



LONG ESSAYS

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

SHORT ESSAYS

10 X 5 = 50 Marks

3. Comparative study of modern nutrition and traditional naturopathy diet
4. Ficus glomerata
5. Assessment of malabsorption
6. Food groups
7. Childhood obesity
8. Potassium
9. Antioxidants
10. Oxidative stress and oxidative defense
11. Control of food intake
12. Vitamin E

Multiple Choice Questions

10 X 1 = 10 Marks

13. The daily fibre content in a balanced diet should be
 - a. 10 gms/ day
 - b. 50 gms/ day
 - c. 20 gms/ day
 - d. 30 gms/ day
14. Which of the following nutrients has the lowest glycemic index?
 - a. Bread
 - b. Banana
 - c. Milk
 - d. Ice cream
15. Which of the following vitamin is a integral component of coenzyme A that allows two carbon units to enter the TCA cycle?
 - a. Thiamine
 - b. Pantothenic acid
 - c. Biotin
 - d. Vitamin A
16. Neurological manifestations are present in
 - a. Dry Beri Beri
 - b. B 6 deficiency
 - c. B 12 deficiency
 - d. All of the above





18. Which of the following vitamin requires intrinsic factor for its absorption?

- a. Cobalamin
- b. Biotin
- c. Folic acid
- d. Pyridoxal phosphate

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19. Which of the following nutrients is rich in short and medium chain fatty acids?

- a. Milk
- b. Peanut oil
- c. Sunflower oil
- d. Almond oil

20. Human most easily tolerate a lack of which of the following nutrient?

- a. Protein
- b. Carbohydrate
- c. Lipid
- d. Calcium

21. Which of the following is not a component of dietary fibre?

- a. Cellulose
- b. Pectin
- c. Lignins
- d. Agar

22. Which of the following has the highest specific dynamic action?

- a. Egg
- b. Potato
- c. Corn oil
- d. Mango

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