

Course No: NUTR 2312  
Course Title: Nutritional  
Requirements & Diet Planning  
Date: 08/06/2017  
No. of Questions: (4)  
Time: 2 Hours  
Using Calculator (Yes)

University of Palestine



Final Exam  
2016/2017  
Total Grade:

Instructor Name: Dr. Sameer Abu Eid  
Student No.: \_\_\_\_\_  
Student Name: \_\_\_\_\_  
College Name: \_\_\_\_\_  
Dep. / Specialist: \_\_\_\_\_  
Using Dictionary (No)

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**Question One: True or False (T or F)**

**(10 min)**

- 1- ( ) The food allergen stimulates the immune system to release antibodies IgA.
- 2- ( ) Food allergy reactions vary from person to person, as well as within the same person.
- 3- ( ) Epinephrine can be used for self-injection to handle food allergic emergency situations.
- 4- ( ) CBC is a method used for food allergy diagnosis.
- 5- ( ) Excessive sodium can decrease urinary calcium excretion.
- 6- ( ) Calcium carbonate needs acid to dissolve and for absorption.
- 7- ( ) All soymilk is calcium-fortified and contains vitamin D.
- 8- ( ) Approximately 30% to 40% of the amino acids lost during hemodialysis are essential.
- 9- ( ) The protein recommendations for patients who receive peritoneal dialysis are 1.6 to 1.9 g/kg of standard body weight.
- 10- ( ) Calcitonin Prevents calcium reabsorption in the kidneys.

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**Question Two: Choose the correct answer?**

**(15 min)**

- 1- **Food allergy symptoms usually fall into:**
  - A. Skin Reactions.
  - B. Nose Reactions
  - C. Throat and Lung Reactions.
  - D. All the above
  
- 2- **All the followings contain milk products except:**
  - A. Casein
  - B. Rennet casein
  - C. Mayonnaise
  - D. Amonium caseinate
  
- 3- **Food intolerances may be caused by:**
  - A. Sulfur
  - B. iron
  - C. folate
  - D. Glycogen

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- 4- **Many of Lactose Intolerance people can tolerate:**
- A. 15 grams lactose
  - B. 6 grams lactose
  - C. 1 cup of milk
  - D. 2 cups of milk daily
- 5- **All are Non-gluten containing grains except:**
- A. Corn flour
  - B. Corn starch
  - C. Rice flours
  - D. Wheat
- 6- **Concerning type 1 diabetes all the followings are correct except:**
- A. The immune system attacks the beta cells and destroys them.
  - B. Usually diagnosed in children and young adults
  - C. Characterized by insulin resistant
  - D. Patients must take daily insulin shots to stay alive
- 7- **Oxalic acid**
- A. Binds calcium in some foods such as spinach.
  - B. Prevent the absorption of iron.
  - C. Increase intake causes osteoporosis.
  - D. Dos not affect phosphorus.
- 8- **Osteoporosis:**
- A. Osteoporosis can't be prevented
  - B. Hyperthyroidism decrease the occurrences of Osteoporosis.
  - C. Medications for postmenopausal women are available for prevention and treatment of osteoporosis.
  - D. High protein diets decrease the risk of osteoporosis.
- 9- **Food allergy symptoms usually fall into**
- A. Skin Reactions
  - B. Nose, Throat and Lung Reactions
  - C. Stomach and Intestinal Reactions
  - D. All the above.

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**10- Nutrition practice guidelines recommend that the protein intake be based on the patient's:**

- A. Urea clearance, estimated GFR, and urinary protein losses.
- B. Creatinine clearance, estimated GFR, and urinary protein losses
- C. Blood protein, estimated GFR, and urinary calcium.
- D. Plasma sodium, blood protein, and urinary calcium.

**11- What is the most effective strategy for most people to lower their blood pressure?**

- A. lose weight
- B. restrict salt
- C. monitor glucose
- D. supplement protein

**12- If a food or supplement has 300 mg of calcium per serving, the "Nutrition Facts". What is the percentage of daily value intake for 60 years old woman?**

- A. 20% DV
- B. 25% DV
- C. 19% DV
- D. 100% DV

**13- Koilonchia is:**

- A. A sign of Iron Deficiency
- B. A sign of B12 and folate Deficiency
- C. A sign of osteoporosis.
- D. A test for B12 malabsorption.


**14- Chronic Kidney Disease (CKD) dialysis patients with diabetes**

- A. Insulin requirements increase
- B. Insulin requirements decrease
- C. No change (the same like diabetic without CKD)
- D. Increase insulin excretion through dialysis.

**15- The approach to medical nutrition therapy for CKD is based on:**

- A. The stage and progression of kidney disease
- B. Comorbid conditions (eg, diabetes mellitus)
- C. Renal replacement therapy (RRT).
- D. All the above.

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**Question three: Match column A with Column B**

(10 min)

Column A		Column B
1 Ferritin	( )	nitric oxide
2 Blood Pressure	( )	Potassium in DASH
3 Ca: 1300 mg/day	( )	B12 Depletion
4 fish, seafood and skinless poultry	( )	Osteoporosis
5 4,700 mg/day	( )	Egg Allergy
6 The average treatment lasts 3 to 5 hours	( )	9 to 18 years old
7 Garlic	( )	Iron
8 Ca++	( )	120/80 mmHg
9 flu vaccines	( )	6 ounces or less per day (hypertensive patients)
10 Pernicious Anemia	( )	Hemodialysis

**Question four: Short notes**

(60 min)

1- Mention the five stages of chronic kidney disease (CKD) with its criteria:

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**2- The three primary types of renal replacement therapy (RRTs)?**

- 1.....
- 2.....
- 3.....

**3- The goals for dietary management in chronic kidney disease CKD are to?**

- 1.....
- 2.....
- 3.....

**4- Most Common Food Allergies?**

- 1- .....
- 2- .....
- 3- .....
- 4- .....
- 5- .....
- 6- .....

**5- The National Osteoporosis Foundation (NOF) recommends 5 simple steps to bone health and osteoporosis prevention:**

- 1- .....
- 2- .....
- 3- .....
- 4- .....
- 5- .....

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**6- Functions of the Kidney**

- 1- .....
- 2- .....
- 3- .....
- 4- .....
- 5- .....
- 6- .....

**7- Mention four examples of food plan (strategies) to increase calcium quantity in a meal?**

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**8- What do you suggest nutrition modifications for 70 years old women suffer from osteoporosis and diabetes:**

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9- How does dialysis affect the nutrients in patient's blood?

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End of Questions  
*Good Luck*