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*CNCB Certified Clinical Nutritionist*



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**Question: 45**

The hypermetabolic state accompanying infection, injury or burns is characterized by:

- A. 10% decrease in BMR
- B. Increased gluconeogenesis
- C. Decreased glycogenolysis
- D. Increased ketosis

**Answer: B**

The hypermetabolic state accompanying infection, injury, or burns is characterized by increased gluconeogenesis. Increased gluconeogenesis occurs to raise blood glucose to meet the high energy demands of healing, which can raise the BMR by as much as 100%. Glycogenolysis is also increased to raise blood glucose, but ketosis is suppressed, because of hormonal regulation of the sympathetic nervous system.

**Question: 46**

Stomatitis is treated with which of the following dietary interventions?

- A. Supplementation with iron
- B. Clear liquid diet
- C. Avoidance of acidic and spicy foods
- D. A & C

**Answer: D**

Stomatitis is an inflammation of the mucous membranes of the mouth. It may be caused by iron deficiency, in which case it is treated with iron supplementation. The usual dietary regimen is avoidance of acidic and spicy foods.

**Question: 47**

Low-salt syndrome may be caused by:

- A. Extreme sodium restriction due to congestive heart failure
- B. Decreased glomerular filtration rate
- C. Adrenal gland insufficiency

D. All of the above

**Answer:** D

Low-salt syndrome is occasionally seen in individuals with congestive heart failure who are being treated with severe sodium restriction. It may also be caused by decreased glomerular filtration rate in renal disease, and by adrenal gland insufficiency, both of which affect the body's ability to retain sodium.

**Question:** 48

Fluid needs are highest in which group?

- A. Infants less than 12 months of age
- B. Elderly greater than 80 years of age
- C. Children 5-10 years of age
- D. Lactating women

**Answer:** A

Fluid needs are highest in infants less than 12 months of age, due to the small size of their kidneys and inability to retain large amounts of water. Fluid needs in young infants are about 150 ml/kg body weight per day, as compared to adults who require about 30-35 ml/kg body weight.

**Question:** 49

The primary immunoglobulin in human breast milk is:

- A. Beta lymphocytes
- B. IgM antibody
- C. Iron-binding lactoferrin
- D. Secretory IgA

**Answer:** D

The primary immunoglobulin in human breast milk is secretory IgA, which protects the infant gastrointestinal tract from infection caused by many pathogens. Beta lymphocytes are produced by the bone marrow and provide humoral

immunity, while IgM antibody is involved in allergic response to antigens. Iron-binding lactoferrin is a protein which slows the growth of bacteria in the infant gut; its action is secondary to that of secretory IgA.



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