

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

Quarterly

Nutrition Coordinating Center

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Meet Kristi Pink the New NDSR User Support Lead

It is a pleasure to introduce Kristi Pink, MPH, RD, LN as the new NDSR User Support Lead.

Kristi has a wealth of experience using NDSR and training users. She has worked in the NCC Service Center since 2008, coordinating collection of dietary recalls and food records for various research projects and conducting quality assurance.

She is also the lead NDSR trainer with the responsibility of training and certifying dietary interviewers.

Along with an abundance of relevant work experience, Kristi is academically well prepared.

With a Bachelor's degree in Dietetics and a Master's degree in Public Health Nutrition, Kristi has solid training in both the field of nutrition and nutrition research.

Contact Kristi at 612-626-9466 or by email, pink@umn.edu.



NDSR 2011 Released

All NDSR users with an annual support contract were recently sent the latest version of the Nutrition Data System for Research, NDSR 2011, released June 28th.

A noticeable change in NDSR this year is the streamlined Upgrade Agreement process; no longer is a signed hardcopy of the agreement needed. Instead during installation, a window will appear with the agreement text. The installer only needs to agree to the Terms and Conditions to continue installing.

Every year the Food and Nutrient Database is updated to reflect the dynamic marketplace. Here are a few things that were updated this past year:

- Food Categories – Frozen Pizza, Cheese, Egg Substitutes, Shortening, Frosting, Energy Drinks, Various Milks (such as Almond Milk), and Vitamin Waters
- Name Brand Entrees – Chef Boyardee, Hormel, Jenny Craig, Kashi, Lean Cuisine, Michelina's, Nestle, Stouffers, Swanson and Weight Watchers
- Fast Food Restaurants – Arby's, Boston Market, Burger King, Chipotle, Church's, Jack-in-the-Box, McDonald's, Papa John's and Subway

Vitamins D2 and D3 were added as new nutrient fields in the database this year, bringing the total number of NDSR nutrient fields to 162! NDSR 2011 also includes major updates to

foods and nutrients from:

- FNDDS (USDA Food and Nutrient Database for Dietary Studies 4.1)
- USDA National Nutrient Database for Standard Reference, Release 23
- The Dietary Supplement Assessment Module (DSAM) Database was also updated with an NCC enhanced version of the National Health and Nutrition Examination Survey (NHANES) Dietary Supplement Database 2007-2008

Although NCC's primary focus is the updating of the data in the databases, we are also committed to improving the NDSR program features and interview. Notable improvements include:

- The ability to have interview prompts appear in Spanish and English.
- Updated RDA/AI reports with the release of the Dietary Guidelines for Americans 2010.

NDSR 2011 is supported for use on Windows 7, Vista and XP. For installation instructions, see Chapter 2 of the NDSR 2011 User Manual, available upon installation to your hard drive and on [NCC's website](#).

Users may also request a hard copy of the User Manual. If you have not yet received your package with NDSR 2011, please contact NCC User Support.

NDSR Software Licensing Options

At NCC we are committed to maximizing access to NDSR. We have multiple licensing options available to suit various needs:

- NDSR Research is the primary licensing option for research purposes, offering full features, nutrient calculations, and reporting and output file functionality.
- NDSR Pilot-Pack is available to facilitate use of the NDSR software in pilot or feasibility studies.
- NDSR Grad-Pack allows qualifying graduate students the opportunity to use NDSR, for a limited time, for their graduate level projects at a fraction of the cost.
- NDSR Academic is available to facilitate use of NDSR for teaching purposes, which allows students to have hands-on experience with research-quality nutrient calculation software.

Please see the [NCC website](#) for more information, applications, and sample license agreements.

Networking on a 64-bit Computer

If you're moving NDSR to a 64-bit Windows desktop computer, you'll see that the 32-bit NDSR and Sybase SQL Anywhere software look a bit different on the new system:

NDSR installs to the 32-bit Program Files folder (C:\Program Files (x86)\NCC) and its database connections are managed by a 32-bit ODBC Data Source Administrator window (%SystemRoot%\sysWow64\odbcad32.exe).

If you're moving NDSR network databases to a 64-bit server, the 64-bit Sybase SQL Anywhere software will serve your NDSR databases out to your NDSR clients quicker than ever.



NCC Flavonoid and Proanthocyanidin Provisional Table 2011

Since 2005, NCC Database Scientists have created and maintained an NCC Flavonoid and Proanthocyanidin Provisional Table. The table provides a way for NDSR users to link the provisional USDA data with NDSR data via NDSR food IDs.

The 2011 version of this table is now available for \$895.00 and is based on the USDA Database for the Flavonoid Content of Selected Foods, Release 2.1 (2007) and USDA Database for the Proanthocyanidin Content of Selected Foods-2004. Documentation and data sources for these USDA Special Interest databases can be viewed at the [USDA Nutrient Data Laboratory website](#) under "Products and Services."

The Provisional Table 2011 provides Flavonoid and Proanthocyanidin values in two separate worksheets; the Flavonoid table contains 724 NDSR foods and the Proanthocyanidin table contains 746 NDSR foods. The provisional values include 27 flavonoids grouped into 5 categories and 6 classes of proanthocyanidins, which are polymers of flavan-3-ols.

NDSR License Amendments

Amendments to the NDSR License Agreement are available to meet the specific needs of clients.

The University of Minnesota requires NDSR License Amendments before NDSR users:

- Network the software
- Use NDSR to develop a database and/or maintain a food frequency questionnaire (FFQ)
- Use NDSR for commercial or fee-for-service activities such as entering records or collecting 24-hr recalls for a fee
- Publish NDSR nutrient values in any format

Please contact Kristi Pink at 612-626-9466 for more information about the license amendment options that will best suit your needs or if you have any questions regarding the limitations of your NDSR license agreement.

UPCOMING NDSR TRAINING SESSIONS

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

The next available trainings are:

August 15-16, 2011 September 26-27, 2011 November 14-15, 2011

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

UPCOMING EVENTS

[Measurement Error Webinar Series](#) • National Cancer Institute • Fall 2011

Ask Priscilla

Answering your nutrition and NDSR program questions.

I hear you're leaving NCC. Who should I call when I have questions about NDSR?

My shoes will be filled by Kristi Pink, MPH, RD, LN. Kristi has a wealth of experience using NDSR including serving as the lead NDSR trainer. To learn more about Kristi read the article introducing her on page one.

Kristi may be reached at pink@umn.edu or by phone at 612-626-9466. To make sure your questions are answered most efficiently, please call the general NCC phone number 612-626-9450 or email us at ndsrhelp@umn.edu.

Although it's bittersweet to be leaving, I'm excited about the next phase of my life. I know I'm leaving you in good hands with Huong and Kristi and all the wonderful people here at NCC. I want you all to know that it has been an honor and privilege to support you in the work you do using NDSR.

Nutrition Question? Ask Kristi at pink@umn.edu.

NDSR's Been Spotted is Moving

With the Quarterly's new look NDSR's Been Spotted will be moved to the website. Look in the next Quarterly for the link.

Listed below are some references we found during the previous year.

Pischke CR, Frenda S, Ornish D & Weidner G. *Lifestyle changes are related to reductions in depression in persons with elevated coronary risk factors.* Psychology Health. 2010; 25(9): 1077.

Varady KA, Bhutani S, Church E. & Phillips S. *Adipokine Responses to Acute Resistance Exercise in Trained and Untrained Men.* Medicine and Science in Sports and Exercise. 2010; 42(3): 456.

Welsh D, Marcinek R, Abshire D, Lennie T, Biddle M, Bentley B & Moser D. *Theory-Based Low-Sodium Diet Education for Heart Failure Patients.* Home Healthcare Nurse. 2010; 28(7): 432.

Interested in Working at NCC?

NCC is currently hiring a Manager for our Services Group. For more details visit our [website](http://www.ncc.umn.edu).



Take a Bite

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

Beverage Forecast for 2011

Nearly 25,000 new drinks were introduced around the globe last year, according to Innova Market Insights. Beverages remain among the most competitive and diverse industry segments.

The plans are in the making for almost half of corporate beverage developers polled in the *Beverage Industry's 2011 New Product Development Survey* to launch more new drinks this year than in 2010.

Beverage developers forecast that chocolate, lemon and vanilla will be the top-selling flavors in 2011. Also watch for fusion/coupled flavors (e.g., honey-lime tea), the addition of spices (e.g., cinnamon, ginger), and spicy flavors. There is also a growing interest in low-calorie products, beverages that are low in sugar and sodium, natural, energy-boosting, and organic. Only 7% of developers surveyed said that they would not be using natural flavors and/or colors this year.

Functional beverages are also expected to continue in popularity. Calcium is the most sought after ingredient in functional beverages, followed by antioxidants, vitamins/minerals, omega-3s, fiber and green tea.

UNIVERSITY OF MINNESOTA

NCC
NUTRITION COORDINATING CENTER

HOURS

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

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