

Vanita Vishram Women's University

Entrance Test - Masters in Nutrition and Dietetics 2026-27 Question paper

Time: 25/Jun/2026 02:00 PM To 04:00 PM

Masters in Nutrition and
Dietetics Semester - I

Date: 27/Jun/2026

Subject: Masters in Nutrition and Dietetics

(1) Which nutrient is the main source of energy for the body?

Options (1) Protein (2) Vitamins (3) Carbohydrates (4) Minerals

Answer **Carbohydrates**

(2) Glucose is a type of:

Options (1) Fat (2) Protein (3) Vitamin (4) Carbohydrate

Answer **Carbohydrate**

(3) Which nutrient helps in body building and repair?

Options (1) Protein (2) Carbohydrate (3) Fat (4) Water

Answer **Protein**

(4) Which of the following is a rich source of protein?

Options (1) Rice (2) Pulses (3) Sugar (4) Butter

Answer **Pulses**

(5) Which fat is generally considered healthy?

Options (1) Trans fat (2) Saturated fat (3) Unsaturated fat (4) Hydrogenated fat

Answer **Unsaturated fat**

(6) Vitamin A is important for:

Options (1) Blood clotting (2) Vision (3) Digestion (4) Hearing

Answer **Vision**

(7) Which vitamin is known as the sunshine vitamin?

Options (1) Vitamin A (2) Vitamin C (3) Vitamin D (4) Vitamin K

Answer **Vitamin D**

(8) Vitamin C helps in:

Options (1) Bone formation (2) Wound healing (3) Blood clotting (4) Hormone production

Answer **Wound healing**

(9) Iron deficiency leads to:

Options (1) Obesity (2) Diabetes (3) Anemia (4) Hypertension

Answer **Anemia**

(10) Calcium is essential for:

Options (1) Skin color (2) Bone health (3) Hair growth (4) Digestion

Answer **Bone health**

(11) Iodine deficiency causes:

Options (1) Goiter (2) Diabetes (3) Scurvy (4) Rickets

Answer **Goiter**

(12) Zinc is important for:

Options (1) Immunity (2) Vision (3) Hearing (4) Speech

Answer **Immunity**



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(13) A balanced diet contains:

Options (1) Only carbohydrates (2) Only proteins (3) All nutrients in proper amounts (4) Only vitamins

Answer **All nutrients in proper amounts**

(14) RDA stands for:

Options (1) Recommended Dietary Allowance (2) Required Diet Assessment (3) Recommended Daily Activity (4) Regular Diet Amount

Answer **Recommended Dietary Allowance**

(15) Basal Metabolic Rate refers to:

Options (1) Energy used during exercise (2) Energy used at rest (3) Energy from food (4) Energy during sleep only

Answer **Energy used at rest**

(16) Kwashiorkor is caused mainly due to deficiency of:

Options (1) Fat (2) Vitamins (3) Protein (4) Water

Answer **Protein**

(17) Marasmus is caused due to deficiency of:

Options (1) Total calories (2) Iron only (3) Vitamin C (4) Calcium

Answer **Total calories**

(18) Deficiency of Vitamin C causes:

Options (1) Rickets (2) Beriberi (3) Scurvy (4) Pellagra

Answer **Scurvy**

(19) Deficiency of Vitamin D causes:

Options (1) Scurvy (2) Rickets (3) Goiter (4) Anemia

Answer **Rickets**

(20) Water-soluble vitamins are:

Options (1) A and D (2) E and K (3) B-complex and C (4) A and K

Answer **B-complex and C**

(21) Digestion of food begins in the:

Options (1) Stomach (2) Mouth (3) Intestine (4) Liver

Answer **Mouth**

(22) Saliva contains the enzyme:

Options (1) Pepsin (2) Trypsin (3) Amylase (4) Lipase

Answer **Amylase**

(23) Most nutrient absorption occurs in the:

Options (1) Large intestine (2) Stomach (3) Small intestine (4) Liver

Answer **Small intestine**

(24) Hemoglobin is present in:

Options (1) WBC (2) Platelets (3) RBC (4) Plasma



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Answer **RBC**

(25) The normal red color of blood is due to:

Options (1) Plasma (2) Hemoglobin (3) Platelets (4) Hormones

Answer **Hemoglobin**

(26) Insulin helps regulate:

Options (1) Blood pressure (2) Blood sugar (3) Body temperature (4) Digestion

Answer **Blood sugar**

(27) The thyroid gland secretes:

Options (1) Insulin (2) Thyroxine (3) Adrenaline (4) Estrogen

Answer **Thyroxine**

(28) PTH is related to regulation of:

Options (1) Calcium (2) Glucose (3) Sodium (4) Protein

Answer **Calcium**

(29) Carbohydrates are finally broken down into:

Options (1) Fatty acids (2) Amino acids (3) Glucose (4) Vitamins

Answer **Glucose**

(30) Proteins are broken into:

Options (1) Fatty acids (2) Glucose (3) Amino acids (4) Minerals

Answer **Amino acids**

(31) Fats are digested into:

Options (1) Glucose (2) Amino acids (3) Fatty acids and glycerol (4) Minerals

Answer **Fatty acids and glycerol**

(32) Enzymes are:

Options (1) Hormones (2) Catalysts (3) Vitamins (4) Minerals

Answer **Catalysts**

(33) Coenzymes are generally derived from:

Options (1) Vitamins (2) Water (3) Carbohydrates (4) Fiber

Answer **Vitamins**

(34) The stomach secretes:

Options (1) Saliva (2) Bile (3) Hydrochloric acid (4) Insulin

Answer **Hydrochloric acid**

(35) Bile juice is produced by the:

Options (1) Pancreas (2) Stomach (3) Liver (4) Kidney

Answer **Liver**

(36) Acid-base balance is important for:

Options (1) Hair growth (2) Normal body function (3) Skin color (4) Voice production

Answer **Normal body function**



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(37) Pepsin digests:

Options (1) Fat (2) Protein (3) Carbohydrate (4) Vitamins

Answer **Protein**

(38) The pancreas secretes:

Options (1) Digestive enzymes (2) Hemoglobin (3) Bile (4) Calcium

Answer **Digestive enzymes**

(39) The basic unit of protein is:

Options (1) Fatty acid (2) Amino acid (3) Glucose (4) Mineral

Answer **Amino acid**

(40) The main function of RBC is to transport:

Options (1) Hormones (2) Oxygen (3) Water (4) Vitamins

Answer **Oxygen**

(41) Milk belongs to which food group?

Options (1) Protective food (2) Energy food (3) Junk food (4) Beverage

Answer **Protective food**

(42) Pulses are rich in:

Options (1) Protein (2) Fat (3) Vitamin C (4) Water

Answer **Protein**

(43) Boiling is a method of:

Options (1) Preservation (2) Cooking (3) Drying (4) Fermentation

Answer **Cooking**

(44) Deep frying increases the content of:

Options (1) Water (2) Fiber (3) Fat (4) Minerals

Answer **Fat**

(45) Vitamin C is destroyed easily by:

Options (1) Cold storage (2) Heat (3) Freezing (4) Drying

Answer **Heat**

(46) Freezing helps in:

Options (1) Spoilage (2) Preservation (3) Fermentation (4) Cooking

Answer **Preservation**

(47) Drying preserves food by removing:

Options (1) Protein (2) Minerals (3) Water (4) Vitamins

Answer **Water**

(48) Curd formation is an example of:

Options (1) Freezing (2) Drying (3) Fermentation (4) Adulteration

Answer **Fermentation**

(49) Food spoilage can be caused by:



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Options (1) Microorganisms (2) Vitamins (3) Minerals (4) Fiber

Answer **Microorganisms**

(50) Adding water to milk is an example of:

Options (1) Fermentation (2) Preservation (3) Adulteration (4) Drying

Answer **Adulteration**

(51) A diabetic patient should avoid excess:

Options (1) Protein (2) Sugar (3) Water (4) Fiber

Answer **Sugar**

(52) Low sodium diet is advised in:

Options (1) Hypertension (2) Fever (3) Constipation (4) Anemia

Answer **Hypertension**

(53) Obesity is caused due to:

Options (1) Undereating (2) Excess calorie intake (3) Vitamin deficiency (4) Water loss

Answer **Excess calorie intake**

(54) Renal patients may require:

Options (1) High sodium diet (2) Low protein diet (3) High sugar diet (4) High fat diet

Answer **Low protein diet**

(55) Soft diet is recommended for patients with:

Options (1) Difficulty chewing (2) Obesity (3) Diabetes (4) Hypertension

Answer **Difficulty chewing**

(56) Liquid diet includes:

Options (1) Chapati (2) Rice (3) Soup (4) Salad

Answer **Soup**

(57) Cardiac patients are advised to reduce:

Options (1) Fiber (2) Saturated fat (3) Vitamins (4) Water

Answer **Saturated fat**

(58) Liver disorders may affect digestion of:

Options (1) Vitamins (2) Fats (3) Water (4) Minerals

Answer **Fats**

(59) High protein diet is recommended in:

Options (1) Burns (2) Hypertension (3) Obesity (4) Fever only

Answer **Burns**

(60) Fever increases the requirement of:

Options (1) Energy and fluids (2) Salt only (3) Sugar only (4) Fat only

Answer **Energy and fluids**

(61) ICDS stands for:

Options (1) Integrated Child Development Services (2) Indian Child Diet Scheme (3) Integrated Community Diet System (4) Indian Child Development Society



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Answer **Integrated Child Development Services**

(62) Mid-day meal program mainly benefits:

Options (1) Elderly (2) School children (3) Pregnant women (4) Athletes

Answer **School children**

(63) Nutrition education helps people to:

Options (1) Buy expensive foods (2) Make healthy food choices (3) Avoid exercise (4) Eat only supplements

Answer **Make healthy food choices**

(64) Protein-energy malnutrition is common in:

Options (1) Children (2) Athletes (3) Adults only (4) Elderly only

Answer **Children**

(65) Public health nutrition focuses on:

Options (1) Individuals only (2) Communities (3) Industries only (4) Hotels only

Answer **Communities**

(66) Pregnant women require extra:

Options (1) Nutrients (2) Salt only (3) Sugar only (4) Water only

Answer **Nutrients**

(67) Exclusive breastfeeding is recommended for:

Options (1) 1 month (2) 3 months (3) 6 months (4) 1 year

Answer **6 months**

(68) Breast milk is rich in:

Options (1) Antibodies (2) Cholesterol only (3) Salt only (4) Fiber only

Answer **Antibodies**

(69) Infants should start complementary feeding at:

Options (1) Birth (2) 2 months (3) 6 months (4) 1 year

Answer **6 months**

(70) Adolescents require more nutrients due to:

Options (1) Rapid growth (2) Aging (3) Sleep (4) Less activity

Answer **Rapid growth**

(71) Which diet is most appropriate for a patient with Type 2 diabetes?

Options (1) High refined sugar diet (2) Low-fiber diet (3) Controlled carbohydrate, high-fiber diet (4) High saturated fat diet

Answer **Controlled carbohydrate, high-fiber diet**

(72) The primary goal of a renal diet in chronic kidney disease is to:

Options (1) Increase sodium intake (2) Reduce kidney workload (3) Increase phosphorus intake (4) Promote dehydration

Answer **Reduce kidney workload**

(73) Which nutrient is often restricted in liver cirrhosis with ascites?



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Options (1) Sodium (2) Vitamin C (3) Fiber (4) Calcium

Answer **Sodium**

(74) A gluten-free diet is prescribed for:

Options (1) Crohn's disease (2) Celiac disease (3) Peptic ulcer (4) Gallstones

Answer **Celiac disease**

(75) Which diet is commonly recommended after acute diarrhea?

Options (1) High-fat diet (2) Low-residue diet (3) Ketogenic diet (4) High-protein diet

Answer **Low-residue diet**

(76) The DASH diet is primarily used for management of:

Options (1) Hypertension (2) Anemia (3) Osteoporosis (4) Peptic ulcer

Answer **Hypertension**

(77) Which nutrient should be increased in iron deficiency anemia?

Options (1) Iron (2) Sodium (3) Cholesterol (4) Trans fat

Answer **Iron**

(78) A low-purine diet is recommended for patients with:

Options (1) Gout (2) Diabetes (3) Hypertension (4) Asthma

Answer **Gout**

(79) Which therapeutic diet is used before certain gastrointestinal procedures?

Options (1) Clear liquid diet (2) High-protein diet (3) DASH diet (4) Renal diet

Answer **Clear liquid diet**

(80) The main purpose of a high-protein diet is to:

Options (1) Promote tissue repair (2) Reduce blood pressure (3) Lower uric acid (4) Treat constipation

Answer **Promote tissue repair**

(81) Which vitamin supplementation is commonly required in pernicious anemia?

Options (1) Vitamin B12 (2) Vitamin A (3) Vitamin D (4) Vitamin K

Answer **Vitamin B12**

(82) Patients with lactose intolerance should avoid:

Options (1) Milk (2) Rice (3) Apple (4) Lentils

Answer **Milk**

(83) A low-fat diet is often prescribed in:

Options (1) Pancreatitis (2) Scurvy (3) Rickets (4) Migraine

Answer **Pancreatitis**

(84) The BRAT diet includes banana, rice, applesauce and:

Options (1) Toast (2) Tomato (3) Tea (4) Turnip

Answer **Toast**

(85) Which mineral is commonly restricted in advanced kidney disease?

Options (1) Potassium (2) Iodine (3) Fluoride (4) Selenium



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Answer **Potassium**

(86) Medical nutrition therapy is an essential part of management of:

Options (1) Diabetes mellitus (2) Common cold (3) Myopia (4) Otitis externa

Answer **Diabetes mellitus**

(87) A low-residue diet aims to:

Options (1) Increase bowel contents (2) Reduce fecal volume (3) Increase fiber intake (4) Promote weight gain

Answer **Reduce fecal volume**

(88) Which diet consistency is suitable immediately after surgery when oral feeding resumes?

Options (1) Clear liquid diet (2) Regular diet (3) High-fiber diet (4) Low-sodium diet

Answer **Clear liquid diet**

(89) Excess sodium intake is associated with:

Options (1) Hypertension (2) Anemia (3) Night blindness (4) Osteomalacia

Answer **Hypertension**

(90) Which food is suitable in a low-purine diet?

Options (1) Organ meat (2) Sardines (3) Refined cereals (4) Anchovies

Answer **Refined cereals**

(91) The ketogenic diet is characterized by:

Options (1) High fat and very low carbohydrate (2) High carbohydrate (3) High fiber only (4) Low protein only

Answer **High fat and very low carbohydrate**

(92) Protein restriction may be required in:

Options (1) Advanced renal failure (2) Iron deficiency anemia (3) Hypertension (4) Constipation

Answer **Advanced renal failure**

(93) Which therapeutic diet is commonly used for dysphagia?

Options (1) Modified texture diet (2) Ketogenic diet (3) DASH diet (4) Gluten-free diet

Answer **Modified texture diet**

(94) The main dietary modification for peptic ulcer disease is to:

Options (1) Avoid foods causing discomfort (2) Increase alcohol intake (3) Increase spicy foods (4) Avoid all proteins

Answer **Avoid foods causing discomfort**

(95) Which nutrient helps lower LDL cholesterol?

Options (1) Soluble fiber (2) Trans fat (3) Cholesterol (4) Sodium

Answer **Soluble fiber**

(96) A sodium-restricted diet is usually limited to:

Options (1) Reduce edema and hypertension (2) Increase thirst (3) Promote obesity (4) Increase uric acid

Answer **Reduce edema and hypertension**



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(97) Which diet is prescribed for celiac disease?

Options (1) Gluten-free diet (2) Low-fat diet (3) Low-sodium diet (4) Clear liquid diet

Answer **Gluten-free diet**

(98) Enteral nutrition refers to feeding through:

Options (1) Gastrointestinal tract (2) Intravenous route (3) Intramuscular route (4) Subcutaneous route

Answer **Gastrointestinal tract**

(99) Parenteral nutrition is administered through:

Options (1) Intravenous route (2) Oral route (3) Nasogastric tube (4) Gastrostomy tube

Answer **Intravenous route**

(100) Which dietary approach is recommended for cardiovascular disease prevention?

Options (1) Low saturated fat diet (2) High trans-fat diet (3) High sodium diet (4) Low fruit intake

Answer **Low saturated fat diet**

