

MCQ
Nutrition

2021-2024



الدليل الشامل في اختبارات

التغذية العلاجية

تنسيق وإعداد : د. أليكس يوس

+967 733443846



بن حيكان
BEN HAIKAN

للقرطاسية والأدوات الهندسية
تصميم - طباعة - خدمات إعلانية



منعاء - شارع حده - المجمع السينمائي سابقاً مبنى صندوق صيانة الطرق

☎ 01 514490

☎ +967 777534444

☎ +967 778506000

منعاء - جسر المدينة - خلف البنك اليمني الدولي - أمام المجلس الطبي

☎ 01 514490

☎ +967 777534444

☎ +967 770007758

منعاء - خط المطار - جوار مطابع الكتاب المدرسي أمام الجوبي للمفروشات

☎ 01 322235

☎ +967 777753253

☎ +967 770007758

لا انسب الفضل لنفسية في هذا الملف انما هو مجهود لمجموعة من المتقدمين للاختبارات في مزاولة المهن الطبية وحيث تم تجميع الأسئلة من :

- ◀ أسئلة المجلس الطبي اليمن
- ◀ بروماتريك الهيئة السعودية
- ◀ بروماتريك قطر بروماتريك الامارات

ملاحظة:

لا تعتمد بشكل كامل على الاجابات في النماذج هذه الحلول والاجابات تم تثبيتها من خلال بحث على الشبكة وبعضها اجتهدت فيها بالرجوع للكتب، وسؤال الزملاء، وبعضها مما أتذكره. لذلك لا أضمن عدم وجود أخطاء مع العلم ان الملخص كان في حدود ٢٠٠ ورقة وتم مراجعتها وضغط حجمها ليكون مناسباً للطباعة

شكر خاص

- ❖ منصة مكتبة نور بوك على الانترنت www.noor-book.com
- ❖ منصة مكتبة الرقيي على الانترنت www.alroqey.com
- ❖ مكتبة بن حيكان للقرطاسية والأدوات الهندسية – والدعاية والطباعة والإعلان www.facebook.com/Benhaikan

أخيراً لا تنسوننا من خالص الدعاء:

نسأل الله الرحمة والمغفرة لأمي وابي وان يسكنهم الله فسيح الجنان أهدي هذا العمل المتواضع الى كافة الأهل والأصدقاء والزملاء الذين عطروا أيامنا بالمحبة وكل من لهم عزيمة وإصرار وطموح في درب العلم مع خالص أمنياتي للجميع بالتوفيق والسداد.

#ASEEL_YOUS...



Choose the most correct answer only one answer is correct :

1. The following contribute of development GERD except:

- A. Weight gain
- B. Fatty meals
- C. Decaffeinated coffee ✓**
- D. Tobacco smoking

2. The amount of energy requirement for Cirrhosis patient is:

- A. 20 - 25
- B. 25 - 30
- C. 30 – 35 ✓**
- D. 35 – 40

3. You can monitor a patient with ascites by: -

- A. MUAC ✓**
- B. Skin fold thickness
- C. Nutrition screening tool
- D. BMI& weight
- E. Serum albumin

4. Profession responsible for the application of nutrition and promote health:

- A. Nutrition
- B. Diet
- C. Dietetics ✓**

5. Broccoli is a rich source of.....

- A. Fiber ✓**
- B. B9
- C. Iron
- D. Omega 3

6. Oats contain Fibers

- A. Soluble fiber ✓**
- B. Insoluble fiber
- C. Total fiber

7. Pink color salmon fish like salmon contain:

- A. Omega 3 fatty acid ✓**
- B. Omega 6 fatty acid
- C. Omega 9 fatty acid

8. Soy food is rich source of:

- A. Antioxidant
- B. Isoflavones ✓**
- C. Probiotic

9. Nuts are a rich source of vitamin.....

- A. E ✓**
- B. A
- C. D

قناة نماذج واختبارات @Medical02022

10. Contain enzyme, hormone, immune.

- A. Formula
- B. Balance diet
- C. Breast milk ✓**

11. Obesity common one own day.

- A. Children
- B. Adult
- C. Adolescent ✓**

12. Breast milk contain essential That are required for eye and brain health of infant:

- A. Fatty acid ✓**
- B. Amino acid
- C. Glucose

13. The substances in foods that are important for human growth and function.

- A. Nutrients ✓**
- B. Nutrition
- C. Diet

14. The substance that requires relatively in small amount

- A. Macronutrients
- B. Micronutrients ✓**
- C. Nutrient

15. The vitamin is enhanced absorption of iron:

- A. C**
- B. A
- C. K

16. Required To growth, functional cognitive, and immune system?

- A. Protein ✓
- B. Vit A
- C. Fat

[قناة نماذج واختبارات @Medical02022](#)

17. ----- interactions that occur between organisms and the food they eat:

- A. Food science
- B. Diet
- C. Nutrition ✓

18. -----is more specific & focused:

- A. Diet
- B. Nutrition ✓
- C. Food science

19. Appetite of _ is little and varied among:

- A. Children
- B. Adults
- C. Infant ✓

20. Fiber is required for Health

- A. Heart
- B. GIT ✓
- C. lung

21. Autoxidation is propagated by

- A. Hydroxy peroxide
- B. Oxygen
- C. Organic molecules ✓

22..... Vital elements for skin integrity

- a. Protein
- b. Iron
- c. Fluid

23. Oxidation of unsaturated lipid in the food system is catalyzed by

- A. Peroxisomes
- B. Cytochrome p 450
- C. Lipoxygenase ✓

24. Account most of the free radicals produced source:

- A. Endogenous ✓
- B. Exogenous

25. Are non-nutrient in the food:

- A. Phytochemicals ✓
- B. Vitamins
- C. Mineral

[قناة نماذج واختبارات @Medical02022](#)

26. Particular selection of the food usually prescribed to recure diseases.

- A. Diet. ✓
- B. Therapeutic diet.
- C. Food
- D. Nutrition

27. Is only the guide that give us specific nutrient, calorie, based on age and sex?

- A. RDA ✓
- B. Food lable
- C. My pyramid

28. The process of digestion which food break down in the gastrointestinal releasing.....

- A. Nutrient ✓
- B. Nutrition
- C. Food

29.regulate the rate and intensity of contraction.

- A. Nerve ✓
- B. Muscle
- C. GIT

30. Divides fat into smaller pieces to assist enzymes

- A. Lipase
- B. Bile ✓
- C. Water
- D. Electrolyte

31. Hormone stimulate secretion of bile and pancreatic juice.

- A. Lipase
- B. Secretin ✓
- C. Cholecystokinin

32. Absorption use protein channel for carrier assisted movement of large particle

A. Simple diffusion

B. Facilitated diffusion ✓

C. Active transport

D. Pinocytosis

33. Excess protein/amino acid converted to glucose via

A. Glycogenesis

B. Lipogenesis

C. Gluconeogenesis ✓

قناة نماذج واختبارات @Medical02022

34. When glycogen reserve is full, excess is stored as fat via:

A. Glycogenesis

B. Lipogenesis ✓

C. Gluconeogenesis

35. Cell is missing enzymes that controlling metabolism of specific nutrient is called

A. Genetic defect ✓

B. Phenylketonuria

C. GSD

36. Refers to measurement recumbent position

A. Height

B. Length ✓

C. MUAC

37. Hip circumference recommended increase in fath.

A. >88 ✓

B. >85

C. >80

38. All consider true about osteoporosis except:

A. Effect quality of bone ✓

B. Insufficient amount of vitD & in adequate calcium

C. Increase risk of fracture

D. Women has greater risk fourth time than men to develop osteoporosis

39. Has great developed and growth rapidly and change:

A. Adult

B. Children ✓

C. Adolescence

40. All of the following are likely to be more poorly tolerated in IBS EXCEPT:

- a. Large meals
- b. Dietary fat
- c. Caffeine
- d. Sugars
- e. all above ✓

40. It has protective the health

- A. Phytochemical ✓
- B. diet
- C. nutrients-

[قناة نماذج واختبارات @Medical02022](#)

42. Intestinal gases that cause gases in the intestine include the following EXCEPT:

- a. Nitrogen
- b. Carbon dioxide
- c. Methane
- d. Ethylene ✓

43. Basal metabolic processes include one of the following processes:

- a. Digestion ✓
- b. Nerve transmission
- c. Physical activity

44. Determines how long a person can perform a task before getting exhausted:

- a. Strength
- b. Flexibility
- c. Endurance ✓

45. _____ reduces blood pressure.

- a. Calcium ✓
- b. Oxygen
- c. Sodium

[قناة نماذج واختبارات @Medical02022](#)

46. Common habits that cause chronic diseases:

- a. Sleep
- b. Smoking ✓
- c. PA

47. The energy required in the case of cirrhosis:

- a. 20-25 kcal/kg
- b. 25-30 kcal/kg
- c. 30-35 kcal/kg ✓
- d. 35-40 kcal/kg

48. The role of phytochemicals is:

- a. Building the body
- b. Providing energy
- c. Maintaining health ✓

49. Which of the following increase the energy expended from the body:

- a. TFF
- b. REE
- c. PA (Physical Activity) ✓

قناة نماذج واختبارات @Medical02022

50. All are considered true about osteoporosis EXCEPT:

- a. It's a disease that affects the quality of bone
- b. Insufficient amount of vit. D and inadequate calcium
- c. Increase risk of fractures
- d. Women has a greater risk (four times) to develop osteoporosis than men

51. All of the following minimize the risk of catheter infection EXCEPT:

- a. Single lumen when appropriate
- b. Using PICC
- c. Minimal barrier precautions during insertion
- d. Appropriate site selection

52. _____ causes miscarriage for pregnant women.

- a. Smoking
- b. Alcohol
- c. Poor sleeping

53. Heavy alcohol drinking during pregnancy could result in:

- a. Cognitive behavior
- b. FAS (Fetal Alcohol Syndrome). ✓
- c. Physical problems

54. A nutrient-dense diet is essential for maintaining good health for _____.

- a. Elderly ✓
- b. Manual workers.

55. Episodes occurring at least 2 days per week for a period of 6 months:

- a. Anorexia nervosa
- b. Bulimia nervosa
- c. Binge eating disorder ✓

56. Chemical elements in the human body bond into:

- a. Cells
- b. Tissues
- c. Atoms
- d. Molecules ✓

57. _____ changes cause nausea and vomiting during pregnancy.

- A. Hormonal changes.

[قناة نماذج واختبارات @Medical02022](#)

58. Sexual maturity occurs in:

- a. Children
- b. Adults
- c. Adolescents ✓

59. _____ is one of the best preventative medicines.

- a. The answer is: Eating right.

60. Factors that decrease basal metabolic rate:

- a. Fever
- b. Sleep ✓
- c. Smoking

61. Type of IBD that involves the small and large intestine in a segmental manner:

- a. Crohn's disease ✓
- b. IBS
- c. Ulcerative colitis

62. Process that starts in the rectum and progresses to involve varying lengths of the colon:

- a. Crohn's disease
- b. IBS
- c. Ulcerative colitis ✓

63. Primary nutrition therapy for constipation including consumption of dietary fibers and adequate fluid which increase all of the following except:

- a. Stool fluid
- b. Microbial mass
- c. Stool frequency
- d. Soften stools
- e. all above



64. All of the following are diseases of IBD EXCEPT:

- a. Crohn's disease
- b. Ulcerative colitis
- c. IBS ✓

[@Medical02022](#) قناة نماذج واختبارات

65. Causes steatorrhea all of the following except:

- a. Pancreatic lipase insufficiency
- b. Inadequate bile secretion
- c.

66. All of the following are contributing to malnutrition in cirrhotic patients except:

- a. Hypermetabolism
- b. Malabsorption
- c. Altered in nutrient metabolism
- d. Anorexia
- e. None of the above ✓

67. Food consumed by human and other organisms is called:

- a. Diet ✓
- b. Nutrient
- c. Nutrition

68. Application of nutrition science to promote human health is called:

- a. Nutrition
- b. Diet
- c. Dietetics ✓
- d. Diet therapy

69. An important tool that dietitians use to help people understand good nutrition is:

- a. Food labels
- b. Food guidelines
- c. Food pyramid ✓

70. Vegetable protein foods contain essential amino acids than animal protein

- a. Similar
- b. Fewer ✓
- c. More

71. People who are ill and recovering from illness are called:

- a. Invalids
- b. Convalescent ✓
- c. Elderly

72. Part of the stomach protrudes through the diaphragm into the thoracic cavity is:

Hiatal hernia ✓

73. Is more common in males:

- a. Peptic ulcer
- b. Gastric ulcer
- c. Duodenal ulcer ✓

[قناة نماذج واختبارات @Medical02022](#)

74. A mineral that participate as a cofactor in nerve transmission: (not sure of the question)

- a. Calcium
- b. Zinc ✓
- c. Iron

75. A balanced diet rich in carbohydrates to provide enough energy:

- a. Manual workers ✓
- b. Elderly
- c. Office workers

76. Folate and iron play an important role in the formation of:

- a. Hemoglobin ✓
- b. Cells
- c. Tissues

77. End stage renal disease is characterized by a GFR:

- a. 30-59
- b. 15-29
- c. <15 ✓

78. A Healthy diet is rich in:

- a. Protein
- b. Fluid ✓
- c. Fat

79. It regulates the body temperature:

- a. Fluid ✓
- b. Vitamins and minerals
- c. .

80. Occurs when acidic juices back flow into the esophagus causing heartburn

- a. GERD ✓

81. Causes hepatic encephalopathy all true except:

- a. Diet
- b. High glutamine
- c. Protein
- d. Infection
- e. BCAA (Branched-chain amino acid) ✓

قناة نماذج واختبارات @Medical02022

82- Vitamin C deficiency leads to...

- a. Scurvy ✓
- b. a. Rickets.
- c. Night blindness
- d. Pillo

83- Vitamin D deficiency leads to...

- a. Rickets. ✓
- b. Scurvy
- c. Night blindness
- d. Pillo

84- Vitamin A deficiency leads to...

- a. Rickets
- b. Night blindness. ✓
- c. Scurvy
- d. Pillo

85- About Gluten free diet all true except:

- a. avoid wheat , barely...
- b. Use Alternatives as corn, rice ,potatoes
- c. Free gluten diet for celiac disease temporary ✓
- d. free gluten diet is free from glutamine and peritol
- e. Lactose free diet

86- All true regarding of irritable bowel disease diets except :

- a. Restricted fiber diet
- b. High fiber diet
- c. NPO
- d. Parenteral feeding
- e. IV fluids and electrolyte

87- Medical Nutrition Therapy of an intestinal obstruction all true except

- a. Nothing by mouth ✓
- b. Parenteral feeding

88- are calculated diet used to adjust caloric intake ...

a. The energy. ✓

89- is a form of severe protein energy malnutrition

a- Kwashiorkor ✓

b- Marasmus

c- Rickets

[قناة نماذج واختبارات @Medical02022](#)

90- Folic acid, and niacin deficiency causes of :

a. Cheilosis

b. Goiter

c. Easy to pull out ✓

91- Spare & thin hair due to deficiency of:

a. Zinc ✓

b. Potassium

c. Calcium

d. sodium

92- Use of ... Supplements such as pectin and gum to prevent..... :

a. Total fibers.

b. soluble ✓

c. insoluble

93- Sodium restricted diet used to:

a. kwashiorkor ✓

b. Goiter

94- B complex is needed in surgery diet as :

a. Coenzyme ✓

b. Healing wounds

c. Prevent acidosis

95- This can cause food to move back into the esophagus causing :

a. gastroesophageal reflux. ✓

97- during pregnancy,..... Is required for protein synthesis :

a. Zinc ✓

b. Niacin

98- during pregnancy, nervous system is the function of which mineral

a. Folic acid ✓

99- In vomiting, which helps the most

- a. Glucose ✓
- b. Fat
- c. water

[قناة نماذج واختبارات @Medical02022](#)

100- Dehydration is a sign of ...

- a. Marasmus ✓
- b. Kwashiorkor

101- Protein needs for a severe patient that eats 2100 Calories per day

- a. 14
- b. 16
- c. 78.5
- d. 100 ✓

102- disease causes anemia are all true except :

- a. Ulcers
- b. Liver disease
- c. Kidney diseases
- d. Thyroid disease ✓

103 - After a kidney transplant, what is the required diet ?

- a. High protein diet ✓
- b. High mineral diet
- c. High fat diet

104- All true regarding lower esophageal disorder except..

- a. enteral or parenteral
- b. small frequent meal
- c. Speech therapist ✓

105- Is needed to build and repair damage tissue

- a. Protein ✓
- b. Vit C

106 - Is necessary to prevent acidosis and vomiting

- a. Glucose ✓
- b. Protein
- c. Fat

107- Medical Nutrition Therapy Regarding to non-complicated diverticulitis all true except :

- a. NPO ✓
- b. Parenteral feeding
- c. High fiber diet
- d. restricted fiber diet

@Medical02022 قناة نماذج واختبارات

108 - MNT regarding of Fluid intake for vomiting all true except :

- a. Between meals
- b. Small bites
- c. Cold drinks
- d. hot soup ✓
- E. ice cube

109- Medical Nutrition Therapy regarding for vomiting all true except :

- a. NPO
- b. Small frequent meals
- c. Avoid cracker, simple carbs ✓
- d. May need enteral or parenteral

110- Serum glucose test is use to and manage :

- a. Hypoglycemia
- b. Hyperglycemia

111- All are regarding to peptic ulcer anemia expect :

- a. B12 deficiency anemia
- b. Megaloblastic anemia
- c. Hemorrhagic anemia
- d. Nutritional anemia ✓

112 - Investigations of nutritional anemia all true except :

- a. Peripheral blood smear
- b. Hemoglobin test
- c. CBC
- d. Stool examination ✓

113 - A reliable sign of iodine deficiency is :

- a- Goiter ✓
- b- Pellagra
- c- Transverse lines

114- A restrict energy diet it less then

- a. 1200
- b. 200
- c. 800 kcal ✓

قناة نماذج واختبارات @Medical02022

115-..... is a complex issue involving an

- a. Obesity ✓
- b. Overweight
- c. Underweight

116-..... Is refusal of eating to maintain normal weight or above

- a. Anorexia ✓
- b. binge eating disorder
- c. Bulimia nervosa

117- A patient that is binge eating twice a week for 6 months, what is he/she classified as ?

- a. Bulimia nervosa ✓
- b. Anorexia
- c. Binge eating disorder

118-..... Is causes pain before food intake

- a. Gastric ulcer
- b. Duodenal ulcer ✓

119- goals for cancer patient all true except :

- a. Minimize weight changes
- b. Increase physical activity ✓
- c. Minimize side effects

120- during pregnancy..... Is required for formulation of connective tissue.

- a. Vit C ✓
- b. Vit B6
- c. Vit B12

121- regarding of medical Nutrition Therapy for acute hepatitis all true except :

- a. Low carbohydrate ✓
- b. Small frequent meals
- c. 20 - 25% fat
- d. High energy dese

122- After over feeding is spontaneous reaction?

- a. Hypophagia
- b. Hyperphagia

[@Medical02022](#) قناة نماذج واختبارات

123 - Regarding to GERD causes all true except :

- a. Underweight ✓
- b. Overweight
- c. Stress

124- Deficiency of niacin leads to.....

- a. Pellagra ✓
- a- Goiter
- b- Pellagra
- c- Transverse lines

125- clinical feature It utilizes a number.....

- a. Physical signs ✓
- b. Biochemical test
- c. Diet history

126. After kidney transplant you should eat more.....

- a. Fruit ✓
- b. Carbohydrates
- c. Fat

127. Low calori intake affect..... ..water intake

- a. Increase
- b. Decrease
- c. No effect

128. Health is effected by

- a. Genitic inherance
- b. Diet choice
- c. Life Style
- d. All of the above

129. Which exercise assess the endurance of shoulders

- a) Push up
- b) Crul up
- c) Set up

130. Aerobics exercises can assess

- a) endurance-
- b) strength-
- c) flaxabilit-

131. Extreme restricted diet is less than

- a. 1200kcal-1
- b. 800-2
- c. 200-3

[@Medical02022 قناة نماذج واختبارات](#)

132. It has the role in disease prevention

- a. diet-
- b. nutrients-
- c. phytochemical-

133. exercise to strength : abdominal muscles

- a. Push up
- b. Step test
- c. Bench up

134. End stage of renal failure GRF -

- a. 59-30.
- b. 15>.
- c. 15<.
- d. 29-15

135. After kidney transplant you should eat more

- a. Fruit
- b. Carbohydrates
- c. Fat
- d. protein

136. Choose the best answer for the best examination for diabetes

- a. Blood glucose
- b. Fasting blood sugar
- c. HbA1c

137. Diet for weight management except

- a. Low calorie diet
- b. Heigh protein diet
- c. Low protein diet
- d. Low fat diet

138. MNT for diabetes except

- a. Low fiber less than 20
- b. High fiber 35
- c. Low glycemic load diet
- d. Low fat
- e. Low carbohydrates Diet

139. Refeeding syndrome can cause all the following except

- a. elevated Ph, K, Mg
- b. reduced
- c. fall of extracellular minerals
- d.

140. Help for contraction

- a. Mucles
- b. Nerve
- c. Bile

141. All of the following are arthrometric for assessing obesity except

- a. BMI
- b. MUAC
- c. Waist
- d. Fat percentage
- e. Vascular test

142. The deficiency of folate and niecin can lead to

- a. goiter
- b. pillegra
- c. chelitis

143. Patient with high risk of refeeding syndrome all except

- a. Loss of weight more than 15% form 3-6 monthes-
- b. No eating more than 10 days-
- c. Underweight BMI less than 16 kg/m-
- d. low potasium , Magnesium
- e. receiving EN for the past 3 days

144. all are polymers except

- a. Glucose polymers
- b. Corn syrup
- c. Disaccharide
- d. Polyunsaturated



145. Can meet the demand of environment

- a. physical activity
- b. finesse
- c. physical fitness

@Medical02022 قناة نماذج واختبارات

146. Zinc deficiency effect to hair

- a. easily pull out
- b. weak and less color
- c. spare and thin.

147. Determine of fluid in word patient depend on pt Condaton

- a. input-
- b. fluid status (dehydration , hydration)-
- c. output-

148. Cause edema

- a. kwashiorkor-
- b. marasmas-

149. needs bile to digest fat:

- a. LCF
- b. SCF
- c. MCT

150. Water consumption along with food..... absorption

- a. increase
- b. decrease-
- c. no effect

151. All are advantages of using enteral pump except

- a. Minimize feeding tolerance
- b. Can be used for bolus and intermittent feeding
- c. Reduce contamination
- d.

152. All are used in formula adjustment EXCEPT

- a. Glutamine
- b. Arginine
- c. Glucose
- d. Omega

153. All are true regarding hyperomolar hyperglycemic state EXEPT

- a. occurs due to infection
- b. due to D.M 1
- c. plasma glucose level is <30mmol
- d. extreme dehydration
- e. Patient has ketonuria

154: excercise to strength shoulders , chest and triceps

- a. Bench up-
- b. Step test-
- c. Push up-

[قناة نماذج واختبارات @Medical02022](#)

155. all are assessment t of obesity except

- a. BMI-1
- b. Waist circumference-2
- c. MUAC -3
- d. visceral fat -4
- e. B.W -5

156 .All are causes of hepatic encephalopathy except

- a) animal meat
- b) food high in BCAA-
- c) food rich in glutamine-
- d) constipation

157. All are true :regarding advantages of closed tube except

- a. .may reduced bacterial contamination
- b. . can save in room temperature 24 hours
- c. .provide more calorie dense
- d. Allows more fiber formula to be added

158. Thalassemia is characterized by all EXCEPT :

- a. Hypochromic.
- b. Microcytic anemia.
- c. Defective hemoglobin synthesis.
- d. Short lived RBC.

159. Associated with risk of DM all true EXCEPT :

- a. Physical inactivity.
- b. Relative family with DM.
- c. Overweight.
- d. No risk factor with age 45.

160. Etiology factors of malnutrition in cirrhotic patients except

- a) hypermetabolism
- b) Malabsorption due portal hypertension-
- c) Altered nutrient metabolism
- d) Anorexia
- e) high dense food

161- Screening tool use for DM all true EXCEPT :

- a. HbA1c >6.5
- b. FEP >125
- C. OGTT >200
- d.

[قناة نماذج واختبارات @Medical02022](#)

162- Reduce vitamin folic acid lead to all. the following EXCEPT:

- a. Fatigue.
- b. Depression.
- c. Weakness.
- d. Dysfunctions GIT.

163- Riboflavin deficiency results :

- a. Goiter.
- b. Rickets.
- c. Glossitis.
- d.

164- Excess body weight increases all of the following EXCEPT:

- a. Androgen.
- b. Estrogen.
- c. Insulin.
- d. Estrogen-growth factor.

165- Calcitriol increases all of the following EXCEPT:

- a. Calcium and phosphorus resorption.
- b. Calcium absorption in intestine.
- c. phosphorus absorption in intestine.
- d. Calcium excreted in urine.

166- Use to prevention or treat of all type of diabetes all EXCEPT:

- a. NTM.
- b. Physical activity.
- c. Medication.
- d. Self education.

167- All of the following are advantages continuous feeding:

- a. Allows the lowest feeding rate.
- b. Better gastrin intestine tolerance.
- c. Better control of blood glucose.
- d. Better attachment to the feeding apparition.

168- All of following are advantage of Bolus feeding EXCEPT:

- a. Can use supplement oral intake.
- b. Can be flexible to suit the patient lifestyle.
- c. Low risk of aspiration.
- d.

[قناة نماذج واختبارات @Medical02022](#)

169- Folate deficiency causes :

- a. Fatigue.
- b. Weakness.
- c. Depression.
- d.

[قناة نماذج واختبارات @Medical02022](#)

170- important to maintain and promote the flexibility :

- a. Aerobic.
- b. stretching.
- c. Enhance.
- d.

170- Hemochromatosis.....:

- a. Gastric.
- b. Pancreatic.
- c. Hepatic.
- d. Cardiac.

171- End stage of renal disease :

- a. 30-59.
- b. 15-29.
- c. >15.
- d. <15.

172- Supplement arginine is beneficial for all EXCEPT:

- a. Help in T.cell fibroblasts.
- b. Wound healing.
- c. Increase protein anabolism.
- d.

173- All diets can be used to lose weight EXCEPT:

- a. Low protein diet.
- b. High protein diet.
- c. Low fat diet.
- d. Low carb diet.

@Medical02022 قناة نماذج واختبارات

174- All the formation of bone exceeds resorption during EXCEPT :

- a. Childhood.
- b. Puberty.
- c. Adulthood.
- d.

175- All of the following are related of PBM :

- a. Intake of calories.
- b. Calcium.
- C. Vit D.
- d. Protein.

176- The regulation of phosphorus level in blood controlled EXCEPT:

- a. Vit D.
- b. PTH.
- c. Calcium.
- d. sodium

177- All of the following are true of calcitriol EXCEPT:

- a. Increase phosphate and calcium resorption.
- b. Increase phosphate and calcium absorption.
- c. loss of calcium in urine.
- d. loss of phosphate in urine.

178- All of the following are true of medical management of iron overload are....EXCEPT :

- a. Intravenous deferoxamine
- b. Ethylenediaminetetra acetic Acid.
- c.
- d.

179- Medical nutrition therapy of management of iron overload:

- a. Intake less iron heme.
- b. Avoid vit C.
- c. Void food high fortified with iron.
- d.

180- Diagnosis of lactase intolerance true EXCEPT:

- a. Lactose intolerance test.
- b. Lactase deficiency test.
- c.
- d.

قناة نماذج واختبارات @Medical02022

181-enhance endurance :

- a. Aerobic
- b. Anaerobic
- c. Intensive....
- d. none above

182-.....hormone and 2 enzyme for fluid balance:

- a. Three.
- b. Five.
- c. Four.
- d. six

183- If blood pressure fall kidney secret:

- a. Renin.
- b. serotonin
- c. hemoglobin
- d. none above

184- Potassium levels decrease in all EXCEPT:

- a. insulin deficiency.
- b. Refeeding syndrome.
- c. vomiting.
- d. Diarrhea.

185- Mineral for growth and nerve in pregnancy:

- a. Folate.
- b. niacin
- c. zinc
- d. none above

186- Advantages of bullous feeding EXCEPT:

- a. Reduce aspiration risk.
- b. Mimic normal eating Allow.
- c. Supplementations Help to live normal life.
- d.

187- Causes of IBS EXCEPT:

- a. Laxative.
- b. Un healthy eating pattern.
- c.
- d.

188- Enteral accessories EXCEPT:

- a. Syringe Enteral pump.
- b. Enteral formula(diet feeding) Tube.
- c.
- d.

189- Mineral for nerve impulses:

- a. Na.
- b. Mg
- c. SO_4
- d. K^+

190- MNT of intestinal obstruction EXCEPT:

- a. High fiber.
- b. Restricted fiber.
- c.
- d.

191- Creatinine decrease in:

- a. Muscle loss.
- b. Fever.
- c. Renal failure.
- d. High protein meal.

192- If person doesn't take dairy products should take EXCEPT:

- a. Iron.
- b. supplement.
- c. Calcium supplement.
- d. Vit D supplement.

193- All need iron because growth of blood volume EXCEPT:

- a. Infancy.
- b. Children.
- c. Adulthood.
- d. Adult

194- BMI 20 Kg/m² :

- a. low risk of malnutrition.
- b. Non.
- c. Medium.
- d.

@Medical02022 قناة نماذج واختبارات

195- All criteria of anemia EXCEPT:

- a. normal erythrocytes.
- b. Large erythrocytes.
- c. Small erythrocytes.
- d. Exchange of O₂ and Co₂.

196- All causes of iron anemia EXCEPT:

- a. Vegetarian-increased.
- b. Acquirement- excess excretion.
- c. GIT disturbance.
- d. inadequate use.

197- All causes of Iron anemias EXCEPT :-

- a. Inadequate use.
- b. Atrophic gastritis.
- c. Intestinal disease.
- d.

198- Recommended for cancer patients EXCEPT:

- a. High animal food.
- b. Maintain normal weight.
- c. Limit smoking.
- d. Focus in physical activity.

199- Athletes can lose..... gram of salt per liter of sweat per 3 hours :

- a. 2-3.
- b. 6-9.
- c. 4-6.
- d. 5-8

200- Mineral causes growth retardation:

- a. Zinc.
- b. ??
- c. ???
- d. ????

201- Vitamin in proteins synthesis and cell differentiation:

- a. Vitamin A.
- b. Vitamin C.
- c. Vitamin E.
- d. Vitamin B.

@Medical02022 قناة نماذج واختبارات

202- Produces Urea:

- a. liver.
- b. Kidney.
- c. intestine
- d. all above

203- If blood volume fall hypothalamus stimulates pituitary gland to secret:

- a. ADH.
- b. TSH
- c. LH
- d. T4

204. Signs use of Nasogastric tube feeding except:

- a. anatomical deformities.
- b. post surgical mouth and esophagus
- c. some cancer
- d. none above

205- the hormone responsible for burning fat in the body::

- a. Lipase.
- b. thyroxin
- c. Leptin ✓
- d. Cholecystokinin

206- illegal supplement only by physician prescription:

- a.
- b.
- c.
- d.

207- Advantage of nutrition support:

- a. Reduce malignancy.
- b. decrease weight
- c. detoxification
- d. all above

208- Causes of anemia EXCEPT:

- a. hyperthyroidism.
- b. hypothyroidism
- c.
- d.

قناة نماذج واختبارات @Medical02022

209- Minimal requirements of Chloride:

- a. 650.
- b. 700.
- c. 750.
- d. 800

210- Assessment in Malnourished patient in ICU :

- a. 1-2days.
- b. 2-4 days
- c. 4-6 days
- d. 6-8 days

211- All causes of folate deficiency anemia EXCEPT:

- a. Use unprocessed food.
- b.
- c.
- d.

212-Transferrin increases in :

- a. Iron deficiency.
- b. K⁺ deficiency
- c. Vit C deficiency
- d. none above

213- Heat related diseases occurs in children.....adults:

- a. More.
- b. less

214- Uses of Vitamin C and Zn for:

- a. Wound healing.
- b.
- c.
- d.



215- MNT for vomiting EXCEPT:

- a. Avoid simple CHO.
- b.
- c.

216- Hormone decrease in weight gain:

- a. Insulin.
- b. thyroxin
- c. melatonin
- d. GHG



حقوق الطبع محفوظة لدى:



نماذج مختبرات

نماذج مساعد طبيب

نماذج قبالة

نماذج تمريض

نماذج صيدلة

نماذج أسنان

لا تنسونا من خالص الدعاء

لتحميل أي نماذج لكافة التخصصات

[@medicaL02022](https://t.me/medicaL02022)

للمشاركة في أي تعديل اوكتابة وحل النماذج ٧٣٣٤٤٣٨٤٦ +٩٦٧

