

**BOWEN UNIVERSITY, IWO  
COLLEGE OF HEALTH SCIENCES  
NUTRITION AND DIETETICS PROGRAM  
2019/2020 FIRST SEMESTER EXAMINATION**

**COURSE CODE: NTD 313    COURSE TITLE: DIET THERAPY I**

**TIME: 2HRS 30MIN**

**INSTRUCTION: ANSWER FIVE QUESTIONS WITH AT LEAST TWO FROM SECTION.**

**Each question carries equal mark.**

1. (a) Discuss the following therapeutic diet giving examples of conditions where they are used
  - i. Acid -ash diet *9 marks*
  - ii. Bland diet *2 marks*
  - iii. High fiber diet *4 marks*(b) How is diet modified in bleeding ulcer?  
(c) Explain how hyperosmolar bolus in the intestine trigger the symptoms of dumping syndrome
2. Discuss tuberculosis under the following headings
  - (a) The clinical features *6 marks*
  - (b) The nutrient modification *9 marks*
3. (a) Write out 8 metabolic stress that occur in fever *8 marks*  
(b) List the dietary guidelines in the management of peptic ulcer *7 marks*
4. (a) Anorexia and nausea are symptoms associated with upper gastrointestinal tract disorders, how can they be managed nutritionally? *10 marks*  
(b) Dysphagia diet has different levels of solid textures and liquid consistencies. Mention them. *2½ marks*  
(c) List 5 causes of constipation *2½ marks*
5. (a) Write short notes on the following
  - i. Cancer initiators *8 marks*
  - ii. Cancer anti-promoters *5 marks*(b) Suggest five dietary modifications to reduce cancer risk *2 marks*  
(c) Why is water intake essential in the dietary management of cancer? How can adequate water intake be ensured during cancer management?
6. Discuss extensively on hypertension. Include the
  - i. Principles of the diet *2 marks*
  - ii. The DASH diet *7 marks*
  - iii. Diet related lifestyle changes to reduce blood pressure *6 marks*