

私立臺北醫學院 90 學年度第 1 學期 期中考試 (試) 題紙

系級	科目	授課教師	考試日期	學號	姓名
保三	膳食營養學	李松全	91年1月14日第1節		

※①請注意本試題共 3 張。如發現頁數不足及空白頁或缺印，應當場請求補齊，否則缺少部份概以零分計。
 ②每張試題卷務必填寫(學號)、(姓名)。

Translate the following terms and abbreviations into Chinese 10%

1. Atherosclerosis
2. Angina pectoris
3. Stroke
4. Myocardial infarction
5. Left ventricular hypertrophy
6. Systolic blood pressue
7. MUFA
8. CHF
9. CHD
10. CVD

Fill in the blank 66%

1. What is the acceptable plasma lipid profiles for healthy adults? Cholesterol _____, triglyceride _____, HDL-C _____, LDL-C _____

2. What lipoproteins are elevated in type I and type IIa hyperlipoproteinemia patients?
 _____, _____, _____
 What blood lipids are elevated in these patients?
 _____, _____

3. Which dietary factors have the effect on lowering blood cholesterol? _____
 (1. Soluble fiber. 2. Insoluble fiber. 3. SFA 4. n-3 PUFA 5. n-6 PUFA 6. Trans fatty acid)

4. Write down the most abundant fatty acid in the following oils?

Safflower oil: _____ Olive oil: _____ Fish oil:

5. Which lipoproteins or apoproteins have advantages in lowering the risk of CVD
 (negative risk factors) _____

(1. VLDL-TG, 2. LDL-C, 3. HDL-C, 4. Apo A, 5. Apo B, 6. Apo C, 7. lipoprotein(a))

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保三	營養學	李松合	91年1月14日第1節		

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6. Write down the foods rich in trans fatty acids _____

7. What fatty acids are classified as the following fatty acid family:

SFA _____, n-3 fatty acids _____, n-6 fatty acids _____,

n-9 fatty acids _____

1). Palmitic acid, 2). Lauric acid, 3). Linoleic acid, 4). Oleic acid, 5). stearic acid, 6). EPA, 7). Arachidonic acid, 8). DHA, 9). Myristic acid 10). α -linolenic acid

8. List 3 antioxidant nutrients that found in the body _____

9. Alcohol has beneficial effect on preventing CVD because _____ (1. VLDL-C, 2. LDL-C, 3. HDL-C) is elevated when alcohol is consumed. How many grams of alcohol are allowed for the drinkers? _____ g/day

10. VLDLs are secreted by _____, and LDL is converted from _____

11. For a patient with high plasma homocystine, what nutrients should be supplemented to reduce homocystine concentration? _____, _____,

12. According to Joint National Committee IV, blood pressure higher than _____ (SBP/DBP) can be classified as hypertension

13. 100meq Na = _____ g salt.

14. Write the foods rich in potassium (K) _____

15. People with BMI higher than _____ tend to have higher blood pressure.

16. Low dose aspirin is usually used to prevent thrombosis, because _____ (enzyme) activity is inhibited.

Answer the following questions 25%

1. What are your suggestions in diet and behavior for a patient with hypertension?

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保三	營養學	吳松齡	91年1月14日第1節		

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2. Why bile acid sequestrant combined with HMG CoA reductase inhibitor can reduce plasma cholesterol effectively? Describe the mechanisms

3. Please describe the possible mechanisms for fish oil in reducing the tendency of platelet aggregation

4. Mr. Wang is a 65 years old male patient with family history of CHD. Recently, his laboratory data showed: plasma cholesterol 253 mg/dl, LDL-C 151 mg/dl. What dietary principles do you suggest for him?

5. Why patients with congestive heart failure may have the symptom of edema?