

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

Quarterly

Nutrition Coordinating Center



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Streamlined Release and Support

Once NDSR 2011 has been fully tested, NCC will be shipping the software directly to licensed, supported users.

This year there will be no Upgrade Agreement to sign. Instead there will be a window that appears during the installation that acts as the Upgrade Agreement did in the past. In the window there will be text that states that by installing the software, you agree to all of the terms of the NDSR License and Support Agreements between your institution and the University of Minnesota.

NCC is also streamlining the annual support process by sending out Software Support Quotations that refer to the terms of your original support agreement yet eliminates the need for legal review and signatures.

We hope this makes life a bit easier for everyone.

What's New in NDSR 2011

The Nutrition Coordinating Center is buzzing with activity as we strive to complete the final testing of NDSR 2011. We anticipate the software will be released on schedule. Look for your NDSR 2011 to arrive sometime in late June or early July.

Database Update and Expansion

The updates, additions and revisions made to the NCC Food and Nutrient Database are estimated to surpass 200,000 again this year. Major updates to foods and nutrients included updates from the FNDDS (USDA Food and Nutrient Database for Dietary Studies 4.1) and the USDA National Nutrient Database for Standard Reference, Release 23. Vitamin D₂ and Vitamin D₃ were added as new nutrient fields in the database, bringing the total number of NDSR nutrients, nutrient ratios and other food components, to 162.

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, developed under the auspices of the National Institutes of Health, Office of Dietary Supplements (ODS). NCC enhances some of the brand-name vitamin and mineral supplement product lines in the NHANES Dietary Supple-

ment Database and maintains an extensive ingredient database in DSAM so that users may easily create and save new user products when the supplement reported is not found in the database.

Several food categories were thoroughly updated in NDSR 2011 including: Frozen Pizza, Cheese, Dehydrated Soups, Egg Substitutes, Shortening, Frosting and Energy Drinks & Vitamin Waters. Also, many NDSR users will be happy to hear that generic "Miscellaneous Milks" were added to the database including almond, hazelnut, hemp and oat milks. These milks will now be available as beverages or as variable ingredients options when the NDSR program prompts the user for the "type of milk".

As many of you know, NCC updates the food and nutrient database on a rotating cycle. During this cycle, NCC updated the following name brand entrees: Chef Boyardee, Hormel (& Dinty Moore), Jenny Craig, Kashi, Lean Cuisine, Michelina's, Nestle, Stouffers, Swanson, and Weight Watchers. South Beach Diet commercial entrees were deactivated in the database as the product line was discontinued. The Fast Food restaurants updated include: Arby's, Boston Market, Burger King, Chipotle, Church's, (Continued on Page 4)



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Do You Network the Database? Important Sybase SQL Anywhere Update

The Sybase SQL Anywhere software will be updated in NDSR 2011. This update should be completely automatic for the majority of NDSR installations; however, it will require those with networked databases to update to SQL Anywhere version 12.0.1 (SA12).

NDSR 2008-2010 databases **will** run on the new SA12 network database service, but there will also be the option to update them to the SA12 database.

NDSR 2007 and earlier databases **will not** run on the new SA12 database service until they are updated in one of the following ways:

- 1.) Backup and restore projects to NDSR 2011, or
- 2.) Update the NDSR database to SA12

The first method will be handled by the NDSR backup/restore feature, which will move the previous projects to the NDSR 2011 application with updated nutrients and non-editable interview data. The second method will be handled by the "NDSR Update for SA10-SA12" utility which will allow the previous projects to remain in their original NDSR applications (with unchanged nutrients and editable interview data).

De-Activated Hierarchies

NDSR 2010 was the last version to include the NDSR Drug (DRUG) and Supplement (SUPP) hierarchies.

NDSR 2011 users will still be able to restore projects from previous versions of NDSR and rerun records that include these now de-activated drugs and supplements. However, these hierarchies will no longer be available for use in 2011. For users creating fortified recipes, the SFOR (Supplements used in fortification) hierarchy will continue to be the preferred method for adding fortifications.

For many years NCC had maintained Drug and Supplement hierarchies as a way to capture nutrient intake that came from dietary supplements and other sources (e.g., calcium containing antacids). Since released in 2007, NDSR's optional Dietary Supplement Assessment Module (DSAM), and the dietary supplement database linked to it, has become the preferred method of collecting the intake of dietary supplements, botanicals and antacids.

Why Upgrade?

NCC encourages all NDSR users to upgrade to the latest NCC Food and Nutrient Database as it becomes available so that data may be collected and analyzed on a database that best reflects the marketplace and current nutrient values.

The update and expansion of NCC's Food and Nutrient Database requires continual vigilance and awareness of the dynamic nature of the food marketplace. The perpetual influx of competitive new food products seen on the market shelves makes apparent the need for ongoing database updates and maintenance.

Every year many adjustments and changes are required to create a new NCC database, e.g., new foods are added, obsolete foods are deactivated. Changes to commercial ingredients, preparations, fortification levels, food label descriptions, food densities, yields, portion sizes, food-specific units, packaging sizes and types all contribute to this task.

Products discontinued from the food marketplace are deactivated in the NCC database and stored in a time-related state, unavailable for current data-entry use.

When foods in the marketplace are reformulated, the food remains in the database but the previous nutrient string is deactivated. NCC maintains this important time-related feature to permit comparability of dietary data over time. Importantly, NCC's unique time-related feature also functions to protect food intake data from revisions that would be contrary to the database version and time period in which the data were originally collected.

UPCOMING NDSR TRAINING SESSIONS

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

The next available trainings are:

May 16-17, 2011 August 15-16, 2011 September 26-27, 2011

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

UPCOMING CONFERENCES

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

The Scientific Program brings together more than 100 education sessions and 1,200 poster presentations, each led by experts in their respective fields of food science and technology.

Learn about the very latest research and its applications, discover new products and technologies, and exchange ideas with colleagues from all over the world.

Register [here](#) and enjoy two free webcasts.



Ask Priscilla



How do I create averaged reports in NDSR?

In NDSR the records that you plan to average must be of the same record type and be located in the same project. You can easily copy or move records of the same record type from one project to another in NDSR. Also note that you may have records from different versions of NDSR in the same project as long as the records are the same record type.

If you want to average all records in a project, highlight the project on the Folder, Project and Record Selection window. Then select the appropriate report from the Reports menu.

If you want to average only some records within a project, highlight the desired records on the Record Selection pane on the Folder, Project and Record Selection window (use the Ctrl key plus the mouse). Then select the appropriate report from the Reports menu. For information on selecting more than one record, refer to "Appendix 1, Using Windows".

Nutrition Question?

Ask Priscilla at harala@umn.edu



Ask Huong

Can I print NDSR reports double-sided?

Yes. To reset your printer setup, in NDSR select Printer Setup from the File menu, and then select the Setup button. The option of Printing on Both Sides is available under the Finishing tab.

Technical Question?

Ask Huong at duongoo1@umn.edu

Take a Bite:

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

New Alternatives Entering the Dairy-Free Market

Soy milk continues to dominate the growing dairy-free market in most countries, but newer alternatives are emerging into the mainstream grocery sector.

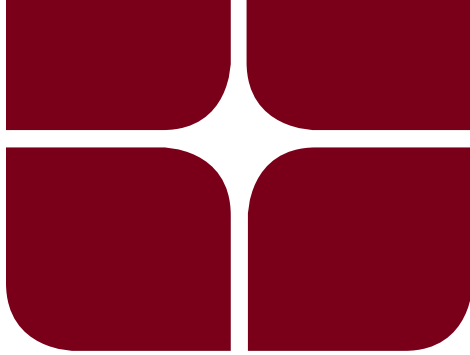
These newer alternatives use ingredients such as rice, oats, hemp, almonds and other nuts. More than 600 dairy alternative drinks were launched in 2010 according to Innova Database. Almond milk and milk blends accounted for more than 8% of that.

In the U.S., Dean Foods' White Wave launched PureAlmond, which is sold under its Silk branding. California nut co-operative Blue Diamond Growers also offers its AlmondBreeze products, made using their own almonds. Both brands offer a number of flavors, particularly vanilla, as well as original and unsweetened options.

From a nutritional perspective, dairy-free drinks differ markedly by ingredient source and enrichment levels among other factors.

To address growth in the dairy-free milk market, almond, oat, hazelnut and hemp milks have been added to NDSR 2011. They join several other non-dairy milks (soy, rice and coconut) already in NDSR.





New Foods

The following foods are included in the NCC Quarterly Spring 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.



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.

Alonso, A; Nettleton, JA; Ix, JH; de Boer, IH; Folsom, AR; Bidulescu, A; Kestenbaum, BR; Chambless, LE; Jacobs, DR. Dietary Phosphorus, Blood Pressure, and Incidence of Hypertension in the Atherosclerosis Risk in Communities Study and the Multi-Ethnic Study of Atherosclerosis. Hypertension. 2010; 55(3): 776.

Bandini, LG; Anderson, SE; Curtin, C; Cermak, S; Evans, W; Scampini, R; Maslin, M; Must, A. Food Selectivity in Children with Autism Spectrum Disorders and Typically Developing Children. The J of Pediatrics. 2010; 157(2): 259.

Hanks, LJ; Casazza, K; Willig, AL; Cardel, MI; Beasley, M; Fernandez, JR. Associations Among Calcium Intake, Resting Energy Expenditure, and Body Fat in a Multiethnic Sample of Children. The J of Pediatrics. 2010; 157(3): 473-478.

LaRowe, TL; Adams, AK; Jobe, JB; Cronin, KA; Vannatter, SM; Prince, RJ. Dietary Intakes and Physical Activity Among Preschool Aged Children Living in Rural American Indian Communities Prior to a Family-based Healthy Lifestyle Intervention. J of Am Diet Assoc. 2010; 110(7): 1049.

Orchard, TS; Cauley, JA; Frank, GC; Neuhouser, ML; Robinson, JG; Snetselaar, L; Tylavsky, F; Wactawski-Wende, J; Young, AM; Lu, B; Jackson, RD. Fatty acid consumption and risk of fracture in the Women's Health Initiative. The Am J of Clin Nutr. 2010; 92(6): 1452.

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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.

- Kellogg's Toy Story 3 Cereal
- Kashi TLC Soft-Baked Cereal Bar, Baked Apple Spice
- Northland Cranberry Pomegranate Juice
- Chobani Greek Yogurt, Nonfat, Plain
- Chobani Greek Yogurt, Nonfat, Blueberry
- Minute Maid Fruit Falls, Berry Flavored Water Beverage
- Special K Fruit Crisps, Strawberry
- Detour Lean Muscle Bar, Fudge Almond Crunch
- Ritz Munchables, Pretzel Crisps
- Tropicana Trop50 No Pulp with Calcium + Vitamin D

NDSR Price Update

After holding prices steady for several years, the price of NDSR annual support will increase marginally on July 1st, 2011. Annual support for the initial copy of NDSR will increase by \$100 and annual support for additional copies will increase by \$25. If you have questions about pricing, contact NCC Client Services.

What's New... (Continued from Page 1)

Jack-in-the-Box, McDonald's, Papa John's and Subway.

Program Changes

An array of enhancements and NDSR program features, reports and the interview system are included in NDSR 2011. One significant improvement is the ability to have interview prompts appear in Spanish as the user moves through the 24 hr dietary recall and DSAM interview. The prompts appear in both English and Spanish and prompt for all detail in type of food, additions, variable ingredients, preparation methods, amounts consumed as well as detailed dietary supplement intake.

Other NDSR 2011 program enhancements include improvements to the dropdown search algorithms throughout the program (e.g., the Food Detail window units field), ability to use import/export features for recipes and menus projects, and a new RDA/AI Report that encompasses the recent new RDA's for Vitamin D and Calcium as well as the Dietary Guidelines for Americans 2010.

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.