

## ASSESSMENT OF 30 MCQS

### FPSC NO : 29 NUTRITION UPDATES SUBMISSION DEADLINE : 21 DECEMBER 2008

#### **INSTRUCTIONS**

With effect from 1st April 2008, the College is going paperless and has phased out the physical CME Answer Sheet forms.

- To submit answers to the following multiple choice questions, you are required to log on to the College Online Portal ([www.cfps2online.org](http://www.cfps2online.org)).
- Attempt ALL of the following multiple choice questions.
- There is only ONE correct answer for each question.
- The answers should be submitted to the College of Family Physicians Singapore via College Online Portal ([www.cfps2online.org](http://www.cfps2online.org)) before the submission deadline stated above.

1. **Which of the following statements about Recommended Dietary Allowances (RDAs) is CORRECT?**
  - (A) RDAs are age specific but not sex specific recommendations for nutrient intake.
  - (B) The RDAs defines the nutrient needs of 90% of the population.
  - (C) RDAs are useful in assessing vitamin and mineral supplement intake in patients.
  - (D) Supplementary nutrient intake should be no more than 200% of the RDA.
  - (E) There are additional benefits from consuming a nutrient in excess of the recommended RDA.
2. **Which of the following statements about food based dietary guidelines is CORRECT?**
  - (A) Food based dietary guidelines are based on expert opinions.
  - (B) Food based dietary guidelines do not focus on benefits of non-nutrient components like phytochemicals.
  - (C) In Singapore there is currently only one set of food based dietary guidelines for adults, adolescents and children.
  - (D) Food based dietary guidelines do not provide advice on nutrient requirements.
  - (E) Food based dietary guidelines are more useful than RDAs when advising patient on dietary changes.
3. **Which of the following dietary advice is CORRECT?**
  - (A) Eat more fruits and vegetables every day.
  - (B) Prepare food with less saturated fat.
  - (C) Prepare food with less salt and sauces.
  - (D) Include sufficient amounts of whole grain in the diet to reduce the risk of cardiovascular disease, diabetes and some cancers.
  - (E) All of the above.
4. **Which of the following is CORRECT dietary advice for infants?**
  - (A) All healthy infants should be exclusively breastfed for the first six months of life.
  - (B) Infants on exclusive breastfeeding need supplements of water.
  - (C) Low fat milk should be introduced at one year of age.
  - (D) Full fat milk does not promote growth of the infant.
  - (E) Vitamins and mineral supplements have no place in the diet of an infant.
5. **An overweight patient has diabetes, hypertension and high LDL-Cholesterol. Which of the following dietary advice would you give?**
  - (A) Serve smaller portion sizes to lower calorie intake.
  - (B) Eat the recommended amount of fruit, vegetables and whole grain to promote satiety.
  - (C) Reduce intake of food especially drinks with added sugar.
  - (D) Keep intake of cholesterol to less than 200mg/day.
  - (E) All of the above.
6. **Which of the following is a feature of a Fad Diet?**
  - (A) Restricts one food item or food group.
  - (B) Promises rapid weight loss.
  - (C) Simplistic theories presented in a scientific sounding way.
  - (D) Use of glowing testimonials and personal anecdotes.
  - (E) All of the above.
7. **Which of the following statements regarding Fad Diets is TRUE?**
  - (A) Fad diets seem to work because they increase the daily caloric requirements.
  - (B) The low carbohydrates and high fat diet does not have any effect on cholesterol levels.
  - (C) The low carbohydrates and high fat diet reduces total caloric intake but may neglect other valuable foods and important nutrients.
  - (D) The high carbohydrates and low fat diet does not cause vitamin deficiencies.
  - (E) The high carbohydrates and low fat diet seems to work because it is palatable and thus sustainable over the long term.
8. **Which of the following statements regarding fats is TRUE?**
  - (A) n-3 Polyunsaturated fatty acids such as Omega 3 are essential fatty acids because they cannot be synthesized in the body.
  - (B) Fats that are solids in room temperature tend to be polyunsaturated and therefore healthy.
  - (C) Trans fatty acids in butter, lard and ghee raise LDL cholesterol.
  - (D) Fats contain 6 calories per gram and is the most energy dense macronutrient.
  - (E) Soluble fibre, folate, garlic and nuts have been shown to improve HDL cholesterol levels.

**9. Which of the following statements regarding dietary fats is TRUE?**

- (A) Low fat packaged foods must have lower calories than their regular counterparts.
- (B) It is more important to reduce total calories than total avoidance of fat in the diet.
- (C) "Reduced fat" and "low fat" on labels are the same and interchangeable.
- (D) All types of margarine contains trans fats and should be avoided.
- (E) Blended vegetable oils are healthier than pure vegetable oils.

**10. Which of the following is the correct advice to give to your patients asking about Fad Diets?**

- (A) Fad diets such as Atkins, Zone and Ornish are able to achieve short term weight loss with almost equal effectiveness.
- (B) A 500 to 1000 calories reduction per day produces a 0.5 to 1 kg weight loss per week.
- (C) Foods low in energy density such as fruits and vegetables produce fullness while adding little energy.
- (D) A successful meal plan takes into account local multicultural food choices.
- (E) All of the above.

**11. Which of the following statement regarding Vitamin C supplement is TRUE?**

- (A) High doses of vitamin C (>3g/day) is recommended as therapy for cold symptoms.
- (B) Most patients do not need more than 90mg of vitamin C per day.
- (C) A practical limit for intake is 1000mg of vitamin C from supplements per day.
- (D) Prophylactic consumption of 200mg of vitamin C daily is effective in reducing incidence of the common cold.
- (E) Vitamin C is not a commonly consumed supplement.

**12. Which of the following statements regarding Glucosamine supplement is TRUE?**

- (A) Glucosamine should be recommended together with calcium for menopausal women.
- (B) Glucosamine alone is effective in relieving early osteoarthritic pain.
- (C) Glucosamine (500mg) and chondroitin sulphate (400mg) in combination, three times daily may be useful for patients with clinical osteoarthritis and report moderate to severe pain.
- (D) A 65-year-old man with generalized aches and back pain for the past 2 weeks, but with no neurological symptoms, should be given a trial of glucosamine.
- (E) None of the above is true.

**13. Which of the following statements regarding Omega 3 Fatty Acids is TRUE?**

- (A) Omega 3 fatty acids EPA and DHA in fish oil may reduce mortality from cardiac and sudden death, and possibly strokes.
- (B)  $\alpha$ -linolenic acid (ALA) is found in plant foods but are not effective for reducing cardiovascular disease due to poor conversion.
- (C) To protect against heart disease, a variety of fish plus a serving of oily fish (e.g. tuna, salmon, mackerel or sardines) should be consumed twice a week.
- (D) Patients who have heart disease should consume 1g of EPA and DHA per day, preferably from oily fish, otherwise from fish oil supplements.
- (E) All the above are true.

**14. In which of the following patients would you urgently advise AGAINST taking ginkgo biloba?**

- (A) 65-year-old man with heart disease on warfarin, wants ginkgo for tinnitus.
- (B) 16-year-old Sec 4 student taking ginkgo for 'better memory' during his O levels.
- (C) 75-year-old man with diabetes and hypertension, taking ginkgo for dementia.
- (D) 45-year-old woman with asthma, taking ginkgo for 2 weeks for vertigo.
- (E) 30-year-old woman with depression wants to try ginkgo for numbness of hands.

**15. Which of the following statements about health supplements is CORRECT?**

- (A) Folic acid supplement reduces neural tube defects during pregnancy.
- (B) Calcium supplement reduces rate of bone loss in post menopausal women.
- (C) Multivitamins and mineral supplements are essential for elderly bedridden patients.
- (D) Patients on weight loss programmes with a very low calorie diet require multivitamins and mineral supplements.
- (E) All of the above are correct.

**16. Which of the following statements best describes the Glycaemic Index (GI)?**

- (A) It is a measure of the rate of blood sugar response after ingesting carbohydrate food.
- (B) It is a value based on the ingestion of 50 gm carbohydrate value of the food.
- (C) The Glycaemic Index of a mixed meal is harder to determine.
- (D) The Glycaemic Index values commercially available are based on tests using single foods.
- (E) All of the above.

**17. Which of the following statements provide the most comprehensive guidance on the practical application of Glycaemic Index and food?**

- (A) A higher Glycaemic Index indicates a higher blood glucose response.
- (B) Milk is a low Glycaemic Index food.
- (C) Sports drink is a high Glycaemic Index food.
- (D) The expected Glycaemic Index effect of a food can be affected by cooking method.
- (E) All of the above.

**18. Which of the following is the CORRECT advice for a pre-exercise meal?**

- (A) Eat a large meal half an hour before exercise.
- (B) Depend on carbohydrate to provide maximum energy for the exercise.
- (C) Depend on fat to provide maximum energy for the exercise.
- (D) Sports drink or liquid is not an option.
- (E) Eat a high fibre meal.

**19. Which of the following is best for consumption to provide carbohydrate and fluid requirements during an exercise of one and a half hours duration?**

- (A) Plain water.
- (B) Fruit juice.
- (C) Milk based drinks.
- (D) Sports drinks e.g. 100 Plus.
- (E) Soft drinks.

- 20. An athlete needs to train intensively three times a day and seeks your advice on post exercise meal to rebuild energy. Which of the following advice would you give?**
- (A) Consume a carbohydrate rich meal/snack with high GI within 30 minutes of completing exercise and repeat every 2 hours until normal meal pattern returns.
  - (B) Aim for an intake of 1 gm of carbohydrate per kilogram of body mass for the post exercise recovery meals.
  - (C) Maintain a daily carbohydrate intake of 7-10 gm/kg body mass to optimize carbohydrate reserves.
  - (D) Replace 150% of the fluid lost in training.
  - (E) All of the above.
- 21. Which of the following groups of patients are MOST likely to benefit from a DASH diet?**
- (A) Hypertension.
  - (B) Diabetes mellitus.
  - (C) Hyperlipidemia.
  - (D) Hypertriglyceridemia.
  - (E) Gout.
- 22. In people with diabetes mellitus, which of the following daily recommended intake is the MOST appropriate?**
- (A) Total fat – Less than 10% of total calories.
  - (B) Total carbohydrates – 50 - 60% of total calories.
  - (C) Total sodium intake – Less than 1500 mg per day.
  - (D) Total cholesterol – Less than 160 mg per day.
  - (E) Total dietary fibre – 20 - 40 g per day.
- 23. The glycaemic index (G.I.) value of apple is 0.38. Which of the following will affect this value?**
- (A) Size of the apple and ripeness.
  - (B) Taking two apples instead of one.
  - (C) Ingestion of a mixed diet versus single food component.
  - (D) Whether the apple is eaten raw or cooked.
  - (E) All of the above.
- 24. Which of the following facts about trans fat is CORRECT?**
- (A) It is formed from saturated fat.
  - (B) Hydrogen atoms are added to transform its structure from cis- to trans- form.
  - (C) An example is trans-elaidic acid.
  - (D) It has a lower smoking point compared to unsaturated fat.
  - (E) None of the above.
- 25. In terms of dietary management of gout, which of the following is CORRECT?**
- (A) Maintain an intake of 8 to 12 cups of water daily.
  - (B) Avoid alcohol intake.
  - (C) Consume a healthy balanced low purine diet.
  - (D) Maintain a healthy body weight, avoid drastic weight loss.
  - (E) All of the above
- 26. What is the observed prevalence of the residents in elderly long term institutions in Singapore who have protein-energy malnutrition?**
- (A) 30 - 45%
  - (B) 32 - 72 %
  - (C) 23 - 85%
  - (D) 30 - 60%
  - (E) 20 - 30%
- 27. Which of the following is the LEAST likely cause of malnutrition in the institutionalized Singapore elderly?**
- (A) Depression.
  - (B) Dependency on staff for feeding.
  - (C) Use of anorexigenic drugs.
  - (D) Effect of ageing.
  - (E) Post-stroke.
- 28. Which of the elderly patients with the following conditions has been found to have a 30% prevalence of poor food intake?**
- (A) Hip fracture.
  - (B) Chronic obstructive airway disease.
  - (C) Congestive heart failure.
  - (D) Stroke.
  - (E) None of the above.
- 29. Which of the following is a mnemonic of the treatable causes of malnutrition in the Elderly?**
- (A) Diapers.
  - (B) Meals on wheels.
  - (C) Four Is.
  - (D) Four Es.
  - (E) Four Ps.
- 30. The MINIMUM time needed to assist a dependent elderly patient with his or her meal and to promote a quality experience for the patient has been found to be:**
- (A) 50 - 60 minutes.
  - (B) 40 - 50 minutes.
  - (C) 30 - 40 minutes.
  - (D) 20 - 30 minutes.
  - (E) 10 - 20 minutes.

FPSC No: 28 "Asthma Updates 2008" Answers to 30 MCQ Assessment					
Q1. A	Q6. C	Q11. C	Q16. A	Q21. E	Q26. B
Q2. C	Q7. D	Q12. E	Q17. E	Q22. A	Q27. E
Q3. B	Q8. A	Q13. E	Q18. D	Q23. E	Q28. A
Q4. C	Q9. D	Q14. D	Q19. D	Q24. B	Q29. C
Q5. C	Q10. E	Q15. C	Q20. B	Q25. B	Q30. A