

“Offering solutions to the challenges of dietary assessment for over 35 years.”

Quarterly

Nutrition Coordinating Center



Take a look inside »

- Learn What NDSR Can Do 2
- HEI Score Using NDSR Data 2
- Take a Bite 3
- Ask Priscilla & Ask Huong 3
- New Foods 4
- NDSR's Been Spotted 4

Using the NDSR Dietary Supplement Assessment Module?

A number of clients using the Dietary Supplement Assessment Module (DSAM) have asked for advice on how to use output files to calculate nutrient intake from food and dietary supplement sources combined. Fortunately the answer is straightforward.

Combined nutrient intakes may be readily calculated using data in Output File 04 (Intake Properties Totals File) and Output File 12 (DSAM Total 24-hour Supplement Intake File). File 04 contains total daily nutrient intake estimates from the 24-hour dietary recall record (e.g., total daily vitamin C intake from the 24-hour dietary recall record). File 12 includes total daily nutrient intake estimates from the DSAM interview (e.g., total daily vitamin C intake from the 24-hour dietary supplement recall interview).

(Continued on Page 4)

Recap 2010 - Focus 2011

Happy New Year from the Nutrition Coordinating Center! NCC's focus in 2010 has been on responding in a timely fashion to the needs of our clients.

NCC has strived to be responsive by thoughtfully reviewing the client responses to our Database Expansion Survey. The NCC Food and Nutrient Database scientists successfully updated the database in the NDSR 2010 release with many of the requested new foods, fast foods and brand-name entrees. In response to researcher's suggestions, NCC programmers enhanced NDSR 2010 with many new NDSR Quality Assurance features and procedures.

Besides working on NDSR improvements, NCC has had the opportunity in 2010 of working with and providing special database files to NDSR users with special needs. In addition government agencies that are trying to follow the trends of food manufacturers regarding nutrients of interest such as trans-fatty acids and sodium have requested information from the NCC database. Because NCC has maintained a time-related, version-specific database for over 35 years, the NCC Food and Nutrient Database can provide historical information when looking at marketplace trends.

So what's in store for 2011?

The staff at NCC will continue to focus on meeting our NDSR user's needs as well as stepping up to challenges presented when we're approached to work on special projects.

Over the years clients have asked for modifications to NDSR to improve its use in Hispanic-American studies. We have responded by steadily adding new foods, recipes and more detailed descriptions to Hispanic foods in our database.

An exciting feature scheduled for the NDSR 2011 release is a preference option allowing the user to display interview prompts in Spanish. We anticipate that these translated prompts will improve and standardize the many questions that currently require translation during the 24-hour dietary and supplement recall interviews.

At NCC we anticipate that 2011 will be another year filled with activity focused on constant improvement. We value the relationships we have with our clients and colleagues and we warmly wish you a wonderful 2011.



HEI Score Using NDSR Data

As many of you know the Healthy Eating Index (HEI) is an overall diet quality measure developed by the U.S. Department of Agriculture (USDA).

The HEI scoring system is based on the Dietary Guidelines for Americans and the Food Guide Pyramid, hence it may be used to evaluate the extent to which an individual's diet is in compliance with these recommendations.

Researchers at Pennsylvania State University have taken the lead in developing an approach to generating Healthy Eating Index Scores based on NDSR output file data.

The approach they developed and evaluated is described in detail in the following publication: [Development and evaluation of a method for calculating the Healthy Eating Index-2005 using the Nutrition Data System for Research](#). Miller PE, Mitchell DC, Harala PL, Pettit JM, Smiciklas-Wright H, Hartman TJ. Public Health Nutr. 2010 Jun 25:1-8.

Please contact NCC Client Services with any questions about NDSR Output Files and HEI.

Licensing the NCC Food and Nutrient Database

In a world of gizmos and "Apps," NCC has received many inquiries about licensing the NCC Food and Nutrient Database. Generally when licensing our database, NCC provides a flat-file database (of over 18,000 foods) that includes nutrients per 100 grams. NCC can also provide food amount units (e.g., cups, oz, etc.) for each food with gram weight information for each unit. For a complete list of foods and nutrients available in the database visit our [website](#).

NCC can create a database file that can meet your needs to include the foods and nutrients that are of interest for your application.

The cost of licensing the NCC Database is dependent on your specific needs, such as the number of foods and nutrients you request. Security of the data is important for us. NCC investigates all the details about a proposed application (Continued on Page 4)

Learn What NDSR Can Do

Want to improve usage of the NDSR program for your research studies? Consider attending a scheduled NDSR training workshop in 2011. At the two-day training workshop, you can sharpen your interviewing skills, better understand the NCC Food and Nutrient Database, learn how to locate and enter foods quickly during the dietary interview, receive tips on managing your study data, and learn how to run quality assurance checks on your 24-hour dietary recall data.

NCC provides the computers and the learning environment with lots of group and individual activities to promote using NDSR to collect 24-hour dietary recalls. You provide us with your undivided attention for two full days. You may find yourself agreeing with the following feedback from recent attendees.

"Excellent training and use of hands-on practice. Thank you for giving me plenty of ideas! I feel prepared to return, certify, and train others."

"It's helpful to experience "getting stuck" (which needs to happen) while the experts are right there to help you out."

"Hands-on activities are really helpful to make the workshop engaging and encourage practical learning. Information was presented in a concise, meaningful manner. Great job!"

If a trip to Minnesota isn't in your budget, don't forget that the [NDSR Tutorials](#), Appendix 4 in the NDSR User Manual, contain valuable information about navigating the program, and learning about the database. If you have attended training in the past or are a self-taught NDSR user, check out the text boxes in the tutorial to gain additional insight into NDSR.

UPCOMING NDSR TRAINING SESSIONS

NCC offers a monthly comprehensive training and certification program for those who license NDSR.

The next available trainings are:

February 28-March 1, 2011 April 4-5, 2011 May 16-17, 2011

For more information or to register visit the [NCC Training page](#).

UPCOMING CONFERENCES

[Experimental Biology 2011](#) • April 9-13, 2011 • Washington, D.C.

Deadline for -

- Early Registration - February 9, 2011

[35th National Nutrient Databank Conference](#) • April 8, 2011 • Washington, D.C.

Deadline for -

- Abstract Submission has been extended to February 11, 2011

[IFT11 Annual Meeting + Food Expo](#) • June 11-14, 2011 • New Orleans, LA

Registration opens March 1, 2011

Ask Priscilla



I'm writing a paper for dietary data that were collected in 2004-2006 using NDSR. I want to specify the versions of NDSR used for data collection and was wondering how I can find that information.

A new version of NDSR has been released annually for the past fourteen years. Depending on when the data were actually collected, the NDSR versions used could have been: 4.06, 5.0, 2005, and 2006. See [our website](#) for all the release dates.

If you have the raw data available, the answer is in the output files. Output File 04, column 18 is labeled: "Data Collected in Software Version". The output file specifications are available in Chapter 8 of the [NDSR User Manual](#).

You will also find citation information regarding use of multiple versions on [our website](#).

Nutrition Question?

Ask Priscilla at harala@umn.edu.

Ask Huong



I just installed NDSR 2010 and I'm getting error messages. What should I do?

Please call the NCC Help Desk at 612-626-9450. The most common installation errors stem from "permissions issues." You can read about the permissions required to run NDSR in Chapter 2 of the User Manual or you can call us. Although we can't change your permissions for you, we can walk you through the set-up.

Technical Question?

Ask Huong at duong001@umn.edu.



Take a Bite:

What's New in Nutrition. The news and trends that NCC is following.

Sea Salt is Growing in Popularity

Sea salt is growing in popularity as an alternative to table salt. Sea salt is produced through the evaporation of seawater, and, like table salt, is primarily sodium chloride.

However, depending on the source of water used to make sea salt, some trace minerals such as iodine, magnesium, and potassium may remain. These insignificant amounts of minerals may add flavor and color to the sea salt.

Table salt is fine grained salt that may be made from either rock salt or sea salt. Table salt is more heavily processed than sea salt, resulting in removal of trace minerals, and creating a finer texture. Generally, it contains an anti-caking agent like calcium silicate to keep it from clumping in humid conditions so that it flows freely from the box, and it may be fortified with iodine.

By weight, sea salt and table salt contain about the same amount of sodium.

The biggest difference between table salt and sea salt is that the latter is processed in a way that produces larger crystals. The size of the crystal may affect how you perceive the salt that you put on your food.

Some say that the larger crystals sprinkled on a food give a concentrated burst of saltiness and add a texture that many people enjoy. This attribute, as well as the association with being "natural" have, according to Mintel market research organization, resulted in 1,350 new products being introduced with sea salt as an ingredient in 2010.

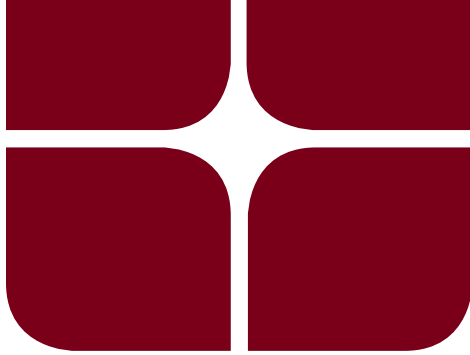
For example Campbell's has many reduced-sodium products made with sea salt, and Wendy's recently unveiled Natural-Cut Sea Salt Fries. Unfortunately, the new fries have significantly more sodium than the original.

Energy Drink Market Seeking New Customers

Energy drink/shot manufacturers saw a 136% increase in sales from 2005-2009, but are now having a difficult time attracting new customers, according to Mintel research.

Americans consume 3.05 liters of energy drinks per capita each year. However the energy drink market remained flat at 15% of all adults aged 18+ during 2007-2009.

The number of energy drinks in the NCC Food and Nutrient Database will be expanded in 2011.



NDSR's Been Spotted

In the over 35 year history of the Nutrition Coordinating Center, thousands of research articles have been published based on data calculated using the NCC Food and Nutrient Database and the Nutrition Data System for Research (NDSR). Listed below are some references we found during the previous year. If you would like us to list your publication(s), please contact NCC Client Services.

Cole SA, Butte NF, Voruganti VS, Cai G, Haack K, Kent JW, Blangero J, Comuzzie AG, McPherson JD, Gibbs RA. Evidence That Multiple Genetic Variants of MC4R Play a Functional Role in the Regulation of Energy Expenditure and Appetite in Hispanic Children. *The Am J of Clin Nutr.* 2010; 91(1): 191.

Fraser GE, Franke AA, Jaceldo-Siegl K, Bennett H. Reliability of Serum and Urinary Isoflavone Estimates. *Biomarkers.* 2010; 15(2): 135.

Halbert SC, French B, Gordon J, Farrar K, Schmitz P, Morris P, Thompson D, Rader D, Becker DJ. Tolerability of Red Yeast Rice (2,400 Mg Twice Daily) Versus Pravastatin (20 Mg Twice Daily) in Patients with Previous Statin Intolerance. *The Am J of Cardiology.* 2010; 105(2): 198.

Katz DL, Njike VY, Rhee LQ, Reingold A, Ayoob KT. Performance Characteristics of Nuval and the Overall Nutritional Quality Index (ONQI). *The Am J of Clin Nutr.* 2010; 91(4): 1102S.

Li L, Chen CYO, Aldini G, Johnson EJ, Rasmussen H, Yoshida Y, Niki E, Blumberg JB, Russell RM, Yeum KJ. Supplementation with Lutein or Lutein Plus Green Tea Extracts Does Not Change Oxidative Stress in Adequately Nourished Older Adults. *J of Nutr Biochemistry.* 2010; 21(6): 544.

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New Foods

The following foods are included in the NCC Quarterly Winter 2011 New Food Backup File, available for download on [our website](#).

New Food backup files are user-recipe projects that may be saved to your computer's hard drive and then restored to NDSR 2010.

New Food Resolutions that are included in the NCC Quarterly Supplement are not necessarily included in future NCC Food and Nutrient Databases. Additional information about adding foods to the database can be found on [our website](#).

If you have questions about New Foods, contact Roberta Zeug Shell at 612-625-2052 or zeugx001@umn.edu or Sue Seftick at 612-624-0223 or sefti001@umn.edu.

- McDonald's Fruit Smoothie, Strawberry Banana
- McDonald's Fruit Smoothie, Wild Berry
- Lean Cuisine Apple Cran Chicken Spa Cuisine
- Oscar Mayer Deli Creations Cracker Combinations, Turkey & Chicken with Swiss & Cheddar
- Kellogg's Fiber Plus Antioxidants Cereal – Cinnamon Oat Crunch
- Almond Breeze Orig, Swtnd Almond Milk, Refrigerated
- Almond Breeze Orig, Unswtnd, Shelf Stable
- Almond Breeze Orig, Swtnd, Shelf Stable
- Almond Breeze Van, Unswtnd, Shelf Stable
- Almond Breeze Van, Swtnd, Shelf Stable
- Almond Breeze Choc, Unswtnd, Shelf Stable
- Almond Breeze Choc, Swtnd, Shelf Stable



Using the NDSR Dietary Supplement...

(continued from Page 1)

By summing nutrient intake estimates from File 04 and File 12, (Continued on Page 4) total daily intake of nutrients from food and supplement sources may be calculated (e.g., vitamin C intake from 24-hour dietary recall record + vitamin C intake from 24-hour dietary supplement recall interview = total vitamin C intake from all sources combined).

A detailed description of the calculation process, including data limitations to consider, is available on [our website](#).

Licensing the NCC Food and Nutrient...

(continued from Page 2)

before a final decision is made to allow for use of NCC data.

Contact Priscilla Harala at 612-626-9466 or harala@umn.edu for more information about licensing the NCC Food and Nutrient Database.

HOW TO CONTACT NCC

HOURS

8:00am-4:00pm (Central Time) M-F

CENTRAL NCC LINE

612-626-9450

NCC CLIENT SERVICES

Priscilla Harala: 612-626-9466

Huong Duong: 612-626-9429

NCC FAX: 612-626-9444

NCC EMAIL: ncc@epi.umn.edu

NCC WEBSITE: www.ncc.umn.edu

UNIVERSITY OF MINNESOTA



Credit Cards now being accepted for invoice payments.

All major cards accepted.

Electronic mail (email) is not secure, may not be read every day, and should not be used for urgent or sensitive issues. When in doubt, please call NCC Client Services to verify receipt of an email.