



قائمة الاسئلة

التغذية العلاجية الطبية (1) - المستوى الثالث - قسم تغذية علاجية - كلية الطب والعلوم الصحية - برامج العلوم الطبية التطبيقية - الفترة الثالثة - درجة ا

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- 1) Long essential fatty acids such as omega 3 and omega 6 normally can't pass BBB.
  - 1) - True .
  - 2)  False .
- 2) Therapeutic diet is a modification of the abnormal diet to facilitate recovery
  - 1) - True .
  - 2)  False .
- 3) Oxidative stress pathological condition is most often developed as a result of metabolic dysfunction or metabolism alteration in the brain:
  - 1)  True .
  - 2) - False .
- 4) Most neurotransmitters are protein and synthesized from amino acids in presynaptic terminals.
  - 1) - True .
  - 2)  False .
- 5) . For ascites, a dietary sodium restriction (2g) is used, usually with a fluid restriction
  - 1)  True .
  - 2) - False .
  - 3) -
- 6) What is a common neurotransmitter that synthesized from glycolysis cycle intermediates?
  - 1) - Glutamate
  - 2)  Glycine
  - 3) - Aspartate
  - 4) - All of the above
- 7) Hypo-myelination of CNS neurons is one of the main causes of which of the following neurodegenerative disorders?
  - 1) - AD
  - 2) - Parkinson's disease
  - 3)  MS
  - 4) - Huntington's disease
- 8) The primary molecule required for synthesis of endogenous BH4 Cofactor in nervous system is:
  - 1) - essential amino acids
  - 2) - essential fatty acids
  - 3)  GTP
  - 4) - All the above
- 9) Which nutrient is abundant in the brain?
  - 1)  fat
  - 2) - protein
  - 3) - carbs
  - 4) - vitamins
- 10) The following precursor is essential for catecholamine's neurotransmitters synthesis:
  - 1) - BH4
  - 2) - vitamins B9,B12 and C
  - 3) - pyridoxal phosphate
  - 4)  All the above
- 11) Dopamine is an important neurotransmitter. Which disease or disorder results when the neurons in the brain that produce dopamine die?





- 1) - . Multiple sclerosis
  - 2) - AD
  - 3)  Parkinson's disease
  - 4) - Ischemic stroke
- 12) Appearance symptoms of hypoglycemia at 60mg/dl are biochemically attributed to:
- 1) - Blood glucose level is more than km value of GLUT-1
  - 2)  Blood glucose level is less than km value of GLUT-1
  - 3) - Blood glucose level = km value of GLUT-1
  - 4) - Non the above
- 13) Neurotoxins can increase the level and duration of acetylcholine action in postsynaptic terminal by:
- 1) - inhibition of reuptake of acetylcholine
  - 2) - high blood level of acetyl – CoA and choline
  - 3) - inhibition of acetylcholinestrace
  - 4)  inhibition of acetylcholinesterase and reuptake of acetylcholine
- 14) Excessive activation of glutamate receptors and its excitotoxicity has been associated with:
- 1) - Hyperglacemia
  - 2)  Hypoglycemia
  - 3) - Auglycemia
  - 4) - Non the above
- 15) Neuronal cell or cerebral death begins if blood glucose levels drop below
- 1) - 60 mg/dl
  - 2)  45 mg/dl
  - 3) - 35 mg/dl
  - 4) - 18 mg/dl
- 16) Decreasing formation of GABA neurotransmitter is usually associated with:
- 1) - . hepatic encephalopathy
  - 2) - lack of glutamine
  - 3) - hyperammonemia
  - 4)  all of these
- 17) Diverticulosis is an inflammatory disease of large intestine, it can be prevented by:
- 1) - . Liquid diet
  - 2) - Antibiotics
  - 3)  High fiber diet
  - 4) - All of the above
- 18) The most convenient therapeutic diet for patient with anorexia nervosa is
- 1) - Healthy diet
  - 2) - Low protein diet
  - 3) - DASH diet
  - 4)  High calories diet
- 19) The most convenient therapeutic diet for patient suffering from infection is:
- 1)  High protein diet
  - 2) - Bland Diet
  - 3) - High calories diet
  - 4) - High fat diet
- 20) The most convenient therapeutic diet for patient suffering from celiac disease is:
- 1)  Gluten free diet
  - 2) - Healthy diet
  - 3) - Liquid diet
  - 4) - High protein diet





- 21) The most convenient therapeutic diet for patient with Epilepsy is
- 1) - low protein diet
  - 2) - low fat diet
  - 3) - high caloric diet
  - 4)  + ketogenic diet
- 22) All beverages are recommended to be drinking during diarrhea except:
- 1) - strained fruits juice
  - 2)  + concentrated fruits juice
  - 3) - cocoa
  - 4) - pedialyte
- 23) Medical nutrition therapy for patients with peptic ulcer should be:
- 1) - high calories diet
  - 2)  + balanced diet
  - 3) - low FODMAPs
  - 4) - small frequent meal
- 24) To accelerate the healing process of peptic ulcer specific nutrients is advisable except:
- 1) - antioxidant minerals
  - 2) - antioxidant vitamins
  - 3)  + fat rich food
  - 4) - protein rich food
- 25) For most people GERD occurs after:
- 1) - eating large meal
  - 2) - lying down shortly after eating
  - 3) - eating spicy and acidic foods
  - 4)  + All the above
- 26) Metabolic dysfunction linked with Alzheimer's disease progression is often due to
- 1)  + High caloric diet
  - 2) - High protein diet
  - 3) - High fiber diet
  - 4) - low protein diet
- 27) Oral feedings are restricted in patients with
- 1) - acute attacks of IBD
  - 2) - acute pancreatitis
  - 3) - acute gallbladder disease
  - 4)  + all the above
- 28) Protein restriction should be avoided in patients with liver cirrhosis, because it could lead to the following condition except:
- 1) - acute malnutrition
  - 2) - breakdown of endogenous protein
  - 3)  + accumulation of ammonia in the blood
  - 4) - ascites
- 29) Which of the following statements is NOT true regarding MNT in hepatitis?
- 1) - frequent high calorie diet 35-40 kcal /kg
  - 2)  + low protein, 5.0 to -0.6 g/kg
  - 3) - fluid intake should be adequate
  - 4) - supplementation with antioxidants and multivitamins
- 30) Which of the following statements is NOT true regarding MNT in IBD?
- 1) - high calorie, high protein diet is recommended in small frequent meals
  - 2) - low fiber diet only during acute attack





- 3) - enteral or parenteral nutrition only during sever cases  
4)  + multivitamins plus minerals supplement not necessary
- 31) To absolutely confirm the diagnosis of IBS, symptomatic patient should avoid:
- 1)  + All FODMAP foods for 6 to 8 weeks  
2) - All low FODMAP foods  
3) - Fatty foods  
4) - All the above
- 32) Colonic spasm and pain in IBS patients after eating CHO rich foods is attributed to :
- 1) - Its fermented by bacteria in large intestine  
2) - Its poorly absorbed in small intestine  
3) - Its highly osmotic  
4)  + All the above
- 33) The best diagnostic method of irritable bowel syndrome (IBS) is:
- 1) - endoscopy  
2) - imaging tests  
3)  + health and dietary history  
4) - blood test
- 34) The most diagnostic symptom of patient suffering from GERD is:
- 1) - vomiting  
2) - bloating  
3) - loss of appetite  
4)  + heartburn
- 35) Administration of fat-soluble vitamins is largely advised in patients with:
- 1)  + chronic cholecystitis  
2) - liver cirrhosis  
3) - IBS  
4) - GERD
- 36) Diarrhea occurs when there is decreased absorption of fluids and nutrients and slow transit of intestinal content:
- 1) - True  
2)  + False  
3) -
- 37) Factor not negatively affecting the GIT Motility is:
- 1)  + eating high fiber diet  
2) - sedentary lifestyle  
3) - taking certain medications  
4) - change in routine
- 38) A cardinal symptom of hepatitis, which contributes to the risk of malnutrition.
- 1) - nausea  
2) - vomiting  
3)  + anorexia  
4) - jaundice
- 39) 35 g of fiber a day may use to reduce the normal activity of the intestines in intestinal blockage patient:
- 1) - True  
2)  + False  
3) -
- 40) Foods to NOT avoid if you have peptic ulcer
- 1) - read meat  
2) - pure ghee





- 3) - citrus fruits  
4)  lean meat
- 41) Proton pump inhibitors (antacid drug) such as omeprazole should be taken  
1)  before meal  
2) - after meal  
3) - within the meal  
4) - All of these
- 42) Which anti-pain drugs are relatively safe on stomach lining mucosa  
1) - aspirin  
2) - ibuprofen  
3) - Diclofenac  
4)  paracetamol
- 43) Deficiency of vitamin B12 is common in patients with peptic ulcer due to  
1) - intrinsic factor deficiency  
2) - heartburn  
3) - malabsorption  
4)  prolonged use of antacids
- 44) Chronic progressive disorder that can affect both the small and large intestine layers associated with abscess  
1) - Ulcerative colitis  
2)  Crohn's disease  
3) - Diverticulitis  
4) - Celiac disease
- 45) What is wrong in the MNT of a patient with cirrhosis and protein sensitive  
1)  aromatic amino acids should be used  
2) - branched-chain amino acid-based formulas should not be restricted  
3) - protein restriction should be avoided  
4) - plant proteins produce less ammonia
- 46) Patients with oesophageal varices should eat  
1) - liquid diet  
2)  soft and low fiber  
3) - soft and high fiber  
4) - soft and normal diet
- 47) Parenteral nutrition is highly recommended for  
1) - acute pancreatitis  
2)  acute Cholecystitis  
3) - acute hepatitis  
4) - all the above
- 48) A high calorie and high protein frequent and small meals are recommended for  
1) - IBS  
2)  IBD  
3) - GERD  
4) - cirrhosis
- 49) Enteral nutrition formula is highly recommended for  
1)  acute pancreatitis  
2) - acute Cholecystitis  
3) - Acute hepatitis  
4) - not th above
- 50) The gold standard test to investigate a helicobacter pylori (H. pylori) infection  
1) - blood test





- 2) + urea tes
- 3) - stool test
- 4) - all the above

