

**K-63/2051**

**MEDICAL DIET THERAPY AND APPLIED NUTRITION**  
**Paper-VII**

Time : Three Hours]

[Maximum Marks : 60

**Note** : Attempt *two* questions each from Section A and B.  
Section C will be compulsory.

**SECTION-A**

- I. Define routine hospital diets. What is the significance of soft diet ? Under which circumstances it is given to a patient ? 9
- II. What is meant by therapeutic diet ? State its purpose. Discuss the principles and types of therapeutic diets. 9
- III. Discuss the effects of food on the absorption of drugs. 9
- IV. Discuss the nutritional requirements and recommended dietary allowances in the following conditions :
  - (a) Infancy. 4½
  - (b) Adolescence. 4½

## SECTION-B

- V. What is cirrhosis of liver ? What are the major underlying causes of this disease ? Discuss the nutritional therapy of an adult patient suffering from cirrhosis of liver. 9
- VI. What is the difference between type I and type II diabetes mellitus ? What type of dietary care should be taken for the patient suffering from type-II diabetes ? 9
- VII. Write notes on the following :
- (a) Role of Supplements in sports nutrition. 4½
  - (b) Ergogenic foods. 4½
- VIII. What is Hypertension? What are its causes and symptoms? What kind of diet would you suggest during hypertension? 9

## SECTION-C

- IX. Write short notes on the following :
- (a) Carbohydrate loading.
  - (b) Hepatic Coma syndrome.
  - (c) Role of fibre and fluids in constipation.
  - (d) Electrolyte imbalance.
  - (e) Lactose intolerance.
  - (f) What is Peptic Ulcer ?
  - (g) Aerobic energy.

- (h) Difference between Soft and Bland diet.
  - (i) Causes of underweight.
  - (j) Role of fruits and vegetables in the prevention of heart disease.
  - (k) Hyper cholesterolemia.
  - (l) Cholecystitis. (2×12=24)
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