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M.SC. IN NUTRITION & FOOD SCIENCE
EXAMINATION : NOVEMBER/DECEMBER - 2025
FIRST SEMESTER

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

Date: 4/12/2025

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. A common symptom of Addison's disease is _____.
 - a) Hypertension
 - b) Hyper pigmentation
 - c) Weight gain
 - d) Increased appetite
3. A characteristic sign of Cushing's syndrome is _____.
 - a) Weight loss
 - b) Moon face
 - c) Hypotension
 - d) Decreased blood sugar
4. A key factor contributing to obesity is _____.
 - a) High metabolic rate
 - b) Positive energy balance
 - c) Increased physical activity
 - d) Low calorie intake
5. The DASH diet is recommended for managing hypertension. It emphasizes _____.
 - a) High sodium intake
 - b) Low sodium intake
 - c) High saturated fat intake
 - d) Low fruit and vegetable intake
6. Which vitamin is often deficient in alcoholic liver disease?
 - a) Vitamin C
 - b) Vitamin B1
 - c) Vitamin D
 - d) Vitamin K
7. Atherosclerosis is characterized by the buildup of plaque in _____.
 - a) Veins
 - b) Arteries
 - c) Capillaries
 - d) Lymphatic vessels

8. Which macronutrient is important for satiety and weight management?

- a) Refined carbohydrates b) Protein
- c) Saturated fats d) Trans fats

9. Women with PCOS are at increased risk for ____.

- a) Hyperthyroidism b) Type 2 diabetes
- c) Addison's disease d) Osteoporosis

10. Patients with Addison's disease may crave ____.

- a) Sweet foods b) Salty foods
- c) Fatty foods d) Bland foods

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

1. Explain the etiology, pathophysiology, and dietary management of hypothyroidism.
2. Describe the etiology, pathophysiology, and dietary strategies for addressing underweight.
3. Discuss the etiology, pathophysiology, and dietary recommendations for atherosclerosis.

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

1. Dietary considerations for patients with Addison's disease.
 2. Theories of weight management.
 3. Dietary recommendations for women with PCOS.
 4. Potential complications of rapid weight loss in obese individuals.
 5. Dietary recommendations for managing NAFLD.
 6. Dietary recommendations in hyperthyroidism.
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