

ACTIVITY 60

You can obtain 3 CEU's for reading the article: "DEVELOPMENT OF A MALIAN FOOD EXCHANGE SYSTEM BASED ON LOCAL FOODS AND DISHES FOR THE ASSESSMENT OF NUTRIENT AND FOOD INTAKE IN TYPE 2 DIABETIC SUBJECTS" and answering the accompanying questions.

This article has been accredited for CEU's for dietitians.

Ref number: DT/A01/P00008/2009/00001

PLEASE ANSWER ALL THE QUESTIONS (True or False)

- In the proposed Malian food exchange system, a specific food group is included for legumes. True False
- In this study with type 2 diabetic subjects, the mean body mass index of women was lower than that of men. True False
- Compared to women, men in this study consumed higher number of exchanges of meat and substitutes, starch and fruit. True False
- In the whole sample of this study and for the starch and fat groups, the intake averaged about 5 exchanges per day. True False
- About a third of subjects in the study reported consumption of foods from the sugar-added food group. True False
- In the proposed food exchange system, prepared groundnut counted both for legumes and fat exchanges. True False
- According to food composition table data, starchy foods are generally lower in protein and slightly less dense in carbohydrate in Mali than in North America. True False
- The food consumption patterns of diabetic participants in this study resembled more the sedentary than the pastoral Malian diet. True False
- The energy from carbohydrate for participants in this study was lower than that of the general African population. True False
- It is important to develop educational tools for African diabetic patients that would provide uniformity in meal planning and allow for the inclusion of a wider variety of foods. True False
- In the proposed food exchange system, one exchange of vegetables contain 5 grams of carbohydrate, 2 grams of protein and 25 kcal. True False
- In the proposed food exchange system, 2/3 cup (175 ml) of yam count for one starch exchange. True False

ACTIVITY 61

You can obtain 3 CEU's for reading the article: "FACTORS INFLUENCING HIGH SOCIO-ECONOMIC CLASS MOTHERS' DECISION REGARDING FORMULA FEEDING PRACTICES IN THE CAPE METROPOLE" and answering the accompanying questions.

This article has been accredited for CEU's for dietitians.

Ref number: DT/A01/P00008/2009/00002

PLEASE ANSWER ALL THE QUESTIONS (True or False)

- Breast milk provides all the necessary elements for optimal growth and development, and it is widely acknowledged to be the most complete form of nutrition for infants. True False
- Literature indicates that a mother's decision to breastfeed or formula feed results from various factors e.g. her current circumstances. True False
- A national study (SADHS) found that only 10% of infants were exclusively breastfed in their first year of life. True False
- There is consistent evidence that mothers with a higher education tend to exclusively breastfeed their infants, and for longer periods when compared with mothers who have attained a lower level of education. True False
- Clinics actively promoting exclusive breastfeeding were included in this study, in order to avoid bias. True False
- The findings of the present study indicate that the possible side effects of breastfeeding discouraged most mothers to breastfeed their infants. True False
- Most mothers in this study indicated that the lack of privacy at public places was a barrier to breastfeeding for them. True False
- Seventy-two percent of mothers in this study indicated that since their own mother could not breastfeed, or preferred not to, influenced their decision to formula feed. True False
- In this study, eighty percent (n=44) of the mothers decided only after the birth of their infant to rather breast feed, while 13% made their decision before pregnancy and 7% during pregnancy. True False
- In this study it was found that the introduction of infant formula occurred very early (6 weeks) and breastfeeding was discontinued early (8 weeks). True False
- Inappropriate and incorrect formula reconstitution, although not a problem for the majority of participants in this study, are factors that must be taken into consideration when new mothers are educated regarding the use of infant formula. True False
- One of the recommendations of this study was that both parents should be educated prenatally regarding the health benefits of breastfeeding. True False



HOW TO EARN YOUR CEUS

1. Please check your name and HPCSA number. 2. Read the article and answer all the questions. 3. Only **ONE** answer sheet may be submitted per article. 4. Indicate your answers to the questions by coloring the appropriate block on this answer sheet. 5. This CPD questionnaire can now be completed online at www.sajcn.co.za. Click on "CPD" on the main page. You are now linked to the ecpsa website. Register with the ecpsa website, log in and choose the SAJCN CPD activity for this issue. Please provide your fax number and e-mail address for your processed certificate. 6. Only torn-out copies will be accepted by post. Please sign the document and post it to Postnet Suite 55, Private Bagx22, Tygervalley, Cape Town, 7536. 7. Answer sheets must be submitted **not later than March 2010**. Answer sheets received after this date will not be processed. 8. You will earn 3 CEUs per article if you answer more than 70% of the questions correctly. A score of less than 70% will not earn you any CEUs. 9. Make a photocopy for your own records in case your form is lost in the mail.

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