

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

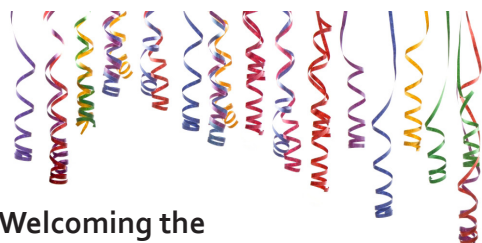
# Quarterly

Nutrition Coordinating Center



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## Welcoming the New Year with a New Look

With over a foot of snow on the ground and temperatures steadily dropping here in Minnesota, it was the perfect time to rejuvenate the NCC Quarterly.

All the sections that you're used to are still here, but we've added a few new ones. Find answers to some of the trickier questions we receive here at NCC in a Q&A section and keep up with what's new in nutrition with our Take a Bite section.

Let us know what you think. The NCC always welcomes questions, feedback and ideas, so feel free to [contact us!](#)

## New NDSR 2010 Features Target Improving Data Quality

**P**erforming quality assurance on dietary intake data can be challenging for researchers. The task is time consuming, tedious, and requires a keen eye to find even the most common data entry errors. With that in mind, NCC is incorporating several new features in NDSR 2010 that focus on helping users improve data quality.

Program changes to support collecting research quality data in NDSR 2010 include allowing dietary interviewers to designate a "priority note" status, indicating a food or amount that may need further attention after the interview. Also included is a "food amount minimum" check, similar to the "food amount maximum" check, already present in previous versions of NDSR. This feature allows the ability to identify and correct potential data entry errors during the interview.

In the past, most quality assurance tasks were best performed using NDSR output files. In addition to the amount of time and effort required to generate output files and to format spreadsheets for data checking, a major limitation is that only completed records are allowed in the output files. To address this problem, NDSR 2010 will include four separate Quality Assurance (QA) Reports that can be immediately opened as spreadsheets.

These QA Reports will include both complete and incomplete records. The new reports will provide information to aid each step of the data checking process for foods, dietary supplements, meals, and daily nutrient totals. Food amount outliers will be identified in the Foods QA Report. Outliers for key nutrients will be identified in the Records QA Report. The Meals QA Report (continued on Page 2)

**02** Find out what it takes to maintain a database.

**03** Register now for upcoming NDSR Training Sessions!

**04** Have a question or comment? Contact the NCC.

## How the Database is Updated

The NCC estimates that every year over 200,000 adjustments and changes are made to create a new database. New foods are added, obsolete foods are deactivated, and foods that have been reformulated are updated, among other things.

Updating the database includes the following:

- On-going review of literature and the collection of available analytic nutrient data
- On-going collection of manufacturers' information
- Annual review and incorporation of USDA National Nutrient Database for Standard Reference release data
- Bi-annual review and incorporation of FNDDS (USDA Food and Nutrient Database for Dietary Studies) data
- Updating entire food categories and brand-name product lines on a rotating basis
- Updating food attributes (e.g., density, food specific units)
- Updating nutrients and adding new nutrient fields of research interest
- Adding new foods and deactivating discontinued products
- Database validation and testing

Such maintenance updates are done because it is necessary to reflect the dynamic marketplace, and to accurately identify and code foods that are eaten.

## Vitamin D: Updates and Expansion

The recently released USDA National Nutrient Database Standard Reference 22 (SR22) includes a major expansion and update of vitamin D values. In addition, vitamin D<sub>2</sub> and D<sub>3</sub> values were added for some foods in SR22.

Consequently, NCC is in the process of conducting a major update of vitamin D values for inclusion in NDSR 2010. Also, plans are in the making to add vitamins D<sub>2</sub> and D<sub>3</sub> to the Database for release with NDSR 2011.

Vitamin D values were initially added to the NCC Food and Nutrient Database in 1984. There have been four major vitamin D updates since then, along with the annual releases that incorporated new and better data as it became available.

Currently the database contains one field for total vitamin D, which includes the two major forms of the vitamin, D<sub>2</sub> and D<sub>3</sub>. Ergocalciferol (vitamin D<sub>2</sub>) is the form found in plant foods and is sometimes used to fortify foods such as soy milk. Cholecalciferol (vitamin D<sub>3</sub>) naturally occurs in animal foods and is the form most commonly used to fortify foods.



(continued from Page 1) calculates key nutrients and provides the opportunity for a targeted review for duplicate meals or 24-hour recalls that exceed the designated time period. The DSAM Products QA Report provides useful summary information for supplements reported. Priority note flags and details about Missing Foods and Missing DSAM Products are also included in the new QA Reports.

Another QA feature worthy of mention is the addition of a Quality Assurance Status section on the Record Header Tab. This section is provided for the reviewer of the data and includes a check box signifying the record has been reviewed and is deemed complete.

NCC anticipates that these new features will assist users of NDSR 2010 in establishing more efficient quality assurance practices that help to produce research quality data. NCC would like to thank the users that provided input for these new features and looks forward to user feedback when NDSR 2010 is released later this year.

## UPCOMING NDSR TRAINING SESSIONS

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

The next available trainings are:

February 8 & 9, 2010

March 15 & 16, 2010

April 19 & 20, 2010

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

## NATIONAL DATABANK CONFERENCE

July 12-14, 2010 • Grand Forks, ND

Better understand the inner workings and future directions of food and nutrient databases by attending the 34th National Databank Conference. The conference is held annually to generate communication among nutrient database generators and users.

Visit the conference's [website](#) for more information.

## Ask Priscilla



### Can I analyze my NDSR data for high fructose corn syrup intake?

The short answer is 'no'. Some NDSR users have wondered if they could create an estimate of HFCS by totaling fructose and glucose, two sugars that are included in the NCC Food and Nutrient Database. This approach is problematic because high fructose corn syrups (yes, there are several) are just one source of these sugars.

'Added sugars' is included in the database, and depending on your research question, may be useful to you. It is also possible to estimate intake of food categories that tend to include products that contain high fructose corn syrup. For example, servings of sweetened soft drinks may be estimated using the NCC Food Groups Serving Count System.

*Have a nutrition question that needs answering?*  
Contact Priscilla at [harala@umn.edu](mailto:harala@umn.edu).

## Ask Huong



### Are all of the NDSR versions compatible with the new Windows 7 Professional Microsoft operating system?

Although we have had several reports from NDSR users that they have successfully installed NDSR 2009 on Windows 7 Professional, we have not yet fully tested NDSR on the Windows 7 Professional operating system. NCC plans to test and support the use of NDSR on Windows 7 Professional with the release of NDSR 2010 in June.

*Have a technical question that needs answering?*  
Contact Huong at [duong001@umn.edu](mailto:duong001@umn.edu).



## Take a Bite:

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

### Putting the Shaker Down

As part of an ongoing effort to make their food products more nutritious, both ConAgra Foods Inc. and Sara Lee Corp. have announced their intent to reduce sodium across their portfolio of food products.

Both companies have pledged to reduce salt in their food products by an average of 20 percent over the next five years.

ConAgra states that since 2006, it has removed more than two million pounds of salt from its products. Sara Lee's plan is to remove an additional 266,000 pounds of salt in addition to what the company has already removed through their low-sodium and sodium-reduced products.

The scope of the ConAgra Foods' salt reduction pledge is broad and diverse, including as many as 20 brands and 160 product varieties. The initiative by Sara Lee will reduce salt in its key categories of fresh bread, hot dogs, lunchmeat, breakfast foods, and cooked sausage, and builds on the launch in 2009 of a line of lower-sodium lunchmeats.

### General Mills Reducing Sugar

General Mills, the maker of Lucky Charms, Trix and Cocoa Puffs, announced in December plans to reduce sugar in ten of its cereals advertised to children.

The sugar amounts in some of General Mills' cereals have already been reduced by up to 20 percent, according to Jeff Harmening, president of General Mills' Big G cereal division. By this spring, the goal is to have the sugar levels of cereals advertised to children down to 11 grams per serving or less.

General Mills' initiative to reduce sugar in children's cereal will also be extending globally to 130 countries through Cereal Partners Worldwide. The global cereal venture, in which General Mills is a partner, will be adopting similar commitments.

Updated products will begin to appear within the year, but the timing will vary for each product.



## NDSR's Been Spotted

*In the 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've found. If you would like us to list your publication(s), please contact NCC Client Services.*

Albertson AM, Thompson D, Franko DL, Holschuh DL, Bauserman R, Barton BA. Prospective Associations among Cereal Intake in Childhood and Adiposity, Lipid Levels, and Physical Activity during Late Adolescence. *J Am Diet Assoc.* 2009; 109: 1775-1780.

Davis JN, Alexander KE, Ventura EE, Toledo-Corral CM, Goran MI. Inverse Relation Between Dietary Fiber Intake and Visceral Adiposity in Overweight Latino Youth. *Am J Clin Nutr.* 2009; 90: 1160-1166.

Francis SL, Taylor ML. A Social Marketing Theory-Based Diet-Education Program for Women Ages 54 to 83 Years Improved Dietary Status. *J Am Diet Assoc.* 2009; 109: 2052-2056.

Greenburg C, Gougeon L, Selley B, Kriukov V, Li Q, Boyd NF, Martin LJ. Quality Control of Nutrient Data Entry for a Long-Term Multi-Centre Dietary Intervention Trial. *J Food Comp and Ana.* 2009; 22: S88-S92.

Hoerr SL, Nicklas TA, Franklin F, Liu Y. Predictors of Calcium Intake at Dinner Meals of Ethnically Diverse Mother-Child Dyads from Families with Limited Incomes. *J Am Diet Assoc.* 2009; 109: 1744-1750.

Racette SB, Speare CA, Phillips KM, Lin X, Ma L, Ostlund RE. Phytosterol-Deficient and High-Phytosterol Diets Developed for Controlled Feeding Studies. *J Am Diet Assoc.* 2009; 109: 2043-2051.

## New Foods

The following foods are included in the NCC Quarterly Winter 2010 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 2009.

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

- Gatorade G2
- Almond Milk – unsweetened
- Rockstar Energy Drink
- McDonald's Steak, Egg and Cheese Bagel
- Arnold Select's Multigrain Sandwich Thins
- KFC Grilled Chicken Drumstick
- KFC Grilled Chicken Breast
- KFC Grilled Chicken Thigh
- KFC Grilled Chicken Wing
- Pretzel Pete Gems, Chocolate Covered Peanut Butter Filled Pretzel Nuggets
- Healthy Choice Fresh Mixers, Steak Portabella
- Healthy Choice Fresh Mixers, Tuscan Style



## Expanding the NCC Database

Over the next few years NCC is planning a strategic expansion of foods in the NCC Food and Nutrient Database. Recently we sent out an email requesting help in identifying foods that our users believe should be considered for inclusion in this expansion.

If you have ideas, please send them to Priscilla Harala ([harala@umn.edu](mailto:harala@umn.edu)) by February 19th. The more specific your list can be about the foods, the better. For example, listing specific Chinese dishes or ingredients used in Chinese dishes would be more helpful than a more general request such as "additional Chinese foods".

We look forward to receiving your ideas and we'll keep you posted as we move forward with this project!

## HOW TO CONTACT NCC

### HOURS

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

### CENTRAL NCC LINE

612-626-9450

### NCC CLIENT SERVICES CONTACTS

Priscilla Harala: 612-626-9466

Huong Duong: 612-626-9429

Sarah Marrone: 612-625-8325

NCC FAX: 612-626-9444

NCC EMAIL: [ncc@epi.umn.edu](mailto:ncc@epi.umn.edu)

NCC WEBSITE: <http://www.ncc.umn.edu>

UNIVERSITY OF MINNESOTA

**NCC**  
NUTRITION COORDINATING CENTER

**We want to know what  
you think!**

**Contact us with your  
feedback, questions  
and ideas.**

*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.*