

Hard Multiple Choice Questions

Nutrition Deficiency Disorders

1. Which factor most significantly enhances non-heme iron absorption from plant-based diets?

- A) Calcium
- B) Phytic acid
- C) Vitamin C
- D) Tannin

Answer: C) Vitamin C

2. Iron absorption may increase up to 40–50% during which physiological state?

- A) Old age
- B) Pregnancy and growth
- C) Obesity
- D) Chronic infection

Answer: B) Pregnancy and growth

3. Spoon-shaped nails (koilonychia) are associated with:

- A) Vitamin B12 deficiency
- B) Calcium deficiency
- C) Iron deficiency anemia
- D) Vitamin A deficiency

Answer: C) Iron deficiency anemia

4. Which component reduces iron absorption by forming insoluble salts?

- A) Vitamin C
- B) Gastric acid
- C) Phytic acid
- D) Meat proteins

Answer: C) Phytic acid

5. Milk reduces iron absorption mainly due to its high content of:

- A) Phosphorus
- B) Magnesium
- C) Calcium
- D) Protein

Answer: C) Calcium

6. Numbness and tingling around the mouth are typical signs of:

- A) Vitamin A deficiency
- B) Calcium deficiency
- C) Iron deficiency
- D) Iodine deficiency

Answer: B) Calcium deficiency

7. Which drug is most likely to contribute to calcium deficiency?

- A) Antibiotics
- B) Proton pump inhibitors
- C) Antihistamines
- D) NSAIDs

Answer: B) Proton pump inhibitors

8. Vitamin D deficiency in children primarily leads to:

- A) Osteomalacia
- B) Osteoporosis
- C) Rickets
- D) Dental caries

Answer: C) Rickets

9. Rickets is characterized by defective calcification of:

- A) Mature bone only
- B) Osteoid and epiphyseal cartilage
- C) Dental enamel
- D) Bone marrow

Answer: B) Osteoid and epiphyseal cartilage

10. Osteomalacia mainly affects:

- A) Children
- B) Cartilage growth plates
- C) Adults with calcium deficiency
- D) Bone density only

Answer: C) Adults with calcium deficiency

11. According to WHO, osteoporosis is defined as bone density reduction of:

- A) 1 SD below mean

- B) 2 SD below mean
- C) 2.5 SD or more below mean
- D) 3 SD below mean

Answer: C) 2.5 SD or more below mean

12. Which factor increases the risk of vitamin D deficiency by trapping it in fat tissue?

- A) Aging
- B) Obesity
- C) Dark skin
- D) Kidney disease

Answer: B) Obesity

13. Iodine deficiency has its most severe impact on:

- A) Liver function
- B) Renal system
- C) Neonatal brain development
- D) Muscle strength

Answer: C) Neonatal brain development

14. Night blindness and Bitot's spots indicate deficiency of:

- A) Vitamin D
- B) Vitamin A
- C) Vitamin E
- D) Vitamin K

Answer: B) Vitamin A

15. The most common form of Protein Energy Malnutrition (PEM) is:

- A) Kwashiorkor
- B) Marasmus
- C) Pellagra
- D) Scurvy

Answer: B) Marasmus