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M.SC. IN NUTRITION & FOOD SCIENCE

EXAMINATION : APRIL/MAY - 2025

FIRST SEMESTER

Sub. : Diet in Metabolic Disorders (MSC24N -117TH)

Date: 14/05/2025

Total marks: 60

Time: 10.00 am to 12.30 pm

Instructions:

- 1) All questions are compulsory and carry equal marks.
- 2) Any kind of misconduct is punishable.

Q. 1 Fill in the right answer

(10)

1. Hyperthyroidism often leads to _____.
 - a) Weight gain
 - b) Weight loss
 - c) Bradycardia
 - d) Decreased appetite
2. Cushing's syndrome is caused by excess _____.
 - a) Insulin
 - b) Cortisol
 - c) Growth hormone
 - d) Thyroid hormone
3. Nutritional deficiencies are common in alcoholic liver disease due to _____.
 - a) Increased nutrient absorption
 - b) Impaired nutrient absorption
 - c) Increased food intake
 - d) Improved liver function
4. Obesity is characterized by excessive _____.
 - a) Muscle mass
 - b) Body fat
 - c) Bone density
 - d) Water weight
5. Goitrogens, which can interfere with thyroid function, are found in _____.
 - a) Dairy products
 - b) Cruciferous vegetables
 - c) Citrus fruits
 - d) Lean meats
6. Dietary management for NAFLD focuses on _____.
 - a) High saturated fat intake
 - b) Weight loss and a healthy diet
 - c) High sugar intake
 - d) Alcohol consumption
7. A major risk factor for atherosclerosis is _____.
 - a) High HDL cholesterol
 - b) High LDL cholesterol
 - c) Regular exercise
 - d) A diet rich in fiber

8. Which dietary component should be limited in NAFLD?
- a) Fruits and vegetables
 - b) Added sugars
 - c) Lean protein
 - d) Whole grains
9. Being underweight can lead to _____.
- a) Improved immune function
 - b) Nutrient deficiencies
 - c) Increased energy levels
 - d) Reduced risk of infections
10. Liver cirrhosis is characterized by _____.
- a) Healthy liver tissue
 - b) Scarring of the liver
 - c) Increased liver function
 - d) Decreased fat accumulation in the liver

Q. 2 Answer the following questions (Any 2) (30)

1. Explain the etiology, pathophysiology, and dietary management of obesity.
2. Discuss the etiology, pathophysiology, and dietary recommendations for atherosclerosis.
3. Explain the etiology, different stages of alcoholic liver disease and the corresponding dietary modifications required.

Q. 3 Write Short Note (Any 4) (20)

1. Etiology & dietary recommendations in hypothyroidism
 2. DASH diet and its role in hypertension management
 3. Nutrition for weight gain
 4. Dietary recommendations for women with PCOS
 5. Dietary guidelines for patients with Addison's disease
 6. Role of portion control in managing obesity
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