

Multiple Choice Questions

Q1. The patient is an executive, diagnosed with typhoid. He is underweight.

Advice on diet plan, foods to avoid and diet in convalescence

1. Prefer foods rich in Class I proteins—milk, fish, egg.
2. Diet should be low on spice and oil, so avoid all types of masalas to avoid any ulceration of the gut.
3. All safe food handling and cooking practices to be followed.
4. Prefer boiled water.
5. No street food/food cooked outside the home should be consumed.
6. Consume protein supplements to help convalescence.
7. Take adequate rest.
8. Take moderate exercise, do not strain.
9. Consume simple, easily digested carbohydrates.
10. Use foods rich in soluble fibres.
11. Avoid all kinds of raw and uncooked foods.

Read the above Case and answer the following question:

A diet in tuberculosis must provide:

- | | |
|---------------------|---------------------|
| A. 0.8 g/kg protein | B. 1.0 g/kg protein |
| C. 1.5 g/kg protein | D. 2.0 g/kg protein |

Q2. The patient is an executive, diagnosed with typhoid. He is underweight.

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Answer Key

1. (D) 2. (C) 3. (A) 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.

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