The National University of Lesotho

Faculty of Health Sciences

Department of Nutrition Supplementary Examination

NUT 3326: Nutrition Planning and Counselling

July 2023   **MARKS: 100**   **TIME: 3 HRS**

Instructions:

1.   Answer all questions

2.   Put questions in order

3.   Start each question on a new page

Question One

    (a) List any five recommendations to increase fibre in their diet

                                                     (10)

    (b) List any five examples of saturated fat   (10)

    (c) In one sentence each, describe the health effects of the fats you listed in (b)

                                                   (15)

Question two

List any five (5) uses of a food guide pyramid   (15)

Question three

A 25 years old woman needs 8000kj energy per day to maintain her health and weight status.

Use the information below to:

a) Draw a meal plan for the woman, using correct headings   (25)
b) Evaluate the adequacy of the diet in (a) using the Food Guide Pyramid
   (Draw a table)   (25)

Her Total Energy per day: 8000kj

Her macro-nutrients
Carbohydrate, Protein, and Fate Distribution
__10_____% of total KJ__8000_____/17 = _____47.05____g of sugar
__50_____% of total kJ __8000_____/17 = ____235.29_____g of carbohydrates
__18_____% of total KJ__8000_____/17 = _____84.7_____g of Protein
__30_____% of total kJ___8000_____/38 = ____63.17_____g of fat

	PORTIONS	CHO	PROT	FAT	ENERGY
Full cream milk		x12	x8	x8	x640
2% milk		x12	x8	x5	x530
Skimmed milk	3	(36) x12	(24) x8		(1020)x340
Vegetable B	3	(21) x7	(6) x2		(450)x150
Fruit portions	5	(75) x15			(1250)x250
Non-Bread CHO		(132)(a)			
Total CHO -a =b		(103)(b)			
Starch/Bread b/15	7	15	3		(1995)x285
Non meat prot = (c)			(33)(c)		
Total prot - (c) = (d)			(51.7)(d)		
Meat portions = d/7	7		7	5	(2205)x315
Fat (milk + meat) = (e)				(10)(e)	
Total Fat – (e) = (f)				(53)(f)	
Fat portions = f/5	10.6			5	(2014)x190
TOTAL		235	84.7	63	8934
		X17	X17	X38	
TOTAL ENERGY		3995	1439.9	2394	7829/170
PLUS SUGAR ENERGY = total energy /170	46g				
					8000

TOTAL ENERGY					

Total marks   **[100]**