

[LI 1525]

APRIL 2016

Sub.Code :1525

**FOURTH B.N.Y.S. DEGREE EXAMINATION
PAPER III – FASTING AND DIET THERAPY**

Q.P. Code : 821525

Time: Three Hours

Maximum : 100 Marks

Answer All questions

I. Essay Questions:

(2 x 15 = 30)

1. Explain the importance of dietary fibre and its therapeutic effects.
2. Therapeutic Diet as per ICMR.

II. Write Notes on:

(10 x 5 = 50)

1. Explain the Diet for Pregnancy and Lactation.
2. Describe the physiological effects of fasting.
3. Differentiate fasting and starvation.
4. History of fasting.
5. Write the changes in breath and temperature during fasting.
6. Write the Diet for obesity.
7. Explain the importance of raw juices .
8. Compare the cooked foods with raw foods.
9. Diet for Hypertension.
10. Dietary management for food allergy.

III. Short Answers on:

(10 x 2 = 20)

1. Harmful effects of artificial sweeteners.
2. Negative aspects of non vegetarian diet.
3. What is milk kalpa?
4. Classify food according to Ayurveda.
5. What is insoluble fibre?
6. Define Glycemic Index.
7. RDA of calcium for women.
8. RDA of Iron for children.
9. Diet for anemia.
10. Diet for Diabetics.
