

# Rajiv Gandhi University of Health Sciences

III Year B.N.Y.S Degree Examination – OCT-2019

Time: Three Hours

Max. Marks: 80 Marks

## Nutrition and Medicinal Herbs (RS-3)

QP Code: 2542

(QP contains two pages)

Your answers should be specific to the questions asked.  
Draw neat, labeled diagrams wherever necessary.

Section - A

### Multiple Choice Questions

10 X 1 = 10 Marks

- Fiber content in a balanced diet should be
  - 10 gms/day
  - 50 gms/day
  - 20 gms/day
  - 30 gms/day
- Which of the following nutrients has the lowest glycemic index?
  - Bread
  - Banana
  - Milk
  - Ice cream
- Which of the following vitamin is an integral component of coenzyme A that allows two carbon units to enter the TCA cycle?
  - Thiamine
  - Pantothenic acid
  - Biotin
  - Vitamin A
- Neurological manifestations are present in
  - Dry Beri Beri
  - B 6 deficiency
  - B 12 deficiency
  - All of the above
- Ascorbic acid is required in the effective utilization of all the following amino acid except
  - Methionine
  - Tryptophan
  - Tyrosine
  - Lysine
- Which of the following vitamin requires intrinsic factor for its absorption?
  - Cobalamine
  - Biotin
  - Folic acid
  - Pyridoxal phosphate
- Which of the following nutrients is rich in short and medium chain fatty acids?
  - Milk
  - Peanut oil
  - Sunflower oil
  - Almond oil
- Human most easily tolerate a lack of which of the following nutrient?
  - Protein
  - Carbohydrate
  - Lipid
  - Calcium

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9. Which of the following is not a component of dietary fibre?
- Cellulose
  - Pectin
  - Lignins
  - Agar
10. Which of the following has the highest specific dynamic action?
- Egg
  - Potato
  - Corn oil
  - Mango

### Section B

#### LONG ESSAYS (Answer any two)

**2 X 10 = 20 Marks**

- Justify the role of glycemic index, dietary fiber, calorie in the management of diabetes mellitus.
- Maternal nutrition
- Geriatric nutrition

#### SHORT ESSAYS (Answer any ten)

**10 X 5 = 50 Marks**

- Comparative study of modern nutrition and traditional naturopathy diet
- Ficus glomerata
- Assessment of malabsorption
- Food groups
- Childhood obesity
- Potassium
- Antioxidants
- Oxidative stress and oxidative defense
- Control of food intake
- Vitamin E
- Sodium
- Nutritional importance of electrolytes

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