



قائمة الاسئلة 2025-05-14 04:32

التغذية العلاجية الطبية (1) - الثالث-تغذية علاجية - برامج العلوم الصحية-درجة الامتحان (70)

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- 1) Should take all medicines on an empty stomach (one hour before eating or 2 hours after).
  - 1) - True
  - 2) ☒ False
- 2) Therapeutic diet is a special product given to a person suffering from a disease to facilitate recovery.
  - 1) - True
  - 2) ☒ False
- 3) OTC and prescription medicines interact with herbal extract and supplements.
  - 1) ☒ True
  - 2) - False
  - 3) -
- 4) The main source of energy in the brain is the aerobic metabolism of glucose.
  - 1) ☒ True
  - 2) - False
- 5) For ascites, a dietary sodium restriction (2000mg) is used, usually with a fluid restriction.
  - 1) ☒ True
  - 2) - False
  - 3) -
- 6) Which molecule is usually NOT used by nerve cells for ATP production ?
  - 1) - fatty acids
  - 2) - amino acids
  - 3) - lactate
  - 4) ☒ All of the above
- 7) Diarrhea occurs when there is decreased absorption of fluids and nutrients and slow transit of intestinal content.
  - 1) - True
  - 2) ☒ False
- 8) The first chemical intermediate required for BH4 Cofactor synthesis in neurons is:
  - 1) - Tryptophan
  - 2) - Tyrosine
  - 3) - ATP
  - 4) ☒ GTP
- 9) Which nutrient is not synthesized in the brain?
  - 1) - phospholipid
  - 2) - protein
  - 3) - glycogen
  - 4) ☒ essential fatty acids
- 10) The following coenzyme is essential for catecholamine's neurotransmitters synthesis:
  - 1) - BH4
  - 2) - vitamins B9, B12 and C
  - 3) - PLP
  - 4) ☒ All the above
- 11) To avoid food drug interactions, medications should be taken with
  - 1) - citrus fruits juice
  - 2) - large meals
  - 3) ☒ water



- 4) - fiber rich food
- 12) Laxative drugs such as bisacodyl ( Dulcolax) can cause decrease absorption of electrolytes
- 1) ☒ True
- 2) - False
- 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 acetylcholinesterase
- 4) ☒ inhibition of acetylcholinesterase and reuptake of acetylcholine
- 14) Which of these common medications can be affected by taking milk
- 1) - Diazepam
- 2) - Digoxin
- 3) ☒ Tetracycline
- 4) - Non the above
- 15) A patient taking anticoagulant warfarin. The health care professional should evaluate the intake of
- 1) - leavy green vegetables
- 2) - liver organ meat
- 3) - potatoes
- 4) ☒ all of these
- 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 cellulose diet
- 4) - bland diet
- 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 TB 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 GIT inflammation is
- 1) ☒ phytochemicals rich food
- 2) - protein rich food
- 3) - fiber rich food
- 4) - non the above



- 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) GERD occurs after:
- 1) - eating large meal
  - 2) - lying down shortly after eating
  - 3) - eating spicy and acidic foods
  - 4) ☒ All the above
- 26) Which of the following drugs is likely to interact significantly with grapefruit juice?
- 1) - Xanax
  - 2) - Simvastatin
  - 3) - Cyclosporin
  - 4) ☒ All of these
- 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 severe 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
- 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) 5 to 10 g of fiber a day may use to reduce the normal activity of the intestines in intestinal blockage patient:  
1) ☒ True  
2) - False
- 40) Foods to NOT avoid if you have peptic ulcer  
1) - red 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 diet
  - 3) - soft and high fiber diet
  - 4) - regular 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 the above
- 50) Patient with celiac disease can eat the following food
- 1) - wheat flour
  - 2) ☒ corn flour
  - 3) - barley flour
  - 4) - none the above