

**FOURTH YEAR B.N.Y.S. DEGREE EXAM
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) Fasting therapy in detail
- 2) Modification of Diet in Chronic Glomerulonephritis, Nephrotic Syndrome and Chronic Renal failure

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

1. Define and explain Glycemic Index. Mention the Glycemic Index of Idly, Ice cream, Millets, Honey and Sundal
2. Food and Drug interactions- four categories
3. Tabulate the Balanced Diet for an elderly person for a day
4. Principles of low purine, low fat Diet
5. Relationship between coffee and heart and why excess salt is bad for heart.
6. Objectives of cooking
7. Advantages of using Mud vessels in the management of health
8. Physiological effects of Fibre
9. Dietary principles for diabetic patient who is suffering from uremia and has a high Blood pressure.
10. Advantages of germination of seeds

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

1. Wrong dietary beliefs for diabetics
2. Recommended Dietary Allowances for Pregnant women
3. Fatty acids composition of Olive Oil
4. Effects of cooking
5. Environmental factors which increases free radical formation
6. Phenolic acids of phytochemicals
7. Functional properties of Curd and Milk
8. Juice Diet for Primary hypertension
9. Aging Process and Nutrition
10. Harmful effects food colors