

Assistant Dietician Officer (ADO) Question Bank

1. Energy yield from Lipids is

- a) 3.7 Kcal/g
- b) 9.1 Kcal/g
- c) 4.0 Kcal/g
- d) 10.0 Kcal/g

ANS: (b) Source Paul Marino THE ICU BOOK 4th edition page no. 847

2. Enteral Nutrition should not be used in the presence of all except

- a) Intestinal obstruction/perforation
- b) Severe hemodynamic instability
- c) GI Bleed
- d) ARDS

ANS: (d) Source Paul Marino THE ICU BOOK 4th edition page no. 860

3. Energy yield from Glucose is

- e) 3.7 Kcal/g
- f) 9.1 Kcal/g
- g) 4.0 Kcal/g
- h) 10.0 Kcal/g

ANS:(a)Source Paul Marino THE ICU BOOK 4th edition page 847.

4. Deficiency of linoleic acid in diet leads to

- a) Scaly dermatopathy
- b) Cardiac dysfunction
- c) Increased susceptibility to infection
- d) ALL OF THE ABOVE

ANS: (d)Source Paul Marino THE ICU BOOK 4th edition page 849.

5. The daily protein intake in ICU patient is

- a) 0.8 – 1 gm/Kg body weight
- b) 1.2 – 1.6 gm/Kg body weight
- c) 2-3 gm/ Kg body weight
- d) Less than 0.5 gm/Kg Body weight

ANS: (b) Source Paul Marino THE ICU BOOK 4th edition page no 850.

6. Thiamine plays an important role in the metabolism of

- a) Protein
- b) Fat
- c) Carbohydrate
- d) ALL OF THE ABOVE

ANS : (c) Source Paul Marino THE ICU BOOK 4th edition page no.851.

7. Which of the following is nutritional assessment tool?

- a) Malnutrition Universal Screening tool (MUST)
- b) Nutritional Risk screening (NRS 2002)
- c) Subjective Global Assessment (SGA)
- d) NUTRIC score
- e) ALL of the above

ANS: (e) Source THE ICU PROTOCOL (ISCCM) 2nd edition page no.444

8. Thiamine deficiency leads to:
- a) Cardiomyopathy (wet beriberi)
 - b) Lactic acidosis
 - c) Peripheral neuropathy
 - d) ALL OF The ABOVE

ANS: (d) Source Paul Marino THE ICU BOOK 4th edition page no. 852

9. Which of the following acts as anti-oxidant?
- a) Vitamin A
 - b) Vitamin B
 - c) Vitamin E
 - d) Vitamin D

ANS: (c) Source Paul Marino THE ICU BOOK 4th edition page no 853.

10. Following are the essential trace elements EXCEPT
- a) Chromium
 - b) Copper
 - c) selenium
 - d) magnesium

ANS: (d) Source Paul Marino THE ICU BOOK 4th edition page no.854.

11. supplementing parenteral glutamine to the total parenteral Nutrition leads to
- a) decreased rate of infection
 - b) decrease length of ICU stay
 - c) decrease rate of mortality
 - d) ALL OF THE ABOVE
 - e) NONE OF THE ABOVE

ANS : (d) Source ICU PROTOCOL (ISCCM) 2nd edition page no.451

12. Following are the metabolic complications of total parenteral nutrition (TPN) EXCEPT:
- a) Hyperglycemia
 - b) Electrolyte abnormalities
 - c) Sepsis
 - d) Hyperlipidemia

ANS: (c) Source ICU PROTOCOL (ISCCM) 2nd edition page no.451.

13. Daily ideal calorie intake is :

- a) 25- 30 Kcal /Kg Ideal Body weight
- b) 50- 60 Kcal /Kg Ideal Body weight
- c) 5-10 Kcal /Kg Ideal Body weight
- d) 100-120 Kcal /Kg Ideal Body weight

ANS: (a) Source ICU Protocol (ISCCM) 2nd edition page no 445.

14. What will happen if large calorie intake is given to a malnourished patient?

- a) Pulmonary edema
- b) Sepsis
- c) Refeeding Syndrome
- d) Myocardial Infarction

ANS: (c) Source ICU protocol (ISCCM) 2nd edition page no.446.

15. Kwashiorkor is caused by

- a) Vitamin A deficiency
- b) Protein deficiency
- c) Vitamin B12 deficiency
- d) Vitamin K deficiency

ANS: (b) (Source Current Medical Diagnosis and Treatment : CMDT 2023. Page 1250.

16. Niacin deficiency leads to :

- a) Jaundice
- b) Pellagra
- c) Bleeding
- d) Thrombosis

ANS: (b) (Source Current Medical Diagnosis and Treatment : CMDT 2023. Page 1260-1261)

17. High doses of niacin is used to treat:

- a) Hyperlipidemia
- b) Hypertension
- c) Diabetes mellitus
- d) None of the above

ANS: (a) (Source Current Medical Diagnosis and Treatment : CMDT 2023. Page no 1260)

18. Scurvy is caused by deficiency of

- a) Vitamin C
- b) Vitamin D
- c) Vitamin A

d) Vitamin B12

ANS:(a) (Source Current Medical Diagnosis and Treatment : CMDT 2023. Page no 1261)

19. Night blindness is caused by deficiency of:

- a) Vitamin A
- b) Vitamin D
- c) Vitamin C
- d) None of the above

ANS: (a) (Source Current Medical Diagnosis and Treatment : CMDT 2023. Page no 1262)

20. You will recommend low salt diet in all EXCEPT:

- a) Hypertension
- b) Heart failure
- c) Chronic Kidney Disease
- d) Addisons disease

ANS : (d) (Source Current Medical Diagnosis and Treatment : CMDT 2023. Page no 1263)

21. Low protein diet is recommended in all EXCEPT:

- a) Chronic kidney Disease
- b) Liver failure
- c) Acute Viral Hepatitis
- d) Protein Energy Malnutrition

ANS: (d) (Source Current Medical Diagnosis and Treatment : CMDT 2023. Page no.1264)

22. High calcium diet is good for prevention of:

- a) Postmenopausal osteoarthritis
- b) Hypertension
- c) Colon cancer
- d) ALL OF THE ABOVE

ANS : d (Source Current Medical Diagnosis and Treatment : CMDT 2023. Page no 1264)

23. Two-thirds of the nitrogen derived from protein breakdown is excreted in urine:

- a) TRUE
- b) FALSE

ANS: (a) Source Paul Marino THE ICU BOOK 4th edition page no.850.

24. Daily requirement of selenium in diet is :

- a) 30 microgram
- b) 55 microgram
- c) 900 microgram
- d) 11 microgram

ANS: (b) **Source Paul Marino THE ICU BOOK 4th edition page no.854.**

25. Energy yield from protein is

- a) 3.7 Kcal/g
- b) 9.1 Kcal/g
- c) 4.0 Kcal/g
- d) 10.0 Kcal/g

ANS: (c) **Source Paul Marino THE ICU BOOK 4th edition page no.848.**

26) Highest mg% Potassium content is found in which food?

- (a) Milk
- (b) Coconut water
- (c) Pulses
- (d) Ripe mango
- (e) Cabbage

Ans: (c) Pulses

27) 2 gms of NaCl contains _____gms of Na.

- (a) 1 gm Na
- (b) gm Na
- (c) 400mg Na
- (d) 0.8 gm Na
- (e) None

Ans: (d) 0.8 gm Na

28) High GI and high GL diets increase –

- (a) IL-6, TNF-a, CRP
- (b) Insulin resistance
- (c) Blood glucose levels
- (d) Cytokines
- (e) All

Ans: (e) All

29) GIP, an Incretin hormone directly helps in –

- (a) Amino acid metabolism
- (b) Postprandial increase in glucose
- (c) Postprandial insulin release
- (d) Growth
- (e) All

Ans: (c) Postprandial insulin release

30) In metabolic acidosis –

- (a) $\text{HCO}_3^- < 22 \text{ mEq/L}$ & low pH

- (b) $\text{HCO}_3^- < 22 \text{ mEq/L}$ & high pH
 - (c) $\text{HCO}_3^- > 26 \text{ mEq/L}$ & low pH
 - (d) $\text{HCO}_3^- > 26 \text{ mEq/L}$ & high pH
 - (e) $\text{PaCO}_2 > 24 \text{ mm of Hg}$ & low pH
- Ans: (a) $\text{HCO}_3^- < 22 \text{ mEq/L}$ & low pH

31) Carnitine is synthesized from –

- (a) Leucine
 - (b) Phenylalanine
 - (c) DHA & EPA
 - (d) Lysine & Methionine
 - (e) Carbohydrate & Proteins
- Ans: (d) Lysine & Methionine

32) Proteins are finally absorbed in –

- (a) Stomach
 - (b) Duodenum
 - (c) Ileum
 - (d) Portal circulation
 - (e) Cecum
- Ans: (c) Ileum

33) MELD & phase angle are prognostic factors in –

- (a) Pancreatitis
 - (b) Liver cirrhosis
 - (c) CKD
 - (d) Total Hip Replacement (THR)
 - (e) Lymphatic Disorders
- Ans: (b) Liver cirrhosis

34) An essential component of the mitochondrial electron transport system found naturally in body –

- (a) Glucose
 - (b) Histidine
 - (c) COQ 10
 - (d) Alkaline phosphatase
 - (e) Ascorbic acid
- Ans: (c) COQ 10

35) Grave's disease is due to overactive –

- (a) Pancreas
 - (b) Thyroid gland
 - (c) Nephrons
 - (d) Adrenal gland
 - (e) Pituitary gland
- Ans: (b) Thyroid gland

36) Which fatty acid is not synthesized in human?

- (a) Linoleic acid
- (b) Stearic acid
- (c) Palmitic acid

- (d) Arachidic acid
(e) Oleic acid
Ans: (a) Linoleic acid

37) _____ is essential for the production of glutathione Peroxidase.

- (a) Magnesium
(b) Fat
(c) Selenium
(d) Calcium
(e) None
Ans: (c) Selenium

38) _____ rich water may have therapeutic effect on cancer and other chronic diseases.

- (a) Potassium
(b) Fluoride
(c) Hydrogen
(d) Vit C
(e) Rose petal
Ans: (c) Hydrogen

39) WHO recommended ORS Composition per litre –

- (a) Glucose 20 gms + NaCl 3.5 gms + Trisodium Citrate 2.9 gms + KCl 1.5 gms
(b) Glucose 50 gms + NaCl 5 gms + Trisodium Citrate 2.9 gms + NaHCO₃ 2.5 gms
(c) Glucose 20 gms + NaCl 2 gms + KCl 1.5 gms + NaHCO₃ 2.5 gms
(d) Glucose 100 gms + NaCl 3.5 gms + Trisodium Citrate 2.9 gms + KCl 1.5 gms
(e) None of the above

40. Essential amino acids are obtained from dietary protein, choose the non-essential amino acids-

- (a) Valine
(b) Histidine
(c) Threonine
(d) Glycine

Ref. Park (page 647)

41. Richest source of linoleic acid is found in –

- (a) Safflower oil**
(b) Corn oil
(c) Sunflower oil
(d) Sesame oil
(page 649)

Ref. Park

42. Which contains maximum saturated fatty acids-

- (a) Coconut oil**
(b) Palm Kernel
(c) Butter
(d) Ghee

Ref. Park (page 649)

43. Give full form of

- (a) SFA ... Saturated Fatty Acids
(b) MUFA.. Mono unsaturated fatty acids
(c) TFA... Trans Fatty Acids

- (d) DHA... Docosahexaenoic Acid
- (e) PUFA.. Poly unsaturated Fatty Acid

Ref. Park

(page 649)

44. Adult requirement of sodium chloride per day is about-

- (a) 5 gm/day**
- (b) 10 gm/day
- (c) 3 gm/day
- (d) 12 gm/day

Ref. Park (page 661)

45. Toxin causing Lathyrism

- (a) BOAA**
- (b) BOSS
- (c) BAAO
- (d) BOA

Ref. Park (page 682)

46. Infections primary to man that can be transmitted through milk except-

- (a) Typhoid & paratyphoid fever
- (b) Shigellosis
- (c) Cholera
- (d) Malaria**

Ref. Park (page 692)

47. Following are Food Borne diseases except-

- (a) Hepatitis A
- (b) Hepatitis B**
- (c) Hepatitis E

Ref. Park (page 695)

48. The Bacteria responsible for cause of peptic ulcers in human is-

- (a) Lactobacillus acidophilus
- (b) Helicobacter pylori**
- (c) Helicobacter Cinaeli

49. Celiac Disease occurs when the body reacts abnormally to

- (a) Casein
- (b) Lactose
- (c) Gluten**
- (d) Casein & Gluten

50. In which of the following condition a high residue/fiber diet is prescribed-

- (a) Constipation
- (b) Diarrhea
- (c) Diverticulitis
- (d) a & c**

51. DASH diet is recommended in –

- (a) Hypertension**
- (b) Diabetes
- (c) Nephritis
- (d) Hepatitis

52. Uridine 5 monophosphate is the structural unit of –

- (a) DNA
- (b) Proteins
- (c) Carbohydrates
- (d) RNA**

53. Recommended dietary allowance of fiber in diabetes is-

- (a) 25-30gm/day**
 - (b) 30-40gm/day
 - (c) 5-10gm/day
 - (d) 10-20gm/day
54. Diet prescribed for patient with ulcerative colitis and diarrhea –
- (a) Bland diet
 - (b) High fiber diet
 - (c) Low fiber diet
 - (d) a & c**
55. Appetite increasing hormones is –
- (a) Leptin
 - (b) Ghrelin**
 - (c) Auxins
 - (d) Prolactin
56. In which of the following genetic disorder galactose restriction is recommended-
- (a) Phenyl ketonuria
 - (b) Maple Syrup Urine disease
 - (c) Citrullinemia
 - (d) Galactosaemia**
57. Which of the following aids in the emulsification of fat –
- (a) Lipase
 - (b) Lipoprotein
 - (c) Glycoprotein
 - (d) Bile salts**
58. The process of extracting fat from animal tissue using dry or moist heat is –
- (a) Rendering**
 - (b) Broiling
 - (c) Bleaching
 - (d) Deodorization
59. Instrument used for measuring the moisture content of a fresh or processed vegetable product (such as an ear of corn).
- (a) Succulometer
 - (b) Volumeter
 - (c) Moisture meter
 - (d) Penetrometer
60. Presence of Phytates and tanins in diet can lower the bio availability of –
- (a) Iodine
 - (b) Sodium
 - (c) Potassium
 - (d) Zinc**
61. Onemole of glucose contains-
- (a) 180 mg of glucose
 - (b) 120 mg of glucose
 - (c) 120 micrograms of glucose
 - (d) 180 micrograms of glucose
62. Most common adulterant in turmeric powder is-
- (a) Yellow powder

- (b) Custard powder
 - (c) Metanil yellow
 - (d) None
63. Which of the following vitamins is not stored in human body-
- (a) Vitamin A
 - (b) Vitamin K
 - (c) Vitamin C**
 - (d) Vitamin D
64. Emulsifiers like lecithin are used in
- (a) Frosting
 - (b) Icing
 - (c) Baking, Dairy & Confectionary**
 - (d) Milling
65. In which category Direct Recruitment is not done?
- (A) **Group 'B'**
 - (B) Group 'A'
 - (C) Group 'C'
 - (D) Group 'D'
66. Who is competent to reappoint an employee who has resigned from services?
- (A) **Branch Officer**
 - (B) Divisional Railway Manager
 - (C) Additional Divisional Railway Manager
 - (D) None of the above
67. What is the percentage monthly contribution of PF ?
- (A) 7.00 %
 - (B) **8.33 %**
 - (C) 8.00 %
 - (D) 10.00 %
68. How many Pay Matrix L evels as per 7th CPC?
- (A) 15
 - (B) 17
 - (C) **18**
 - (D) 19
69. In Railway Service Conduct Rules 1966, Rule No. _____ are general rules.
- (A) **3**
 - (B) 4
 - (C) 1
 - (D) 2

70. Date of effect of DAR
(A) 1st Jan 1968
(B) 1st Nov. 1968
(C) 10th Oct 1968
(D) **1st Oct 1968**
71. Since when was family pension introduced ?
(A) **01.01.1964**
(B) 01.01.1974
(C) 22.09.1977
(D) 01.04.1957
72. What is the maximum amount of DCRG?
(A) **Rs. 20 lakhs**
(B) Rs. 10 lakhs
(C) Rs. 05 lakhs
(D) Rs. 30 lakhs
73. Leave not due for _____ days is eligible for Railway employee in entire service.
(A) 180
(B) 240
(C) **360**
(D) 200
74. When maternity leave came into existence up to 180 days implemented from
(A) 01.01.2004
(B) 01.06.2005
(C) **01.09.2008**
(D) 01.01.2003
75. maximum Leave at average Pay can be approved one time / in one spell?
(A) **180 days**
(B) 90 days
(C) 60 days
(D) 30 days
76. Since when Post base roaster are implemented ?
(A) 21.08.1998
(B) 12.08.1997
(C) **21.08.1997**
(D) 08.12.1997
77. Selection committees should consist of _____ officers

- (A) Two
- (B) **Three**
- (C) Four
- (D) Five

78. MACPS introduced by which pay commission ?

- (A) 4th Pay Commission
- (B) **6th Pay Commission**
- (C) 5th Pay Commission
- (D) 7th Pay Commission

79. How long periodic temporary states are provided to Bangla peon?

- (A) **120 days later**
- (B) 100 days later
- (C) 150 days later
- (D) 200 days later

80. By which Official Language Rule, 1976 communication received in Hindi will be replied in Hindi ?

- (A) Rule 2
- (B) Rule 3
- (C) Rule 5
- (D) None of the above

राजभाषा नियम 1976 के कौन से नियम के तहत हिन्दी में प्राप्त पत्रों का उत्तर हिन्दी में दिया जाएगा ?

- (ए) नियम 2
- (बी) नियम 3
- (सी) **नियम 5**

(डी) उपर्युक्त में से कोई नहीं

81. The committee of Parliament on Official Language constituted in :

- (A) January 1976
- (B) September 1963
- (C) May 1965
- (D) None of the above

संसद की राजभाषा समिति का गठन किया गया -

- (ए) **जनवरी 1976**
- (बी) सितम्बर 1963
- (सी) मई 1965

(डी) उपर्युक्त में से कोई नहीं

82. Which is the element Hindi Course prescribed for Central Government Employees

- (A) Prabodh
- (B) Praveen
- (C) Nipun
- (D) All of the three

जो केन्द्र सरकार के कर्मचारियों के लिए निर्धारित प्रारम्भिक हिन्दी पाठ्यक्रम है -

- (ए) **प्रबोध**
- (बी) प्रवीण
- (सी) निपुण
- (डी) तीनों

83. Parliament enacted the Official Language Act in which of the following years ?

- (A) 1963
- (B) 1947
- (C) 1950

संसद में निम्नलिखित में से किस वर्ष में राजभाषा अधिनियम बनाया ?

- (ए) **1963**

- (D) 1953
- (बी) 1947
(सी) 1950
(डी) 1953
84. An employee shall be deemed to possess proficiency in Hindi if
(A) Passed the matriculation Hindi or any equivalent or higher examination with hindi as the medium
(B) has taken Hindi as an elective subject in the degree examination
(C) declares himself to possess proficiency in Hindi in the prescribed form
(D) All of the above
- एक कर्मचारी को हिन्दी में प्रवीणता प्राप्त माना जाएगा-
(ए) मैट्रिक हिन्दी या किसी भी समकक्ष या उच्च परीक्षा उत्तीर्ण की
(बी) डिग्री परीक्षा में हिन्दी को एक वैकल्पिक विषय के रूप में लिया है
(सी) स्वयं को निर्धारित प्रपत्र में हिन्दी में दक्षता प्राप्त करने की घोषणा करता है
(डी) उपरोक्त सभी
85. Under which Article of the Constitution of India, Hindi is the Official Language of the Union ?
(A) 346
(B) 348
(C) 349 (i)
(D) 343 (i)
- भारतीय संविधान के किस अनुच्छेद के अनुसार हिन्दी हमारे देश की राजभाषा है ?
(ए) 346
(बी) 348
(सी) 349 (i)
(डी) 343 (i)
86. Under which Rajbhasha Area, Andaman & Nicobar comes ?
(A) A
(B) B
(C) C
(D) None of the above
- अण्डमान एवं निकोबार द्वीप समूह राजभाषा के किस क्षेत्र में आता है ?
(ए) क
(बी) ख
(सी) ग
(डी) उपर्युक्त में से कोई नहीं
87. When is 'World Hindi Day' celebrated?
(A) 10 January
(B) 14 September
(C) 26 January
(D) None of the above
- विश्व हिन्दी दिवस कब मनाया जाता है ?
(ए) 10 जनवरी
(बी) 14 सितम्बर
(सी) 26 जनवरी
(डी) उपर्युक्त में से कोई नहीं
88. To whom does the Official Language Commission submit its recommendations?
(A) Vice president
(B) Home Minister
(C) President
(D) Prime minister
- राजभाषा आयोग अपनी शिफारिसें किसे प्रस्तुत करता है?
(ए) उपराष्ट्रपति
(बी) गृह मंत्री
(सी) राष्ट्रपति
(डी) प्रधान मंत्री

89. Which central government ministry conducts Hindi related examinations?
(A) Ministry of External Affairs
(B) Ministry of Education
(C) Ministry of Home Affairs
(D) Ministry of Railways

केन्द्र सरकार का कौन सा मंत्रालय हिन्दी सम्बन्धी परीक्षाएं आयोजित करता है ?

(ए) विदेश मंत्रालय

(बी) शिक्षा मंत्रालय

(सी) गृह मंत्रालय

(डी) रेल मंत्रालय