in

a. Gall Bladder cancer

b. Cirrhosis of liver

c. Chronic pancreatitis

d. All of the above

**SECTION B ---- ( 50 Marks)**

**II. Answer all the questions A, B,C,D,E.**

**A. Multiple choice (5× 1=5 Marks)**

**1. To remove oil and greasy while manually washing dishes, the temperature of water should be**

i) 79°C (175° F) ii) 52° C (125° F) iii) 38°C (100° F) iv)24° C (75° F)

**2. Fat content of 100 gram of soya bean is**

i) 10.5 g ii) 18.5g iii) 19.5g iv) 22gms

**3. Excess carbondioxide in the blood is called**

i) Hypercapnia ii) Dyspnea iii) Emphysema iv) Tachypnea

**4. Dryness of the mouth is**

i) Ageusia ii) Dysgeusia iii) Xerostomia iv) Hypogeusia

**5. The protein content of 100ml human milk is -**

i) 3.2gms, ii) 1.1gms iii) 2.1gms iv) 4.3gms.

**B**. **Explain the following : (5× 2=10 Marks)**

1. What is the theme of the National Nutrition Week, 2013.
2. Pre Bariatric nutrition Guidelines
3. Give the full form PGSGA, ADI,FIFO,DAFNE
4. What is pyelonephritis? What is the cause?
5. Write short notes on Mediterranean Diet

**C**.  **Write "true" or “false” for the following statements : (5× 1=5 Marks)**

1. In acute diarrhea in children ,ORS to be replaced for every stool passed

2. Protein & micronutrient requirements in HIV patients are the same as healthy non HIV infected individuals

3. Glycemic index of barley is lower than that of wheat.

4. Green gram dhal is very high in copper, hence to be avoided In Wilsons disease

5. Specific gravity of milk is proportional to the temperature of milk

**D. Fill in the blanks: (5× 1=5 marks)**

a. \_\_\_\_\_\_\_\_ is softening and drying and ulceration of the cornea resulting from vitamin A deficiency; symptom of cystic fibrosis or sprue.

b. Dietary Cholesterol restriction in patients with Nephrotic Syndrome\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

c. Mono unsaturated fatty acid percentage of olive oil is \_\_\_\_\_\_\_\_\_\_\_.

d. Holding Enteral Nutrition for gastric volume < \_\_\_\_\_\_\_\_ml in the absence of other signs of intolerance should be avoided.

e. Flaxseed is an important vegetarian source of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**E. Explain the following: (5×5= 25 marks)**

1. Principles of Nutrition management of Ulcerative Colitis

2. Write short notes on Work Simplification in a dietary kitchen.

3. Explain the prebiotics and probiotics?

4. Nutrition management in Gluten enteropathy & lactose intolerance.

5. Describe Prader willi syndrome and what are the diet instructions you give.

**SECTION C --- (30 Marks)**

**III. Answer ANY TWO of the following: (2 × 15 = 30 marks)**

**1.** 47 year old Mr. Ravi previous history of CVA was on Gastrostomy feeding for past 6 months started on oral feeds 2 weeks ago. His caloric intake is approximately 700 kcals/day. Present complaint is unbearable headache for the past four days. His urine output is 1200ml/day. On anti hypertensive and fenofibrates previously. Started on Injection Heparin. Referred to Nutritionist for expert opinion.

Waist circumference 90cm

Ht. 162 cm BP 180/100 mmHg

Wt. 66 kgs Total Cholesterol 290 mgs/dl

HbA1c 5 % LDL Cholesterol 150 mgs/dl

FBS 92 mgs/dl HDL Cholesterol 38 mgs/dl

PPBS 100 mgs/dl Serum TGL 356 mgs/dl

Normal renal parameters Serum Albumin 2.6 gm%

What will be the nutritional care plan with nutrition goals for this patient ? 3 marks

Write the target values. 2 marks

Give diet plan with calculations with necessary justification and list two foods rich in the following: SFA, MUFA, Cholesterol, Trans Fatty Acids, PUFA 8 marks

Justify your dietary advise 2 marks

**(OR)**

**III. 2.** Plan a diet for a 15 year old female child with Type 1 diabetes – height 4 ft 9 inches, weight 45 kg. She takes two insulin shots at 7 a.m. and 7 p.m. Both are regular and intermediate acting insulin. She does walking 30 – 40 mts a day covering 3- 4 km.

Plan and calculate a day's diet for this child. 8 marks

Give reasons and justification for your choice of meal timings and foods. 5 marks

What instructions you give while counseling. 2 marks

**(OR)**

**III. 3.** 47 year old Mr. John was admitted with uremic symptoms with fluid overload and was advised emergency peritoneal dialysis. His caloric intake was hardly 350kcals/day. His urine output is 500 ml/day. Treatment plan was to plan for Hemo Dialysis. Advised Naso gastric feeding. Referred to Nutrition OP for dietary advise.

Height 166 cms

BUN 97 mgs/dl

Serum Creatinine 14.9 mgs/dl

Serum Sodium 149 mEq/l

Serum Potassium 5.8 mEq/l

GFR <15 ml/min

Blood pressure 180/120mmhg

Write the diagnosis. 1 mark

How will you prevent tissue catabolism? 1 mark

How will you correct the fluid overload through MNT? 1 mark

Write the nutritional mgt & objectives 3 marks

Plan and calculate a day’s diet for Mr. John (MHD) 6 marks

Write the normal values. 3 marks