

Clinical nutrition Final Exam 2016

Part one / Multiple choice questions (40 Marks)

Clinical/Human nutrition

final 2016

1- The highest metabolic cost and TEF are

- a) Carbohydrates
- b) Lipids
- c) Proteins
- d) Vitamins
- e) Minerals

2- Cholesterol intake in atherosclerosis should be

- a) Restricted to zero mg/day
- b) Low at 200 mg/day
- c) Normal at 300 mg/day
- d) High at 1000 mg/day
- e) None of the above

3- Hyperthyroidism patients suffered from all of the following except

- a) Higher metabolic rate
- b) Higher melanin stain
- c) Higher thermogenesis
- d) Weight gain and obesity
- e) Higher thyroxine levels

4- The risk of diabetes and hypertension increased as

- a) BMI reaches 30 and above
- b) The waist circumference reaches <88 cm in women and <102 cm in men
- c) The waist circumference reaches >88 cm in women and >102 cm in men
- d) A and b
- e) A and c

5- Anorexia can be caused from

- a) Depression and dementia
- b) Alzheimer and Parkinson's
- c) Cystic fibrosis
- d) A and b
- e) A, b and c

- 6- Cachexia can be caused from all of the following except
- AIDS
 - Cancer
 - Renal failure
 - Type 2 diabetes
 - Congestive heart failure
- 7- Diabetic nephropathy recommended diets should contain
- Fruits as apricot, banana and kiwi
 - Fruits as apple, pear and peach
 - High carbohydrates intake
 - Highly proteins diets
 - Highly potassium diets
- 8- The sodium level in diabetes and hypertension should
- 2-4 g/day
 - Less than or equal 2g/day
 - 6 g/day
 - A and b
 - None of the above
- 9- Gestational diabetes pregnant women should
- Take lower carbohydrates diets restricted to 20%
 - Normal carbohydrates needs
 - Higher energy and carbohydrates by 300-500 kcal
 - Low proteins to less than 0.5 g/Kg
 - None of the above
- 10- The bad fats to the body
- Trans as conjugated Linoleic acid
 - Saturated fats
 - Highly oxidized cholesterol
 - Oleic acid
 - A, b and c
- 11- Vitamin A mega doses could lead to serious side effects as
- Abortion and birth defects
 - Hepatomegaly
 - Headache, nausea and vomiting
 - All of the above
 - None of the above

12- The genetic evidence predisposition towards obesity are

- a) Prader-Willi syndrome
- b) Bardet-Biedl syndrome
- c) Twins studies
- d) A and b
- e) A, b and c

13- The danger of dehydration may affect all of the following except

- a) Infants and children
- b) Diarrhea and vomiting symptoms
- c) Drinking water above urinary loss by 500-750 ml
- d) Using diuretics and laxatives medications
- e) Burns and hemorrhage states

14- Ideal meal planning for diabetes should consider

- a) nutritional and energy requirements
- b) Medications as insulin
- c) Blood glucose levels
- d) Physical activities and BMI
- e) All of the above

15- The best sweating agents are

- a) Sorbitol
- b) Maltitol
- c) Saccharine and aspartame
- d) A and b
- e) A, b and c

16- The most common anthropometric measurement for obesity classification is

- a) Weight or height
- b) Body fat percentage
- c) BMI
- d) Waist/hip ratio
- e) All of the above

17- Insulin stimulates

- a) Obesity
- b) Glycogen synthesis
- c) Lipid degradation
- d) A and b
- e) B and c

18- Adrenalin stimulates

- a) glycolysis
- b) Hormon sensitive lipase
- c) Glycogen degradation
- d) A and b
- e) B and c

19- Nutritional assessment should consider all of the following except

- a) Clinical assessment
- b) Race
- c) Anthropometric and body composition assessment
- d) Biochemical/haematological assessment
- e) Physical assessment

20- The last sequence for using energy

- a) Glycolysis
- b) Lipid degradation
- c) Glycogen formation
- d) Ketone bodies
- e) Protein degradation

Part two / Short note questions / Answer only 6 questions (60 Marks)

1) Write a suitable diet program for an obese diabetic hypertensive person

4) Numerate

a- The physical signs of malnutrition

b- Cachexia characteristics

c- Antiradicals' substances and some sources of each

d- Genetic evidences of obesity

e- In descending orders the macro and micro needed minerals

5) Explain why

a- Carbohydrates may transform lipid

b- Low carbohydrates diets and highly proteins diets are harmful

c- The true energy results from the oxidation of foods in mitochondria

Compare between
a- Pyramidal and eat well plate food model

b- Essential and non essential amino acids

c- Essential fatty acids and trans fatty acids

d- Insoluble and soluble fibers

3) What are the biochemical factors examined in

a- PEM

b- Cachexia

c- Diabetes nephropathy

d- Hyperthyroidism

e- Dehydration

d- Low salt substances are forbidden in nephropathy and CHF, but allowed in hypertension

e- Calcium signal may acts as hormonal signal

6) What are the normal values, benefits, deficiency consequences and sources of

a- Magnesium

b- Vitamin B6

c- Stigma sterol

d- Vitamin B12

e- Phosphorous

7) What are the elevated and deficient molecules and how to manage

a- Obesity cytokines and insulin resistance

b- Bulimia

c- Kwashiorkor

d- High cholesterol level

e- Hypoglycemia with acetone breath smell