

# 8

## DIET DURING ENERGY IMBALANCE

### Multiple Choice Questions

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Q1.

1. **Diet:** Calculate the IBW: 57 kg

Existing weight: 82 kg

Weight to be reduced: 17 kg

Caloric intake to be reduced: 500 cal/week

Recommended caloric intake: 1300

- (a) Reduce caloric intake.
  - (b) Avoid calorie-dense foods.
  - (c) Avoid sugar and sugar products (jajubs, jelly sweets, toffees, candies, etc.).
  - (d) Avoid syrupy products.
  - (e) Avoid sweetmeats (burfi, pedhas, etc.), cakes, pastries, cream biscuits, ice creams, etc.
  - (f) Avoid fried foods (shallow and deep fried).
  - (g) Avoid foods with invisible fats (egg yolk, salad dressings, nuts, oilseeds, farsan, sev, fafda, gathia, etc.).
  - (h) Prefer roasted, baked products.
  - (i) Increase intake of fibre from raw salads, sprouts, whole wheat flour, millets like jowar, bajra, ragi. Drink plenty of soups but avoid cream soups.
  - (j) Avoid empty calories, e.g. soft drinks (carbonated drinks), alcoholic beverages.
2. **Lifestyle:** (a) Strict dietary control
- (b) Regular exercise in the form of walking, jogging, cycling, swimming
  - (c) Regular eating, sleeping habits
  - (d) Regular bowel movements

Read the above Case and answer the following question:

Which of the following foods is low in simple sugars?

- A. Aerated soft drink
- B. Honey
- C. Jowar bhakri
- D. Groundnut chikki

## Q.2

1. **Diet:** Calculate the IBW: 57 kg

Existing weight: 82 kg

Weight to be reduced: 17 kg

Caloric intake to be reduced: 500 cal/week

Recommended caloric intake: 1300

- (a) Reduce caloric intake.
  - (b) Avoid calorie-dense foods.
  - (c) Avoid sugar and sugar products (jijubs, jelly sweets, toffees, candies, etc.).
  - (d) Avoid syrupy products.
  - (e) Avoid sweetmeats (burfi, pedhas, etc.), cakes, pastries, cream biscuits, ice creams, etc.
  - (f) Avoid fried foods (shallow and deep fried).
  - (g) Avoid foods with invisible fats (egg yolk, salad dressings, nuts, oilseeds, farsan, sev, fafda, gathia, etc.).
  - (h) Prefer roasted, baked products.
  - (i) Increase intake of fibre from raw salads, sprouts, whole wheat flour, millets like jowar, bajra, ragi. Drink plenty of soups but avoid cream soups.
  - (j) Avoid empty calories, e.g. soft drinks (carbonated drinks), alcoholic beverages.
2. **Lifestyle:** (a) Strict dietary control  
(b) Regular exercise in the form of walking, jogging, cycling, swimming  
(c) Regular eating, sleeping habits  
(d) Regular bowel movements

Read the above Case and answer the following question:

Which of the following foods is rich in invisible fat?

- |          |                  |
|----------|------------------|
| A. Apple | B. Farsan        |
| C. Rice  | D. Peanut butter |

## Q.3

1. **Diet:** Calculate the IBW: 57 kg

Existing weight: 82 kg

Weight to be reduced: 17 kg

Caloric intake to be reduced: 500 cal/week

Recommended caloric intake: 1300

- (a) Reduce caloric intake.
- (b) Avoid calorie-dense foods.
- (c) Avoid sugar and sugar products (jijubs, jelly sweets, toffees, candies, etc.).
- (d) Avoid syrupy products.
- (e) Avoid sweetmeats (burfi, pedhas, etc.), cakes, pastries, cream biscuits, ice creams, etc.
- (f) Avoid fried foods (shallow and deep fried).
- (g) Avoid foods with invisible fats (egg yolk, salad dressings, nuts, oilseeds, farsan, sev, fafda, gathia, etc.).

- (h) Prefer roasted, baked products.
- (i) Increase intake of fibre from raw salads, sprouts, whole wheat flour, millets like jowar, bajra, ragi. Drink plenty of soups but avoid cream soups.
- (j) Avoid empty calories, e.g. soft drinks (carbonated drinks), alcoholic beverages.

- 2. Lifestyle:** (a) Strict dietary control
- (b) Regular exercise in the form of walking, jogging, cycling, swimming
  - (c) Regular eating, sleeping habits
  - (d) Regular bowel movements

Read the above Case and answer the following question:

Which of the following contains empty calories?

- A. Water
- B. Fruit Juice
- C. Tomato Soup
- D. Beer

**Q. 4**

- 1. Diet:** Calculate the IBW: 57 kg

Existing weight: 82 kg

Weight to be reduced: 17 kg

Caloric intake to be reduced: 500 cal/week

Recommended caloric intake: 1300

- (a) Reduce caloric intake.
- (b) Avoid calorie-dense foods.
- (c) Avoid sugar and sugar products (jujubs, jelly sweets, toffees, candies, etc.).
- (d) Avoid syrupy products.
- (e) Avoid sweetmeats (burfi, pedhas, etc.), cakes, pastries, cream biscuits, ice creams, etc.
- (f) Avoid fried foods (shallow and deep fried).
- (g) Avoid foods with invisible fats (egg yolk, salad dressings, nuts, oilseeds, farsan, sev, fafda, gathia, etc.).
- (h) Prefer roasted, baked products.
- (i) Increase intake of fibre from raw salads, sprouts, whole wheat flour, millets like jowar, bajra, ragi. Drink plenty of soups but avoid cream soups.
- (j) Avoid empty calories, e.g. soft drinks (carbonated drinks), alcoholic beverages.

- 2. Lifestyle:** (a) Strict dietary control
- (b) Regular exercise in the form of walking, jogging, cycling, swimming
  - (c) Regular eating, sleeping habits
  - (d) Regular bowel movements

Read the above Case and answer the following question:

Which form of exercise will expend least amount of calories?

- A. Climbing stairs
- B. Yoga
- C. Running
- D. Swimming

**Answer Key**

1. (C)    2. (B)    3. (D)    4. (B)

The McGraw Hill logo is displayed in white text on a red square background. The text is arranged in three lines: "Mc" on the top line, "Graw" on the middle line, and "Hill" on the bottom line. The font is a bold, sans-serif typeface.

**Mc  
Graw  
Hill**