+2 NUTRITION & DIETETICS – BOOKBACK ONE MARKS

UNIT 1 RECOMMENDED DIETARY ALLOWANCES AND MEAL PLANNING

1. A balanced diet should provide _____percent of calories from carbohydrate.
a) 50-60 b) 20-30 c) 40-50
2. _____ Servings of fruits and vegetables should be included in a day.
a) Seven b) two c) five
3. _____ can be used instead of sugar to reduce the cost of a meal.
a) sweeteners b) jaggery c) molasses
4. Inclusion of millets like _____ and _____ also helps to reduce the cost of a meal.
a) Ragi and bajra b) wheat and rice c) brown rice and red rice
5. Meal planning is both a _____ and an Art.
a) Science b) Philosophy c) Chemistry
6. During periods of physiological stress nutrient needs are_____.
a) Increased b) decreased c) no change
7. Nutritive value of pulses can be improved by _____.
a) Roasting b) boiling c) sprouting
8. Use _____ vegetables and fruits, which are rich in nutrients and are available at a reasonable cost.
a) imported b) seasonal c) organic
9. One-third of the day's calorie and protein requirements should be met by _____.
a) tea b) breakfast c) lunch
10. 100 ml of milk provides _____ k.cal of energy.
a) 70 b) 30 c) 40
11. 30g of pulses provide an average of _____g protein.
a) 6 b) 15 c) 20

UNIT 2 NUTRITION IN PREGNANCY, LACTATION AND INFANCY

1. The total plasma volume in a non-pregnant women averages _____ ml.
(a) 2500 (b) 2600 (c) 2800 (d) 3000
2. A healthy women gains an average weight about _____kg during pregnancy.
(a) 11-13 (b) 14-15 (c) 1-12 (d) 11-15
3. Consumption of non-food items like laundry starch, ice cubes are clay is called _____.
(a) oedema (b) heart burn (c) pica (d) nausea
4. _____, dieting is hazardous during pregnancy.
(a) exercise (b) weight loss (c) over eating (d) yoga
5. _____ stimulates milk production.
(a) oxytocin (b) prolactin (c) progesterone (d) oestrogen.

UNIT 3 NUTRITION DURING PRE SCHOOL, SCHOOL AGE AND ADOLESCENCE

1. An infant grows rapidly, doubling its birth weight by _____ and tripling it by 1 year of age.
a) six months b) two months c) three months
2. Protein intake of a pre-school child should be_____ g/kg body weight.
a) 2 to 3 b) 1.5 to 2 c) 3 to 4
3. _____ is the best source of calcium
a) rice b) milk c) wheat
4. The calcium requirement of a preschool child is_____ mg.
a) 600 b) 300 c) 400
5. _____ is a disorder which involves chronic ingestion of non-nutrient substances.
a) Pica b) anaemia c) anorexia
6. The school- age period has been called the latent time of growth
a) infancy b) school age c) adolescence

7. Nutritional requirements of boys and girls are more or less the same till the first _____ years
a) six b) five c) nine
8. _____ are essential fatty acids keep the brain healthy.
a) Omega 4 b) Omega 3 c) Omega 6
9. _____ begins in childhood if diets do not provide adequate calcium-rich foods
a) xerophthalmia b) anaemia c) osteoporosis
10. Children need iron because of rapidly expanding _____during growth.
a)Blood volume b)heart c)organs
11. Meat, fish, poultry, green leafy vegetables and millets are the best sources of dietary_____.
a)iron b) copper c) folic acid
12 _____ is essential for vision and a deficiency of the same can lead to night blindness
a)Vitamin C b)Vitamin A c)Vitamin B
13. Children get most of the …… from sunlight
a) Vitamin C b)Vitamin A c)Vitamin D
14. Adolescent growth spurt starts at about _____ years in girls and two years later in boys
a) 15-16 b) 10-12 c) 8-10
15. Adolescent girls are at greater physiological stress than boys because of _____
a) menstruation b) constipation c) acne
16. According to WHO, individuals between 10 and 19 years are considered _____
a) Children b) adolescents c) adults
17. Adolescence is a significant period for physical growth and_____.
a) Sexual maturation b)muscle development c) tissue development
18. Adolescents who have less _____density are susceptible for osteoporosis later in their life.
a) Bone mineral b) Skeletal c) Muscle
19. _____and vitamin B12 requirements also increase when there is rapid tissue synthesis as they participate in synthesis of DNA and RNA
a)Niacin b) Folic acid c) Thiamine
20. Transamination to synthesize non-essential amino acids requires more
a)Vitamin B6 b)Vitamin C c)Vitamin D
21. Fatty liver is seen in _____
a) Kwashiorkor b) Marasmus c) Anaemia
22. Old man's face is a classical symptom of
a) Kwashiorkor b) Marasmus c) Xerophthalmia
23. _____ is caused due to deficiency of vitamin A
a) Acne b) Marasmus c) Night blindness

UNIT 4 NUTRITION IN ADULTHOOD AND OLD AGE

1. Average daily protein requirement of an Indian adult is ---------.
(a) 2g/kg (b) 1.5g/kg (c)1g/kg (d) 0.5 g/kg.
2. Iron requirement for adult women is ---------higher than men.
(a) 4mg (b) 3mg (c) 2mg (d) 5mg.
3. -------- is the branch of medicine dedicated to the care of the aging.
(a) physiotherapy (b)Geriatrics
(c) Anthropology (d) Bio Medicine
4. Vitamin C may be protective against -------- at an intake level of between 150 and 250 mg per day for adults.
(a) Night blindness (b) Cataract
(c) Drowsiness (d) Insomnia.
5. Consumption of -------rich foods can prevent pernicious anemia among adults.
(a) fat (b) ascorbic acid (c) Folate (d) protein.
6. Negative ------- balance is due to low calcium intake.
(a) Protein (b) Vitamin A (c) Calcium (d)Iron.

7. Deficiency of ------- hampers the synthesis of neurotransmitter acetylcholine
(a) Chlorine (b) Iodine (c) Calcium (d)Iron.

UNIT 5 THERAPEUTIC DIETS

1. Identify the clear fluid diet
a .gruels b. milk c . barley water d . glucose
2. Which of the following is a soft diet ?
a .ripe banana b. dalpayasam
c . barley water d . strained custard
3. Each day nasogastric tube feeding can be given at a maximum of
a . 1 time b. 2 times c . 3 times d . 4 times
4. Passing a tube into the stomach or duodenum through nose is called
a . naso gastric b. naso entetric
c .naso duodenal d .naso jejunal
5. Say true or false :
a. Normal diet of an individual is the basis for planning therapeutic diet
b . TPN is the preferred mode of feeding for a sick individual whose GI tract is functioning

UNIT 6 DIET IN FEVER

1. Any disorder of the body or mind is known as _____
a. Disease b. Infection c. Pathogen d. Pyrogen
2. Fever is also called as _____
a. Expectoration b. Pyrexia c. Malaise d. Myalgia
3. FUO is _____
a. Fever of unknown origin b. Fever of unique origin
c. Fever of undesired origin d. Fever of unseen organism
4. Malaria is spread through the bite of infected …… mosquito.
a. Aedes b. Anopheles c. Plasmodium d. Culex
5. _____ infection may progress to AIDS
a Fever b. HIV c. Hepatitis d. Gastritis

UNIT 7 DIET IN OBESITY AND UNDERWEIGHT

1. Which of the following should be restricted the most by an obese person?
a. soups b. tea c. cakes d. fruit juices
2. The principle of diet for underweight people is
a. high calorie, high protein, b. high calorie, low protein
c. low calorie, high protein d. high calorie, low fat
3. State whether the following statements are true or false
a. When people are offered variety of foods ,their intake is likely to be less than when a single food is available.
b. Obesity predisposes to hypoinsulinemia and decreased glucagon levels
4. Match the following :

i) WHR	a) <18.5
ii) underweight	b) >0.85 for women
iii) ideal BMI	c) 30 to 34.9
iv) obesity grade 1	d) 18.5 to 24.9

UNIT 8 DIET IN GASTRO – INTESTINAL AND LIVER DISORDER

1. Accumulation of fluid in the abdominal cavity is _____.
a. Oedema b. Swelling c. Ascitis d. Dialysis
2. Jaundice is also called as _____.
a.Hepatitis b. Icterus c. Cirrhosis d. Hemolysis
3 _____ is the common cause for alcoholic hepatitis.
a.Virus b. Chemical c. Alcohol d. Food & Water
4 ……..replacement is the principle diet goal in diarrhoea.
a.Calorie b. Fat c. Fluid d. Calcium
5. Frequent evacuation of watery stools is called as _____.
a. Constipation b. Ulcers c. Colitis d. Diarrhoea

UNIT 9 DIET IN DIABETES MELLITUS

1. Excess thirst in diabetes is called as
(a) polyuria (b) polyphagia
(c) polydipsia (d) ketonemia.
2. This is avoided for a diabetic patient.
(a) vegetable salad (b) fruit salad
(c) wheat (d) honey.
3. The normal blood sugar level is --------mg/dl.
(a) 80-120 (b) 60-100 (c) 40-80 (d) 140-180.
4. For a diabetic with normal weight, ---------kcal/kg body weight is prescribed.
(a) 15 (b) 20 (c)25 (d)30.
5. This is an acute complication of diabetes.
(a) retinopathy (b) neuropathy
(c) nephropathy (d) hypoglycaemia.

UNIT 10 DIET IN KIDNEY DISEASES

1. Tachycardia is due to excess amount of ----- in the blood.
(a) sodium (b) Potassium (c) protein (d) Fat.
2. For nephritis, daily fluid replacement should be --------- ml plus daily amount excreted in urine.
(a) 200 (b) 300 (c) 300 (d) 40
3. ------- is rich in uric acid.
(a) Meat extracts (b) Tea (c) Tomato (d) Milk.
4. ---------- is released from the kidneys in response to low BP.
(a) Renin (b) Calcitonin (c) Insulin (d) Gastrin.
5. This food is rich in oxalate.
(a) Milk (b) Kidney (c) Liver (d) Fish.

UNIT 11 NUTRITION IN HYPERTENSION AND CARDIO-VASCULAR DISEASES.

1. Fatty deposits within the arteries are called_____
a) plaque b)scales c) adipose tissue d) callus tissue
2. _____ is an example for trans fat
a) butter b) ghee c) margarine d) sunflower oil
3. _____ is known as good cholesterol.
a) HDL b) LDL c) VLDL d) chylomicron
4. Elevated blood pressure is called _____
a) hyperglycemia b) hypertension
c) hyponatremia d) hypervolemia

5. Intake of _____ is restricted when the blood pressure is above normal.
a) iron b) thiamine c) carbohydrate d) sodium
6. _____ intake reduces blood cholesterol levels.
a) dietary fibre b) simple carbohydrate
c) starch d) animal protein
7. Retention of water in the tissues of the body is termed as
a) oedema b) inflammation
c) hyperemesis d) hypertension

UNIT 12 NUTRITION IN CANCER

1. _____ is an uncontrolled division of abnormal cells in the body which may invade other tissues
a) cancer b) fibroid c) apoptosis d) neoplasm
2. The process of origin and development of cancer is termed as ____
a) carcinogenesis b) Oogenesis c) metastasis d) sarcoma
3. _____ is a carcinogen
a) turmeric b) vitamin A c) vitamin C d) cigarette smoke
4. Radiation therapy may damage the cells of the small intestine leading to “fatty diarrhoea” also known as _____
a) steatorrhea b) loose motion c) constipation d) dysentery
5. _____ scavenge free radicals
a) electrons b) antioxidants c) water d) oil
6. _____ is a plant pigment
a) carotenoids b) hydrocarbons c) amines d) aldehydes
7. _____ is a cruciferous vegetable that helps in preventing cancer
a) cauliflower b) tomato c) potato d) brinjal
8. _____ are formed while reusing cooking oils which is carcinogenic
a) aldehydes b) ketones c) amides d) amines

+2 NUTRITION & DIETETICS – BOOK BACK TWO MARKS

UNIT 1 RECOMMENDED DIETARY ALLOWANCES AND MEAL PLANNING

1. Define a Balanced diet.
2. Define RDA.
3. Define Reference man.
4. Define Reference Woman.
5. Define Food exchange list.
6. What is Meal Planning?
7. List sedentary activities.

UNIT 2 NUTRITION IN PREGNANCY, LACTATION AND INFANCY

1. What is the role of placenta during pregnancy?
2. Suggest some ways to overcome nausea and vomiting during pregnancy?
3. What is meant by pica?
4. Write the minerals requirement for lactating mother?
5. Write short notes on Colostrum?

UNIT 3 NUTRITION DURING PRE SCHOOL, SCHOOL AGE AND ADOLESCENCE

1. Why is calcium very important during preschool period?
2. What is restrictive food intake disorder?
3. What is osteoporosis?
4. Give some examples of foods rich in Vitamin A.
5. What is the major reason for overweight and obesity in school children?
6. What is a packed Lunch?
7. Suggest a few healthy packed lunch recipes.
8. What are the signs and symptoms of Anaemia?
9. What is Anorexia nervosa?
10. What are Junk foods?
11. Define Obesity
12. What is the requirement for Iron and calcium for adolescents?
13. Define Adolescence
14. What is PEM?

UNIT 4 NUTRITION IN ADULTHOOD AND OLD AGE

1. Define geriatrics.
2. Write notes on vitamin requirement of adults?
3. How will you give nutritional awareness to old age people in your family?
4. Write the advantages of consuming omega 3 fatty acid rich foods?

UNIT 5 THERAPEUTIC DIETS

1. Define diet therapy
2. What is a clear liquid diet?
3. What is tube feeding?
4. List the types of tubes
5. What is parenteral nutrition
6. List the types of parenteral nutrition
7. Define dietitian.
8. List the types of dietitians
9. What are the uses of computer in diet counselling?
10. What is restricted diet?

UNIT 6 DIET IN FEVER

1. How are diseases classified?
2. Define the term "Fever".
3. What is acute or short duration fevers? List the causative organisms and mode of transmission for the following fevers
a. Influenza b. Tuberculosis c. Typhoid
4. Give examples for high energy drinks.

UNIT 7 DIET IN OBESITY AND UNDERWEIGHT

1. Define obesity.
2. What is BMI?
3. What is Broka's index?
4. Define underweight.
5. List the physical activity to reduce weight
6. List the causes of a person being underweight.
7. What are the complications of underweight?
8. What are the methods of managing stress.
9. What is android obesity?
10. What is gynoid obesity?

UNIT 8 DIET IN GASTRO – INTESTINAL AND LIVER DISORDER

1. What are the functions of gastrointestinal system?
2. List the different types of hepatitis virus
3. List the functions of liver
4. What is hepatitis?
5. Give examples for low fibre foods?
6. What is bland diet?

UNIT 9 DIET IN DIABETES MELLITUS

1. What is Diabetes mellitus?
2. What is meant by gestational diabetes?
3. Why is exercise important for a diabetic?
4. How will you avoid diabetes complications?
5. What are the causes of secondary diabetes?
6. Write on the prevalence of diabetes in India.
7. Explain diabetic ketoacidosis.

UNIT 10 DIET IN KIDNEY DISEASES

1. What is meant by leeching?
2. What are the causes of glomerulonephritis?
3. Differentiate between oliguria and anuria.
4. What is renal colic?
5. List the foods rich in potassium.
6. What is Lithotripsy?

UNIT 11 NUTRITION IN HYPERTENSION AND CARDIO-VASCULAR DISEASES.

1. Define atherosclerosis
2. What are lipids?
3. What is cholesterol?
4. What are lipoproteins?
5. Define myocardial infarction
6. Give two examples each for saturated and poly unsaturated fat
7. List two foods other than salt which contain high levels of sodium

UNIT 12 NUTRITION IN CANCER

1. Define neoplasm
2. What is metastasis?
3. What is a malignant tumor?
4. Define the term "cancer cachexia"
5. Define anorexia
6. Differentiate between carcinoma and sarcoma
7. Why should one restrict the intake of barbecued food?

+2 NUTRITION & DIETETICS – THREE MARKS

UNIT 1 - RECOMMENDED DIETARY ALLOWANCES AND MEAL PLANNING

1. Explain the objectives of planning a meal.
2. List the importance of a balanced diet.
3. List the importance of planning a menu.
4. Discuss the factors determining RDA.
5. How can you ensure nutritional adequacy in meals?
6. How can you achieve variety in meals?
7. List the ways by which you can maximize nutrients in a meal plan.
8. Why is it important to consider the likes and dislikes of individual family members during meal planning?
9. Classify occupations based on activity.
10. What are the qualities of a well-planned meal?
11. Differentiate between seasonal foods and out of season foods.
12. List at least two points you will keep in mind in order to prepare an attractive and appealing meal.
13. List the different types of work. Which kind of work requires maximum energy?
14. What are the requirements of a Balanced Diet?

UNIT 2 NUTRITION IN PREGNANCY, LACTATION AND INFANCY

1. Write briefly about the weight gain during pregnancy?
2. Write about the effects of undernutrition on the mother during pregnancy?
3. Smoking and chewing tobacco exerts harmful effects during pregnancy. Give reasons.
4. Explain Hormonal control of lactation.
5. Write the practice incompatible with lactation?
6. Write briefly about colostrum?
7. Write about the immunological benefits of breast milk?

UNIT 3 - NUTRITION DURING PRE SCHOOL, SCHOOL AGE AND ADOLESCENCE

1. Give the RDA for a 5 year old child
2. How does anemia affect school children?
3. What causes dental caries in school children?
4. Give the RDA for a 11 year old girl.
5. Why is a packed lunch important? Suggest a few tips to encourage this.
6. Why is breakfast the most important meal of the day?
7. List the physiological changes in boys and girls during adolescence.
8. Why do girls require more iron during adolescence?
9. Explain the factors responsible for obesity in adolescents
10. Define PMS. List its symptoms.
11. What is Acne? How is it caused?
12. Give the RDA of a16 year old boy
13. List a few dietary guidelines for adolescents.
14. List the causes and symptoms of Kwashiorkor
15. List the causes and symptoms of Marasmus.
16. What is Bitot's spot?
17. What causes night blindness?
18. List a few foods rich in Vitamin A
19. What causes dental caries in children?

UNIT 4 NUTRITION IN ADULTHOOD AND OLD AGE

1. Energy is essential in adulthood Discuss.
2. Explain the nutritional requirements in old age.
3. List three Tip for Lifespan of Adults
4. Physical activity reduces body weight. Discuss.

UNIT 5 THERAPEUTIC DIETS

1. List the advantages of therapeutic diets.
2. What are the dietary modifications of normal diet ?
3. Mention the various liquid diets.
4. List the roles of dietitian.
5. What are the code of ethics of dietitian?

UNIT 6 DIET IN FEVER

1. What are the causes for fevers?
2. Why is typhoid called as enteric fever?
3. How do you prevent the spread of influenza?
4. What is AIDS wasting syndrome?
5. What are zoonotic fevers?

UNIT 7 DIET IN OBESITY AND UNDERWEIGHT

1. List out the causes of obesity.
2. What are the complications of obesity?
3. How will you assess obesity?
4. Mention the advantages of doing exercise.
5. Bring out the difference between obesity and underweight.

UNIT 8 DIET IN GASTRO – INTESTINAL AND LIVER DISORDER

1. What are the types of constipation?
2. What are the causes of constipation?
3. Describe the causes for peptic ulcer?
4. Give the dietary principle for hepatitis
5. List five foods for high protein foods.
6. Differentiate gastric ulcer from duodenal ulcer

UNIT 9 DIET IN DIABETES MELLITUS

1. List the symptoms of diabetes.
2. Explain the causes for diabetes.
3. Explain glycaemic index.
4. Discuss artificial sweeteners.
5. How will you diagnose diabetes?
6. Explain how types of insulin affect modification of diet.
7. What are the dietary guidelines to be followed for a diabetic?
8. Write on the home remedies for diabetic.

UNIT 10 DIET IN KIDNEY DISEASES

1. What are the foods restricted in sodium rich diets?
2. Write on the causes of kidney stones.
3. How can stone formation be prevented?
4. Write on oxalate stones and calcium stones.
5. How are kidney stones treated?

UNIT 11 NUTRITION IN HYPERTENSION AND CARDIO-VASCULAR DISEASES.

1. Define hypertension
2. Give the classification for hypertension
3. Why is sodium restricted in hypertension?
4. Define cardiovascular disease
5. List the different lipoproteins

UNIT 12 NUTRITION IN CANCER

1. List the risks associated with malnutrition in cancer
2. Why does a cancer patient lose weight?
3. Is high calorie high protein liquid supplement useful for improving the nutritional status of cancer patients? Explain
4. What are antioxidants? Give the food sources for the same
5. What is a neutropenic diet?
6. What does consuming a rainbow of fruits and vegetables ensure?

+2 NUTRITION & DIETETICS – FIVE MARKS

UNIT 1 RECOMMENDED DIETARY ALLOWANCES AND MEAL PLANNING

1. What are the factors to be considered in planning a menu?
2. What are food exchange lists? How are they used in planning diets?
3. Discuss in detail the steps involved in planning a menu.
4. Describe the different ways by which you can reduce the cost of a meal?
5. What are the points to be considered in planning a diet?
6. What are recommended dietary allowances? How were they arrived at?

UNIT 2 NUTRITION IN PREGNANCY, LACTATION AND INFANCY

1. Write in detail about the physiological changes during pregnancy?
2. Explain the need of weight gain during pregnancy?
3. Write the effects of malnutrition on the foetus?
4. Suggest a diet for pregnant mother to avoid constipation?
5. Write the nutritional requirement during lactation?
6. Explain the process of stimulation of milk production?
7. Write the types of supplementary foods?

UNIT 3 NUTRITION DURING PRE SCHOOL, SCHOOL AGE AND ADOLESCENCE

1. Explain the common feeding problems in children.
2. Explain the factors to be considered in planning a diet for a preschooler.
3. Suggest five tips for feeding picky eaters.
4. Explain the dietary guidelines to keep school children healthy
5. Explain the nutritional problems in school aged children
6. Explain the points to be considered while planning a packed lunch.
7. What are the advantages of a healthy breakfast?
8. What are the harmful effects of skipping breakfast?
9. Explain the physiological changes during adolescence.
10. Explain the causes and complications of Anaemia in adolescents.
11. Explain the eating disorders of adolescent girls.
12. Explain the nutritional problems of adolescent boys.
13. What are the harmful effects of junk foods?
14. Explain the changes in eating habits during adolescence
15. List the causes and symptoms of Kwashiorkor
16. List the causes and symptoms of Marasmus
17. Explain vitamin A deficiency diseases.

UNIT 4 NUTRITION IN ADULTHOOD AND OLD AGE

1. Explain the factors affecting the intake of food.
2. Most of the adults are suffering from mental illness. This statement is true or false. Discuss.
3. Explain the ill effects of drugs.
4. Explain why water remains to be and important nutrient for persons over 65 years of age.

UNIT 5 THERAPEUTIC DIETS

1. Explain routine hospital diets in detail
2. Describe special feeding methods
3. Discuss the responsibilities of dietitian
4. What are the types of enteral and parenteral feeds ?
5. Explain the application of computers in diet counselling.

UNIT 6 DIET IN FEVER

1. Write in detail the classification of fever.
2. How do you prevent the intermittent fevers?
3. Explain briefly the four stages of HIV infection
4. What are the goals for dietary treatment in fevers?
5. Explain in detail the diet therapy for fevers.

UNIT 7 DIET IN OBESITY AND UNDERWEIGHT

1. Explain the factors causing obesity.
2. Describe the complications of obesity.
3. Plan a days diet for obesity
4. What are the causes and effects of underweight ?
5. Explain the dietary modifications in the treatment of underweight .

UNIT 8 DIET IN GASTRO – INTESTINAL AND LIVER DISORDER

1. Differentiate the diet therapy of diarrhoea from constipation
2. What are the types of hepatitis?
3. What is Oral Rehydration Therapy?
4. What are the goals for treatment in peptic ulcer?
5. Explain in detail the diet therapy in cirrhosis.

UNIT 9 DIET IN DIABETES MELLITUS

1. Write on the acute complications of diabetes.
2. Differentiate between type 1 and type 2 diabetes.
3. Explain the metabolic changes in diabetes.
4. Write on principles of planning diet for a diabetic.
5. Write on the chronic complications of diabetes.
6. Write on oral hypoglycaemic drugs.

UNIT 10 DIET IN KIDNEY DISEASES

1. Explain the functions of kidneys.
2. Write on the types of kidney diseases.
3. Write on the symptoms of nephritis.
4. Discuss the dietary management of glomerulonephritis.
5. Explain the dietary management for kidney stones.
6. Discuss the home remedies for kidney stones.

UNIT 11 NUTRITION IN HYPERTENSION AND CARDIO-VASCULAR DISEASES.

1. Briefly write about the types of hypertension
2. Spell out the risk factors for hypertension
3. What are the dietary and life style modifications to be adopted in the prevention and management of hypertension?
4. Give the pathophysiology of atherosclerosis
5. Explain the risk factors for CVD
6. Write about good and bad cholesterol
7. Discuss the role of functional food in reducing the risk for CVD
8. Explain the dietary management in CVD

UNIT 12 NUTRITION IN CANCER

1. Define cancer and explain the three phases in the development of cancer.
2. Give the classification of cancer based on the type of cell that produces it.
3. Spell out the risk factors for cancer
4. List the symptoms of cancer.
5. Explain the stages of cancer.
6. Elaborate on the techniques used in the diagnosis of cancer.
7. Spell out the nutritional implications of cancer
8. What treatment procedures are adopted in cancer? Explain the nutrition related side effects of the treatment.
9. Discuss what kind of nutritional intervention would be needed during the treatment phase of cancer.
10. Explain the role of antioxidants and phytonutrients in the prevention of cancer.

+2 NUTRITION & DIETETICS – GLOSSARY

UNIT 1 RECOMMENDED DIETARY ALLOWANCES AND MEAL PLANNING

Activity level - Level of activity of a person-sedentary (light), moderate or heavy. Activity level is chiefly related to the occupation of an individual.
Pregnancy - The state of carrying a developing embryo or fetus within the female body. Pregnancy lasts for about nine months
Lactation - Period when the mother breastfeeds her infant.
Meal Pattern - Number of meals consumed in a day and the timing and nature of different meals.
Mid-afternoon meal - Referring to a meal consumed between lunch and tea usually consisting of items like fruits, soups, beverages, snacks.
Mid-morning meal - Referring to a meal consumed between breakfast and lunch usually consisting of a beverage and a snack. Soups and fruit-based items are also served.
Physiological stress - Stress on the body due to normal physiological events unlike the stress caused by disease. Periods of physiological stress are generally rapid growth phases (e.g. infancy, adolescence, pregnancy and lactation).
Food fads - A fad diet is a diet that promises weight loss or other health advantages, such as longer life, and usually relies on pseudoscience rather than science to make many of its claims.

UNIT 2 NUTRITION IN PREGNANCY, LACTATION AND INFANCY

Amenorrhea - It is the temporary or permanent absence of menstrual periods.
Anencephaly - It is the absence of a major portion of the brain, skull, and scalp that occurs during embryonic development.
Cerebrovascular stroke - A stroke occurs when the blood supply to part of your brain is interrupted or reduced depriving brain tissue of oxygen and nutrients. Within minutes, brain cells begin to die.
Caesarean delivery - A surgically assisted birth involving removal of the foetus by an incision into the uterus, usually by way of the abdominal wall.
Down syndrome - A genetic abnormality that causes mental retardation, short stature, and flattened facial features.
Foetal alcohol syndrome (FAS) - The cluster of symptoms seen in an infant or child whose mother consumed excess alcohol during pregnancy, including retarded growth, impaired development of the central nervous system and facial malformations.
Hypocalcaemia - A condition in which the blood has too little calcium.
Hypoplasia - Underdevelopment or incomplete development of a tissue or an organ.
Low birth weight (LBW) - A birth weight of 2500gms or less, indicates probable poor health in the new-born and mother during pregnancy.
Spina bifida - One of the most common types of neural tube defects characterised by the incomplete closure of the spinal cord and its bony encasement.
Toxaemia - An abnormal condition of pregnancy characterised by hypertension and oedema and protein in the urine.

UNIT 3 NUTRITION DURING PRE SCHOOL, SCHOOL AGE AND ADOLESCENCE

Toddler - A toddler is a child 12 to 36 months old. The word is derived from “to toddle”, which means to walk unsteadily, like a child of this age.

Bone mineralization - Bone mineralization is the process of laying down minerals like calcium and phosphorus on matrix of the bone
Cognitive functions - Cognitive functions encompass reasoning, memory, attention, and language and lead directly to the attainment of information and, thus, knowledge
Essential fatty acid - An unsaturated fatty acid that is essential to human health, but cannot be manufactured in the body
Omega 3 fatty acids - an unsaturated fatty acid of a kind occurring chiefly in fish oils
Ischemic heart disease - Ischaemic (or ischemic) heart disease is a disease characterized by reduced blood supply to the heart
Hypertension - Hypertension also known as high blood pressure, is a long-term medical condition in which the blood pressure in the arteries is persistently elevated
Diabetes - A disease in which the body's ability to produce or respond to the hormone insulin is impaired, resulting in abnormal metabolism of carbohydrates and elevated levels of glucose in the blood.
Constipation - Constipation is a condition of the digestive system characterized by hard feces that are difficult to pass.
Hyperlipidemia - Hyperlipidemia is a term used to describe high levels of fat in the blood, such as cholesterol and triglycerides.
Dental caries - Dental caries is the scientific term for tooth decay or cavities.
Menarche - Menarche *is* the beginning of the menstrual function; especially the first menstrual period of an individual.
Transamination - the transfer of an amino group from one molecule to another
Restless leg syndrome - Restless leg syndrome is a disorder of the part of the nervous system that causes an urge to move the legs.
Foetus - A foetus is the prenatal stage between the embryonic stage and birth

BMI - BMI (Body Mass Index) - is a person's weight in kilograms (kg) divided by his or her height in meters squared.
Peer pressure - a feeling that one must do the same things as other people of one's age and social group in order to be liked or respected by them
Carcinogenic - any substance or agent that tends to produce a cancer.
Xerophthalmia - A condition resulting from deficiency of vitamin A affecting the eye, (Xero= dry, ophthalm= eye)
Bitot's spot - shiny pearly spots of triangular shape occurring on the conjunctiva in severe vitamin A deficiency especially in children.
PEM - Protein-energy malnutrition (PEM) - is a potentially fatal body-depletion disorder. It is the leading cause of death in children in developing countries.

UNIT 4 NUTRITION IN ADULTHOOD AND OLD AGE

Coronary heart disease - A disease of the heart due to inadequate blood supply as a result of narrowing/obstruction of coronary arteries which nourish heart muscle.
Demineralisation - It is a process to reduce the content of mineral substances in tissue or organism, such as bone demineralization.
Parkinson's disease - A disease of the central nervous system that affects movement, often including tremors
Menopause - It is defined as the point in time when menstrual cycles permanently cease due to the natural depletion of ovarian oocytes from aging.
Insomnia - Insomnia is a sleep disorder that is characterized by difficulty falling and\ or staying asleep
Osteo-arthritis - It is the most common chronic (long lasting) joint condition. This can cause pain, stiffness and other symptoms.
Osteoporosis - A condition in which bone become thin, porous and brittle, due to low levels of estrogen. Lack of calcium.

UNIT 5 THERAPEUTIC DIETS

CALID - Computer Aided Learning in Dietetics
Diet therapy - the role of food and nutrients in the treatment of various diseases
Dietitian - refers to a health professional who is qualified to give accurate advice and information on all aspects of nutrition and diet
Enteral or tube feeding - Tube feeding is when a special liquid food mixture containing the necessary nutrients like protein , carbohydrates, fats, vitamins and minerals , is given through a tube into the stomach or duodenum.
Parenteral Nutrition - It is a type of special feeding method , where the patient is supplied the required nutrients intravenously , directly into a vein
Routine hospital diets - Hospital diet is an essential part of modern therapy in all medical departments. The integration of nutritional therapeutic problems into the treatments of patients requires optimal scientific and practical forms of organization of nutrition in the clinic.
Therapeutic diet - is the branch of Dietetics concerned with the use of foods for therapeutic purpose.

UNIT 6 DIET IN FEVER

Disease - Any disturbance in the normal functioning of the body or mind.
Infectious disease - It is a disease caused by ingestion of pathogens.
Pyrexia - Elevation in body temperature
Pyrogens - A pyrogen is a substance produced by a microorganism that induces fever.
Malaise - A feeling of general discomfort, pain and fatigue.
Myalgia - Muscle pain
Bradycardia - Abnormal slow heart rate
Cholecystitis - Inflammation of gall bladder
Enteric fever - An infection marked by intestinal inflammation and ulceration caused by Salmonella typhi ingested with food and water.
Convulsions - A sudden, violent, irregular movement of the body, caused by involuntary contraction of muscles.
Hyperpyrexia - A severe increase of a person's body temperature, which reaches up to 41.5°C.
Hypoglycemia - Low levels of blood sugar.
Pneumonia - A respiratory disease characterized by inflammation of the lung parenchyma (excluding the bronchi) with congestion caused by viruses or bacteria or irritants
Expectoration - The process of coughing up and spitting out
Zoonosis - A disease which can be transmitted to humans from animals

UNIT 7 DIET IN OBESITY AND UNDERWEIGHT

Android fat deposition - deposition of fat around thewaist and upper abdomen,apple shape fatdistribution
Body Mass Index - A mathematical formula that correlates with body fat, expressed as weight in kilogram divided by height in meters squared
Cushing's syndrome - A glandular disorder caused by excessive steroid hormone resulting in greater than normal functioning of adrenal gland, due to obesity.
Essential fat - Fat that is present in the internal organs, bone marrow and nerve tissue that is necessary for survival.
Gynoid fat distribution - pear shape fat distribution deposition of fat in the thighs and buttocks.
Hypercholesterolaemia - Elevated blood cholesterol levels.
Lifestyle modification - change in the behaviour, eating habits, exercise and thinking pattern.

Lipogenesis - Fat formation.
Obesity - A state of adiposity in which body fatness is above the ideal, BMI of 30 -39.9.
Osteoporosis - loss of bony tissue resulting in bones that are brittle and liable to fracture.

UNIT 8 DIET IN GASTRO – INTESTINAL AND LIVER DISORDER

Addison's disease - Addison's disease, also known as primary adrenal insufficiency and hypocortisolism, is a long-term endocrine disorder in which the adrenal glands do not produce enough steroid hormones.
Anal fissures - An anal fissure is a small, oval shaped tear in skin that lines the opening of the anus
Ascites - Accumulation of fluid in abdominal cavity
Atonic Constipation - Atonic constipation is the condition where bowel activity is reduced because of lack of normal muscle tone or strength in the colon
BCAA protein - Protein sources which are rich in branched chain amino acids (Leucine, Isoleucine and Valine)
Bland diet - A diet which contains mechanically, chemically and thermally nonirritating foods that are generally soft, well cooked, low in dietary fibre and not spicy.
Carcinoma - Carcinoma is the most common type of cancer. It begins in the epithelial tissue of the skin, or in the tissue that lines the internal organs, such as the liver or kidneys.
Celiac disease - Celiac disease is a serious digestive disorder caused by an abnormal immune reaction to gluten.
Epigastric pain - It is pain or discomfort right below the ribs or upper abdomen. It can be a sign of gastro intestinal disease
Fecal Oral Route - Diseases can be transmitted when the stool of one host ends up in other person's mouth.
Fatty liver - A condition characterized by the accumulation of fat in liver
Fulminant liver disease - Absence of preexisting liver disease but development of hepatic coma.
Hepatic coma - Coma that can occur in severe cases of liver diseases
Hepatic encephalopathy - Hepatic encephalopathy is a decline in brain function that occurs as a result of severe liver disease
Hepatomegaly - Enlargement of liver
Hepatic Ischemia - Hepatic ischemia is a condition in which the liver does not get enough oxygen or blood. This causes injury to liver cells.
Hemorrhoids - Hemorrhoids are swollen and inflamed veins in the rectum and anus that cause discomfort and bleeding.
Hematemesis - Blood vomit
Icterus - Increased level of plasma bilirubin levels. Also called as Jaundice
Laxatives - Laxatives are substances or drugs that loosen stools and increase bowel movements. They are used to treat and prevent constipation.
Melena - Black tarry stools indicative gastrointestinal bleeding
Malabsorption syndrome - Malabsorption syndrome refers to a number of disorders in which the small intestine is unable to absorb certain nutrients such as carbohydrates, protein, fat and fluids.
Necrosis - Damage or death of tissues
Obstructive Constipation - It is the inability to pass stool through the digestive tract out the rectum because of any obstruction in the intestines.
Oral Rehydration Therapy - Oral Rehydration Therapy (ORT) is a type of fluid replacement used to prevent and treat dehydration, especially which is due to diarrhea.
Portal hypertension - High blood pressure in the portal vein which carries blood to the liver

Prebiotics - Non-digestible food that stimulates the growth of symbiotic bacteria present in the colon
Probiotics - Live microbial flora that can be used to reestablish the intestinal flora and improve the gut health
Prostaglandins - Prostaglandins are found in tissues and organs. They are synthesized in the cell from the essential fatty acids (EFAs). Prostaglandins are made at sites of tissue damage or infection, where they cause inflammation, pain and fever as part of the healing process
Reye's syndrome - Reye's syndrome is a rare but serious condition that causes swelling in the liver and brain.
Spastic Constipation - Constipation due to excessive tonicity of the large intestinal wall.
Steatorhoea - Presence of excess fat in the stool because of fat malabsorption
Wilson's disease - Wilson's disease is a rare inherited disorder that causes copper to accumulate in the liver, brain and other vital organs.

UNIT 9 DIET IN DIABETES MELLITUS

Acidosis - A buildup of acid in the blood stream
Ketosis - A metabolic state characterized by raised levels of ketone bodies in the body tissues.
Hyperglycaemia - Increased blood sugar level
Hypoglycemia - Decreased blood sugar level
Glycosuria - Sugar in the urine
Somatostatin - Hormone produced by many tissues in the body and regulates the endocrine system
Polyuria - Increased urination
Polydipsia - Increased thirst
Polyphagia - Increased hunger
Haemochromatosis - It is an inherited condition wherein the iron levels in the body slowly builds up.
Chronic pancreatitis - It is long standing inflammation of the pancreas that alters the organ's normal structure and functions.
Down's syndrome - A genetic chromosome 21 disorder causing developmental and intellectual delays.
Carcinoma of pancreas - Cancer in the pancreas
Pancreatectomy - Surgical removal of all or part of the pancreas
Cushing's syndrome - A condition that occurs due to exposure to high cortisol levels for a long time.
Addison's disease - A disorder in which the adrenal glands don't produce enough hormones.
Hypopituiturism - Diminished hormone secretion by the pituitary gland
Insulinopenia - Deficient secretion of the insulin by the pancreas resulting in hyperglycaemia.
Oral Hypoglycaemic drugs - Drugs used to lower the level of blood glucose.
Retinopathy - Damage occurring to the retina of the eye as a result of diabetes.
Nephropathy - Damage caused to the kidneys or development of kidney disease due to diabetes.
Neuropathy - Damage to the nerves due to diabetes.
Diabetic Cardiomyopathy - It is a disease that damages the structure and function of the heart due to diabetes.
Glycaemic Index - It is an ability of a food item to raise the blood glucose levels.
Food exchange lists - Food exchange lists are groups of measured foods of the same calorific value and similar protein, fat and carbohydrate and can be substituted for one another in a meal plan.

UNIT 10 DIET IN KIDNEY DISEASES

Anorexia - Lack or loss of appetite for food
Glomeruli - A cluster of nerve endings, spores or small blood vessels, especially a cluster of capillaries around the end of a kidney tubule.
Aldosterone - It is a steroid hormone produced by the adrenal cortex. It is essential for sodium conservation in the kidneys, salivary glands, sweat glands and the colon.
Renin - It is a hormone secreted from kidney cells and its primary function is to eventually cause an increase in blood pressure.
IgA nephropathy - It is a kidney disease that occurs when an antibody called immunoglobulin A (IgA) lodges in the kidneys.
Hereditary nephritis - It is a genetically heterogenous disorder caused by gene mutation.
SLE - Systemic Lupus Erythromatosus (SLE) is an inflammatory disease caused when the immune system attacks its own tissues.
RBC Red Blood Cells
Lithotripsy - Extracorporeal shockwave Lithotripsy is a noninvasive technique for the removal of kidney stones. Most ESWL is carried out when the stone is present near the renal pelvis. ESWL involves the use of a lithotriptor machine to deliver externally applied, focused, high-intensity pulses of ultrasonic energy to cause fragmentation of a stone over a period of around 30–60 minutes.
CT scan - Computed tomography (CT) is the most effective way to look for kidney stones. It uses radiation and computers to generate a cross-sectional view of the abdomen and pelvis.
Percutaneous nephrolithotomy (PCNL) - Clearance of stones working through a tunnel created through the back into the kidney. Stones are destroyed or removed intact.
Ureteroscope - Specialized endoscope for examination and treatment of ureteral disease. Usually less than 3 mm in diameter
Diuretics - These drugs inhibit the formation of calcium-containing stones by reducing urinary calcium excretion.
Renal colic - Term used to describe the common severe symptoms associated with a kidney stone obstructing the ureter. Common complaints include unpredictable onset of severe pain, usually beginning in the back and radiating to the groin. Nausea and vomiting often accompany this severe pain.
Ureter - The ureter is the long narrow muscular tube which allows urine to drain from the kidney to the bladder.
Urethra - the connection between the bladder and the outside world.
Bladder - the storage area for urine between episodes of urination.

UNIT 11 NUTRITION IN HYPERTENSION AND CARDIO-VASCULAR DISEASES.

Atherosclerosis - A disease of the arteries characterized by the deposition of fatty material on their inner walls
Hypertension - Abnormally high blood pressure.
Plaque - Plaque is made up of fat, cholesterol, calcium, and other substances found in the blood. This builds up inside the arteries.
LDL - Bad cholesterol. Transports cholesterol to the tissues. Leads to atherosclerosis.
HDL - Good Cholesterol. Carries cholesterol from other parts of the body back to the liver. Prevents atherosclerosis.
Essential hypertension - Essential hypertension (also called primary hypertension or idiopathic hypertension) is the form of hypertension that has no identifiable cause

UNIT 12 NUTRITION IN CANCER

Carcinogen - Any agent capable of causing cancer
Carcinogenesis - The initiation of cancer formation.
Neoplasm - Abnormal growth of tissue
Metastasis - The development of cancer in other parts of the body, away from its first site of occurrence.
Free radicals - Highly unstable and reactive molecules that can damage tissues of the body.
Antioxidants - A substance that inhibits oxidation and protects the tissues from the damage caused by free radicals
Phytonutrients - Phytochemicals are compounds naturally present in plants that keep plants healthy. They are found to be beneficial to humans as well.

+2 NUTRITION & DIETETICS – SUMMARY

UNIT 1 RECOMMENDED DIETARY ALLOWANCES AND MEAL PLANNING

1. Each day our body needs a supply of a number of nutrients to carry out its activities efficiently. Nutrients are needed by humans in specific amounts to ensure good health and well being.
2. Recommended Dietary Allowances (RDA) are estimates of intakes of nutrients which individuals in a population group need to consume to ensure that the physiological needs of all subjects in that population are met
3. Recommended dietary allowances of an individual depend on many factors like Age, Sex, Physical activity, and Physiological state
4. In order to meet the recommended dietary allowances, it is important to eat a balanced diet
5. A "Balanced Diet" can be defined as one which contains different types of foods in such quantities and proportions that the need for calories, minerals, vitamins, and other nutrients is adequately met and a small provision is made for extra nutrients to, withstand short durations of leanness.
6. A balanced diet should provide around 60-70% of total calories from carbohydrates, 10-12% from protein and 20-25% of total calories from fat.
7. Meal planning helps in planning a balanced diet. Meal planning is a simple practical exercise which involves applying the knowledge of food, nutrient requirement, and individual preferences to plan adequate and acceptable meals.
8. Meal planning helps to meet the nutritional requirements of the family, fulfills family needs, saves time and energy, provides variety, gives satiety and considers the individual likes and dislikes
9. Food exchanges help us to modify the diet of an individual according to their needs, likes, dislikes and food habits and help us to make the diet more flexible and interesting
10. The income of the family or more specifically, the amount of money available for food per person influence the kind and amount of food to be included in each meal. There are many ways in which one can ensure nutritious meals without increasing the cost.

UNIT 2 NUTRITION IN PREGNANCY, LACTATION AND INFANCY

1. A whole new life begins at conception. Organ system develop rapidly, and nutrition plays many supportive roles. Maternal nutrition before and during pregnancy affects both the mother's health and the infant's growth.
2. All pregnant women must gain weight. Maternal weight gain during pregnancy correlates closely with infant birth weight, which is a strong predictor of the health and subsequent development of the infant.
3. Nausea, constipation, heartburn, and food sensitivities are common nutrition related concerns during pregnancy. A few simple strategies can help alleviate the discomforts.
4. Lactation is an automatic physiological process that virtually all mothers are capable of doing. Most lactating women can obtain all the nutrients they need from a well balanced diet.
5. Breast milk excels as a source of nutrients for the young infants. Its unique nutrient composition and protective factors promote optimal health development throughout the first year of life.

UNIT 3 NUTRITION DURING PRE SCHOOL, SCHOOL AGE AND ADOLESCENCE

1. Nutrient needs change steadily throughout life into old age, depending on the rate of growth, gender, activities and many other factors.
2. Childhood and adolescence are periods of continuous growth and development which places a great demand on nutrients.
3. The energy requirements of toddlers and children vary greatly based on differences in growth rate and level of physical activity. Insufficient food will not only result in under nutrition in terms of inadequate weight gain but will also hinder growth.
4. Toddlers and young children have an increased need for calcium to promote the rapid bone growth and skeletal development that takes place during these early years of life.
5. The school- age period (6-12 years)is called the latent time of growth. School aged children grow significantly, and are physically active in general. As a result, their nutritional needs are high and critical.
6. Maintaining a balanced diet and regular exercise is important for school-aged children. These children are required to eat a variety of foods from each food group to ensure optimal intake of all vitamins and minerals.
7. At the same time, they may face new challenges regarding food choices and habits. Decisions about what to eat are partly determined by what is provided in school, at home, the influences from friends at school, and the media, especially television.
8. Poor nutrition compromises both the quality of life of school-aged children and also their potential to benefit from education.
9. Adequate nutrition of school aged children will also ensure that they grow to their full potential, and provide the stepping stones to a healthy life.
10. Deficiency of essential fatty acids may have a negative impact on school performance.
11. Bone density suffers when calcium needs are not met during childhood years
12. Milk and dairy products and some dark green, leafy vegetables are good sources of calcium.
13. Children need iron because of rapidly expanding blood volume during growth. Meat, fish, poultry, green leafy vegetables and millets are the best sources of dietary iron.
14. A variety of fruits and vegetables of different colours should be added in the child's food.
15. Dark green leafy vegetables, yellow, orange coloured vegetables and fruits (such as carrots, papaya, mangoes) are good sources of Vitamin A.
16. Children get most of their Vitamin D from sunlight and a small amount from some food items like fish oils, fatty fish, mushrooms, cheese and egg yolks.
17. Snacks may contribute up to a significant proportion of total daily energy and nutrient needs of the school child.
18. Obesity, underweight, constipation, dental caries and anaemia are some of the nutritional problems during the school going period.
19. Anaemia in school-aged children may result in deleterious effects including lower school achievement due to impaired cognitive development, poor attention rate and general fatigue.
20. Packed lunches have become a necessity for school going children as schools are either away or the lunch period is too short for the children to go home and have food.
21. The school lunch should meet one third daily requirement in calories, protein and other nutrients of the child, to boost concentration and energy for the rest of the school day

22. A nutritious breakfast is a central feature of a child's diet that supports healthy growth and development. Breakfast is the first meal of the day.

23. A healthy breakfast refuels the body and replenishes the blood sugar (glucose), giving the energy necessary to start a new day.
24. According to WHO, individuals between 10 and 19 years are considered as adolescents. The period of transition from childhood to adulthood is called adolescence with accelerated physical growth
25. The metabolic demands of growth and energy expenditure during adolescence increase the need for calories, protein, iron and calcium.
26. Inadequate nutritional intake during adolescence can have serious consequences throughout the reproductive years and beyond
27. Obesity and iron deficiency anaemia are major nutritional problems during the adolescent period and girls also suffer from eating disorders like Anorexia nervosa and Bulimia. Premenstrual syndrome and acne are some of the other problems during this period
28. Peer pressure is very high during adolescence. They begin to skip breakfast; choose less milk, fruits and vegetables and consume more soft drinks each day.
29. Finally Adolescence is the time to inculcate good eating and exercise habits which ensure good health forever.

UNIT 4 NUTRITION IN ADULTHOOD AND OLD AGE

1. Physical strength begins to decline from age 30 to age 80 and above.
2. Internal changes refer to the symptoms of growing old that are not visible or obvious.
3. Increasing age brings in several problems in vision.
4. Loneliness is the feeling of emotional isolation, being locked inside oneself and unable to obtain the warmth and comfort from others.
5. Physiological decline in body functions during aging is not uniform.
6. Depression can lead to lack of appetite and malnutrition. Being malnourished can also bring on symptoms of depression.

7. Many of the elderly are obese. They fail to make adjustments in their energy intake corresponding to decreased energy needs.
8. Physical activity of moderate intensity has been recommended for healthy well being.

UNIT 6 DIET IN FEVER

1. Any disorder or abnormality of the body or mind that destroys good health is known as disease.
2. Diseases are categorized into communicable and non-communicable diseases.
3. Communicable diseases are transmitted other people from an infected person, animal or a source in the environment.
4. Fever is an increase in body temperature above the normal range (97.0°F to 98.4°F) caused by an infection or any illness.
5. Acute fevers are of short duration with acute symptoms and the body temperature may rise to above 102°F.
6. Intermittent fever usually present for some hours of the day and the rest of the time, temperature is normal.
7. Chronic fevers are generally of longer and sustained duration. The patients have a past history of repeated episodes of infection.
8. A fever caused by the organism which is spread from animals to humans is called as Zoonotic fever.
9. The golden rule for diet therapy is "Feed the Fever"
10. A high calorie, high protein, high carbohydrate, adequate fat, adequate vitamins and minerals, high fluid, low fibre, less spicy and soft diet is given for the patients.

UNIT 8 DIET IN GASTRO – INTESTINAL AND LIVER DISORDER

1. The gastrointestinal tract is an active organ which digests and modifies the nutrients for absorption.
2. Gastrointestinal diseases refer to diseases involving gastrointestinal tract that is esophagus, stomach, small intestine and large intestine and accessory organs of digestion.
3. Diarrhoea is the condition when there is rapid transit of intestinal contents through the small intestine, reduced enzymatic digestion of foods and decreased absorption of nutrients. The therapy for diarrhoea consists of fluid and electrolyte management and dietary management.
4. Constipation is defined as difficulty or infrequent passage of stools. There are three types of constipation. The primary nutrition therapy for constipation is including adequate amounts of dietary fibre, both soluble and insoluble and adequate amounts of fluids.
5. Peptic ulcer is a term used to describe any localized erosion or necrosis of the mucosal lining that comes in contact with gastric juice. The key to the management of peptic ulcer is the judicious choice of drug therapy and dietary modifications.
6. Hepatitis is an inflammation of liver. Hepatitis is classified as acute viral hepatitis and chronic hepatitis.
7. Liver cirrhosis is a degenerative disease which is characterized by inflamed liver cells, abnormal fibrosis and development of nodules leading to obstruction and liver failure. One of the common symptoms of liver diseases is Jaundice.

UNIT 9 DIET IN DIABETES MELLITUS

1. Diabetes mellitus is a chronic metabolic disorder that prevents the body to utilize glucose completely or partially.
2. It is characterized by raised glucose concentration in the blood and alterations in carbohydrate, fat and protein metabolism.
3. One in every eight individuals in India is a diabetic.
4. The average age for the onset of diabetes is around 40 years while it is around 55 years in other countries.
5. The types of Diabetes are Type 1 or Insulin dependent Diabetes mellitus, Type 2 or Non insulin dependent Diabetes mellitus. Gestational diabetes, Malnutrition related Diabetes mellitus and Secondary Diabetes.
6. The main cause of type 1 diabetes is infection.
7. The main causes of type 2 Diabetes are heredity, age, stress and obesity.
8. The main symptoms of diabetes are polyuria, polyphagia, polydipsia, fatigue and delayed wound healing.
9. There are alterations in carbohydrate, protein and fat metabolism for a diabetic.
10. The following are the diagnostic test for Diabetes- Fasting blood glucose, Random plasma glucose and Oral Glucose Tolerance Test.
11. The main modes of treatment in Diabetes are Diet, Insulin, Drugs, Exercise and Education.
12. The acute complications of Diabetes include hypo glycaemia and
13. Diabetic acidosis and coma.
14. The chronic complications are retinopathy, nephropathy, neuropathy and cardiomyopathy.
15. Non caloric and high intense sweeteners are available as sugar substitutes for a diabetic.
16. Effective blood glucose control measures with healthy diet, physical activity and drugs not only allow the diabetics to lead a normal healthy life but also prevent the complications associated with diabetes.

11. Depending on the type of stones, the foods rich in that particular constituent is avoided.

UNIT 10 DIET IN KIDNEY DISEASES

1. Kidneys remove waste products of nitrogen metabolism. Urea, uric acid and creatinine are excreted.
2. Glomerulonephritis is an inflammatory process affecting the glomeruli, the small blood vessels in the head of the nephron.
3. The main cause of glomerulonephritis is streptococcal infection.
4. The symptoms of nephritis are haematuria, proteinuria, oedema, shortness of breath, tachycardia, elevated blood pressure, anorexia, oliguria or anuria and uraemia.
5. High calorie, low protein with restricted fluid, sodium, potassium and phosphorus diet is given for a patient suffering from glomerulonephritis.
6. Urolithiasis or renal calculi can be found lodged in the urinary tract namely, kidney, ureters, bladder or urethra.
7. The essential phase in stone formation is condensation of specific molecules within the collecting system. These molecules of mucopolysaccharides and mucoproteins form a matrix united by a strong chemical bond, with deposition of crystals in them as a secondary phenomenon.
8. The main causes of kidney stones are hot climate, heredity, low fluid intake and repeated urinary tract infection. Excessive urinary excretion of calcium predisposes to formation of calcium stones.
9. The most common constituents of kidney stones are oxalates, urates or phosphates, combined with calcium.
10. The fundamental principle in the treatment of kidney stones is to supply adequate fluids like water, coconut water, barley water, fruit juices and weak tea in order to ensure the passage of over 2000ml of urine per day.

UNIT 11 NUTRITION IN HYPERTENSION AND CARDIO-VASCULAR DISEASES.

1. Hypertension (high blood pressure) is a major risk factor for CVD. Hypertension is usually asymptomatic until complications develop.
2. Excessive bodyweight, lack of physical activity, excessive consumption of alcohol and sodium, and a low intake of potassium are factors that increase the risk of hypertension.
3. Prolonged hypertension damages the cardiovascular system, brain, and kidneys, increasing risk of myocardial infarction, stroke, and renal failure.
4. Treatment involves lifestyle changes together with dietary intervention.
5. CVD is the major cause of death worldwide. It is a disease that affects the blood vessels.
6. Primary prevention can be achieved by targeting cardiovascular risk factors such as hyper lipidaemia, hypertension, and diabetes mellitus.
7. Weight control, healthy diet and physical activity are the three focus areas in the prevention and management of CVD.

UNIT 12 NUTRITION IN CANCER

1. Cancer is a disease characterized by abnormal cell division. It can occur in any body tissue.
2. Energy and nutrients need increase during cancer as the tumour and normal cells compete with each other for their supply of nutrients. This hypermetabolic state coupled with a lack of appetite and poor intake of food leads to extreme muscle wasting termed cancer cachexia.
3. Treatment of cancer includes surgery, radiation, and chemotherapy.

4. Improving the patient's nutritional status is a challenge due to the aggressive nature of the illness and anorexia. In such a scenario, resorting to parenteral or enteral nutrition may be necessary.

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