**Nutrition and Immune and Inflammatory Systems**

Bruce R Bistrian and Robert F Grimble

**Multiple choice questions**

1. Glutathione is
   (a) A component of antioxidant defence.
   (b) Essential to immunity related to lymphocyte function.
   (c) Composed of amino acids.
   (d) All of the above.

2. Following injury, plasma levels of certain essential nutrients decrease, including
   (a) The trace elements, copper, zinc, and selenium.
   (b) The B vitamins.
   (c) The essential fatty acids linoleic and alpha linolenic acid.

3. Hypoalbuminaemia occurs as a result of the systemic response to inflammation. As such, it is a good indicator of
   (a) The severity of protein–energy malnutrition.
   (b) The response to adequate nutritional support.
   (c) The presence of an ongoing or recent injury, infection, or inflammation.
4. The synthesis of acute-phase proteins and glutathione following injury is influenced by
   (a) Protein intake.
   (b) Sulphur amino acid intake.
   (c) Glutamine intake.
   (d) All of the above.

5. In animal studies, atrophy of lymphoid tissue is seen with dietary deficiencies in
   (a) Vitamins A, E, B6, and riboflavin.
   (b) Vitamins A, C, E, and thiamine.
   (c) Protein and vitamin C.