

M.Sc. DEGREE EXAMINATION, APRIL 2020
II Year III Semester
Advanced Human Nutrition- Macro Nutrients

Time : 3 Hours

Max.marks :75

Section A ($10 \times 2 = 20$) Marks

Answer any **TEN** questions

1. Define BMR. List two factors affecting BMR.
2. What is physiological fuel value? How is it different from energy content of food?
3. Define glycaemic index of food. Give its uses.
4. Give the therapeutic uses of carbohydrates.
5. What are essential amino acids? Name them.
6. Write on the amino acid pattern in animal protein.
7. What are visible and invisible fats?
8. Name the food sources containing omega-3 and omega-6 fatty acids.
9. What are fat substitutes?
10. How is water exchanged in the body?
11. Give the distribution of water in the body.
12. List four physiological functions of proteins.

Section B ($5 \times 5 = 25$) Marks

Answer any **FIVE** questions

13. How is Total Energy Requirement estimated?
14. Explain the role of carbohydrates in dental caries and obesity.
15. Give the toxic effects of fructose and xylitol
16. Write short notes on amino acid balance and imbalance.
17. Brief on hypocholesterolaemic foods.
18. Explain the role of MUFA and PUFA
19. What is water imbalance? How is it caused?

Section C ($3 \times 10 = 30$) Marks

Answer any **THREE** questions

20. Describe the factors that regulate food intake
21. Discuss on the role of dietary fibres in health and disease.
22. Enumerate on various methods of estimating protein quality.
23. What are lipoproteins? Explain their types and health implications.
24. How are water and electrolyte balance maintained?

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