



SREE CHITRA TIRUNAL INSTITUTE FOR MEDICAL SCIENCES & TECHNOLOGY

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ROLL NUMBER

WRITTEN TEST FOR THE POST OF DIETICIAN –B TO SR. DIETICIAN-A

DATE: 13/03/2023

TIME: 1 Hr.

DURATION: 60 MINUTES

Total Marks: 50

INSTRUCTIONS TO THE CANDIDATES

1. Write your Roll Number on the top of the Question Booklet and in the answer sheet.
2. Each question carries 1 mark.
3. There will not be any Negative Marking.
4. Write legibly the alphabet of the most appropriate answer (A, B, C or D) in the separate answer sheet provided.
5. Over-writing is not permitted.
6. Candidate should sign in the question paper and answer sheet.
7. No clarifications will be given.
8. Candidate should hand over the answer sheet and question paper to the invigilator before leaving the examination hall.

Purna Sundar
13/3/2023

Signature of the Candidate

1. Which of the following amino acids is rich in wheat proteins?
 - A. Tryptophan
 - B. Gluten
 - C. Glutamic acid
 - D. Ascorbic acid
2. Which among the following is the richest source of Vit D?
 - A. Fruits
 - B. Cod liver oil
 - C. Egg
 - D. Milk
3. What is the process of adding nutrients to foods to improve the quality of the food and prevent micronutrient deficiencies
 - A. Food fortification
 - B. Food additives
 - C. Food enrichment
 - D. Food biomagnification
4. Which of the following is the best source of Vitamin C
 - A. Guava
 - B. Pomegranate
 - C. Goose berry
 - D. Papaya
5. Deficiency of thiamine causes
 - A. Night blindness
 - B. Arthritis
 - C. Beri Beri
 - D. Scurvy
6. Daily requirement of protein in an adult is
 - A. 0.8 gms/kg
 - B. 2.5 gms/day
 - C. 2.5 gms/kg
 - D. 1 gm/day
7. Those who have had a renal transplant needs regulation in the intake of
 - A. Carbohydrates
 - B. Proteins

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- C. Fats
 - D. Vitamins
8. D.A.S.H diet is designed to prevent
- A. Hypertension
 - B. Diabetes
 - C. Arthritis
 - D. Hypercholesterolemia
9. Which of the following should not be high in a D.A.S.H diet
- A. Sodium
 - B. Potassium
 - C. Magnesium
 - D. Calcium
10. Which dietary mineral must be limited for a person on haemodialysis?
- A. Potassium
 - B. Iron
 - C. Zinc
 - D. Molybdenum
11. Which of the following is a food someone with lactose intolerance can consume?
- A. Fresh milk
 - B. Buttermilk
 - C. Yogurt
 - D. Soy milk
12. What dietary component has been shown to improve hypertension in humans?
- A. Potassium
 - B. Sodium
 - C. Polyunsaturated fatty acids
 - D. Cholesterol
13. Food item that is high in omega 3 fatty acids
- A. Flax seeds
 - B. Carrot
 - C. Spinach
 - D. Dates

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14. A food contains 5 grams of carbohydrate, 10 grams of fat and 5 grams of protein. How many Calories (kcal) does this food provide?
- A. 20
 - B. 250
 - C. 40
 - D. 130
15. In cases of renal insufficiency, what should take in place of proteins?
- A. Triglycerides
 - B. Essential Amino Acids
 - C. Glucose α -1-4 linkage
 - D. Vitamin K
16. What will be the BMI of male whose weight is 60 kg and height is 150 cm?
- A. 27
 - B. 30
 - C. 33
 - D. 36
17. What type of fat is considered to be the "good" fat?
- A. Saturated fat
 - B. Trans fat
 - C. Monounsaturated fat
 - D. Polyunsaturated fat
18. What is the recommended daily intake of fibre for adult men?
- A. 10 grams
 - B. 30 grams
 - C. 50 grams
 - D. 60 grams
19. In the nutritional management of patients with diabetes, it is recommended that consumption of saturated fat should be
- A. <10% of the total daily energy
 - B. 20% of the total daily energy
 - C. 30-40 % of the total energy
 - D. 50% of the total energy
20. Which of the following has the highest calorific value?

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- A. Carbohydrates
 - B. Fats
 - C. Proteins
 - D. Vitamins
21. Tube feeding is known as
- A. Parenteral nutrition
 - B. Enteral nutrition
 - C. Supplemental nutrition
 - D. Support nutrition
22. A gluten free diet is advised for patients with
- A. Crohn's disease
 - B. Coeliac disease
 - C. Irritable bowel disease
 - D. Liver disease
23. The World Health Organisation recommend adults to consume at leastservings of fruits and vegetables per day excluding starchy vegetables.
- A. 2
 - B. 1
 - C. 5
 - D. 6
24. Deficiency of Iodine leads to
- A. Anaemia
 - B. Goitre
 - C. Fibroid
 - D. Lipoma
25. Which of the following is not considered a nutrient
- A. Vitamins
 - B. Minerals
 - C. Fibre
 - D. Fats
26. In general, a low sodium diet keeps sodium intake to less than
- A. 2-3 gms per day

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- B. 5 gms per day
 - C. 2 mg per day
 - D. 10 mg per day
27. The benefits from reducing the amount of sodium in the diet include
- A. Lowered blood pressure
 - B. Reduced risk of heart disease
 - C. Reduced risk of stroke
 - D. All of the above
28. Milk is a poor source of
- A. Vitamin A
 - B. Vitamin B1
 - C. Vitamin C
 - D. Vitamin D
29. Calcium deficiency in the body occurs in the absence of
- A. Vitamin C
 - B. Vitamin D
 - C. Vitamin A
 - D. Vitamin E
30. is the sugar present in fruits
- A. Fructose
 - B. Galactose
 - C. Lactose
 - D. Sucralose
31. The anti-nutrient present in leafy vegetables is
- A. Vitamin C
 - B. Oxalate
 - C. Zinc
 - D. Potassium
32. Lack of dietary fibre can lead to
- A. Osteoporosis
 - B. Rickets
 - C. Anaemia
 - D. Constipation
33. A diet for a person with non-alcoholic fatty liver (NAFL) mainly aims at

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- A. Reducing sugary foods
 - B. Lowering fatty foods
 - C. Increasing fruits and vegetables
 - D. All of the above
34. Which of the following dietary pattern shows most promise in reducing cardiovascular diseases
- A. Western diet
 - B. Mediterranean diet
 - C. Chinese diet
 - D. African diet
35. Absorption of which one of the following nutrients in human intestine is interfered by phytates present in whole grains, cereals, soy, corn, nuts, and legumes
- A. Nitrates
 - B. Sulphur
 - C. Iron
 - D. Magnesium
36. Most animal fats are
- A. Saturated
 - B. Unsaturated
 - C. Globular
 - D. Linear
37. The diet for a person on peritoneal dialysis differs from the one for hemodialysis in that
- A. It requires more calories
 - B. It requires more calcium
 - C. It requires less protein
 - D. It requires less calories
38. Which of the following vitamins is most likely to be deficient in a vegan diet?
- A. Vitamin B1
 - B. Folate
 - C. Vitamin B12
 - D. Vitamin A
39. Deficiency of Vitamin A causes
- A. Night blindness

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- B. Scurvy
 - C. Beri Beri
 - D. Rickets
40. Scurvy is caused due to the deficiency of
- A. Vitamin A
 - B. Vitamin B
 - C. Vitamin C
 - D. Vitamin D
41. The everyday dietary requirement of an average adult moderately active is around
- A. 1000 kcal
 - B. 2500 kcal
 - C. 4000 kcal
 - D. 6000 kcal
42. The formula for the body mass index is
- A. a person's weight in kilograms squared divided by the square of his/her height in meters (kg^2/m^2)
 - B. a person's weight in kilograms squared divided by his/her height in meters (kg^2/m)
 - C. a person's weight in kilograms divided by his/her height in meters (kg/m)
 - D. a person's weight in kilograms divided by the square of his/her height in meters (kg/m^2)
43. Which of the following foods might be considered a "goitrogen"?
- A. Fish
 - B. Meat
 - C. Rice
 - D. Brassicas (Cabbage, Cauliflower etc)
44. Which component of food promote growth and repair of the body?
- A. Carbohydrates
 - B. Fats
 - C. Vitamins
 - D. Proteins
45. Which of the following has the highest glycaemic index
- A. Rice
 - B. Cucumber

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- C. Bread
 - D. Dextrose
46. The percentage of total calories obtained from carbohydrates should be between
- A. 15-20%
 - B. 20-25%
 - C. 50-60%
 - D. 5-10%
47. Egg is a rich source of the following nutrients except
- A. Fats
 - B. Vitamin D
 - C. Protein
 - D. Vitamin C
48.is required for formation of haemoglobin in the blood
- A. Calcium
 - B. Iron
 - C. Phosphorous
 - D. Magnesium
49. Fat soluble vitamins are
- A. A, D, E, K
 - B. B, C, D
 - C. E, D, B
 - D. K, D, B
50. Which of the following is not a carbohydrate?
- A. Stevia
 - B. Starch
 - C. Cellulose
 - D. Lactose

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ANSWER KEY – DIETICIAN – MARCH 13 2023

1	C	26	A
2	B	27	D
3	A	28	C
4	C	29	B
5	C	30	A
6	A	31	B
7	B	32	D
8	A	33	D
9	A	34	B
10	A	35	C
11	D	36	A
12	B	37	A
13	A	38	C
14	D	39	A
15	B	40	C
16	A	41	B
17	D	42	D
18	B	43	D
19	A	44	D
20	B	45	D
21	B	46	C
22	B	47	D
23	C	48	A
24	B	49	A
25	C	50	A

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