

FOURTH B.N.Y.S. DEGREE EXAMINATION**PAPER III – FASTING & DIET THERAPY***Q.P. Code : 821525***Time: Three hours****Maximum : 100 Marks****Answer All questions****I. Long Essay:****(2 x 15 = 30)**

1. a) Principles of Diabetic, Bland and Full Diet.
b) Recommended calorie intake for Diabetic based on body weight.
2. Physiological mechanism of fibre in preventing Diverticulitis, Diabetes Mellitus and Coronary Heart Diseases.

II. Short Notes:**(10 x 5 = 50)**

1. Health problems associated with excessive sodium intake.
2. Trignolline - source and uses.
3. Phytochemicals- explain.
4. Lactose Intolerance Diet.
5. Define and explain Glycemic Index. Mention the Glycemic Index of Idly, Ice cream, Millets, Honey and Sundal.
6. Aging Process and Nutrition.
7. Explain why germination of seeds is good.
8. Medicinal uses of garlic and coriander seeds.
9. Contraindications and metabolism of fasting.
10. History and types of fasting.

III. Short Answers:**(10 x 2 = 20)**

1. What are Trans fatty acids?
2. What is Balanced Diet?
3. What makes food unsafe?
4. What is organic food?
5. Body factors which increases free radical formation.
6. Millets importance in Naturopathy.
7. When and How to break fasting?
8. Why naturopaths avoid three Whites namely sugar, Maida and salts?
9. Diet for acne.
10. Diet for rheumatoid arthritis.
