

Centre For Distance and Online Education

S.N.D.T. Women's University

Examination: April 2025

Day & Date	Subject Name	Time	Marks
17/04/2025 Thursday	Basics of Diet Therapy	11:00 a.m. to 02:00 p.m.	100

Q.1 Write Short notes on (Any Four)

3 X 4= 12 Marks

1. Peptic ulcer
2. Hypertension
3. Role of exercise in diabetes.
4. Factors affecting BMR
5. Types, sources and functions of Dietary fiber

Q. 2 Justify the following (Any 3)

3 X 3 = 09 Marks

1. a. Liberal fluid intake (around 3 liters per day) is essential for kidney stones/ renal calculi.
b. Apart from water intake list two items that you will suggest to increase the fluid intake for someone with calcium oxalate Stone.
2. a. Vegetables and fruits intake should be increased in Constipation
b. List two high fiber breakfast recipes for constipation patient.
3. a. High protein High calorie diet should be given to underweight individuals.
b. List two High protein High calorie snacks for a sixteen year old underweight boy.
4. a. Consumption of Papad, Pickle, cheese, sauces should be avoided in Hypertension.
b. Suggest three tips on how to reduce sodium intake to a hypertensive patient.

Q.3 A) Give two food sources for the given nutrient (Any three)

1 x 5= 05 Marks

1. Protein
2. Vitamin C
3. Vitamin A
4. Iron
5. Calcium
6. Vitamin D
7. Carbohydrates

B) Name the deficiency disease for the given nutrient (Any three) 1 x = 05 Marks

1. Carbohydrate
2. Thiamine

3. Iodine
4. Vitamin C
5. Niacin
6. Iron
7. Vitamin A

Q.4 Write the functions for the given Nutrients: (Any 3)

3 X 3 = 09 Marks

1. Protein
2. Carbohydrate
3. Vitamin A
4. Calcium
5. Vitamin C

Q. 5 A Attempt any five from the following questions

8 X 5= 40 Marks

1. Dietary modification for fever.
2. Dietary modification for hyperlipidaemia.
3. Dietary Modification for Type 2 Diabetes.
4. Diet plan for High protein High Calorie diet
5. Write in brief practical suggestion for overweight/ obesity.
6. Write in brief practical suggestion for Underweight.
7. Write down dietary Consideration for diarrhoea and give sample menu for diarrhoea.

B) Draw and label food pyramid define balanced diet & explain in detail the points to be considered while planning a balanced diet.

1 X 6= 6 Marks

C) Planning of exchange list for Moderate working

1 X 5= 5 Marks

Q. 6 A) Answer the following.

1. Give the recommended Dietary Allowance (RDA) for Energy and Protein for: (3)

- a. Sedentary women
- b. Heavy working Men
- c. Moderate Women

2. Calculate the BMI (2)

- a. Height: 163 weight 82 kg
- b. Height: 175 cm weight 64 kg

3. Covert the following: (1)

- a. 77 kg = _____ pounds(lbs)

4. Calculate the following

- a. 8 servings of oil = _____ ml. (3)
- b. 2 servings of Rice = _____ gms
- c. 3 Servings of groundnut = _____ gms
