

# Topics for RD Exam

## Nutrition Science

1. Energy
2. Carbohydrates/Fiber
3. Protein
4. Fats
5. Water
6. Vitamins- Water Soluble and Fat Soluble
7. Iron/ Anemia
8. Calcium
9. Zinc
10. Iodine
11. Sodium
12. Potassium
13. Other Minerals
14. Electrolytes/Acid-Base Balance
15. Metabolism
16. Infancy/Childhood
17. Pregnancy/Lactation
18. Food Sources Of Nutrients
19. Sports Nutrition
20. Functional Foods

## Clinical Nutrition

1. Weight Management
2. Nutrition Assessment/RDAs
3. Prevention and Nutritional Management in Diabetes
4. Prevention and Nutritional Management of Renal Disease
5. Prevention and Nutritional Management of Urolithiasis
6. Prevention and Nutritional Management of Liver Disease
7. Prevention and Nutritional Management of Hypertension
8. Prevention and Nutritional Management Heart Disease
9. Prevention and Nutritional Management of Gastrointestinal Diseases
10. Prevention and Nutritional Management in Cancer
11. Food Allergies/Intolerances
12. Enteral Nutrition/Parenteral Nutrition
13. Drug-Nutrient Interaction

## 14. Counseling Techniques

### **Public Health**

#### **1. Prevalence and National and Provincial Programs to Address:**

- Low birth Weight
- Malnutrition in children under 5 years of age
- Nutritional Anemia's
- Iodine deficiency
- Vitamin A
- Other micronutrient deficiencies

#### **2. Mother and child health programs:**

- Assessing and evaluating the impact of national and international programs to improve maternal and child health
- Government of Pakistan's Lady Health Visitors Program

#### **3. Infectious diseases of childhood and their impact on nutrition:**

- Diarrhea
- Respiratory diseases
- Measles

#### **4. WHO Recommendations for Prevention and Control of Non-Communicable Diseases in the Population.**

#### 5. Basic Statistics and Epidemiology

### **Food Science**

1. Fruit N Vegetables
2. Eggs
3. Milk N Milk Products
4. Meat, Poultry, Sea Food
5. Fats & Oils
6. Starches
7. Leavening Agents
8. Sugar N Sugar Substitutes
9. Water and Other Fluids
10. Food Microbiology

11. Additives
12. Baking
13. Gelatin

## **Food Service**

1. Introduction to Food Service Management
2. Quantity Food Production
3. Financial Management in Food Service
4. Sanitation, Safety and HACCAP
5. Management of Physical Facilities
6. Personnel/Time Management