

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

Quarterly

Nutrition Coordinating Center

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Update on New Foods Process

Beginning February 1, 2012 there will be a slight change in the New Food Resolutions you receive from NCC. Key lists will continue to be provided for New Food Resolutions for the current version of NDSR. Key lists will no longer be provided for New Food Resolutions from previous NDSR versions.

Register for the 36th Annual National Nutrient Databank Conference

Registration is now open for the National Nutrient Databank Conference (NNDC) to be held in Houston, Texas March 25-28, 2012. This year's meeting theme is "Empowering Consumers through Advances in Food Composition." Learn all about the meeting and find registration information [here](#). Don't delay as early bird rate ends February 10th!

Never attended a National Nutrient Databank Conference? Here are a few details for you. This meeting is held annually to foster communication among nutrient database generators and users. For users it's a great opportunity to learn important information about food and nutrient databases and find out about upcoming advances. It's also a perfect venue for sharing your needs and ideas with database developers.

Updates for NDSR 2012: Fish & Asian Foods

NDSR 2012 will include a number of exciting database improvements including updating finfish and expanding Asian foods.

Overhauling Fish

As we all know, there is great interest in conducting studies to evaluate the health benefits of omega-3 polyunsaturated fatty acids. Studies show that a diet rich in omega-3 fatty acids may help lower triglycerides and increase HDL cholesterol to lower cardiovascular disease risk. These fatty acids are also hypothesized to lower risk of a range of diseases including age related eye disease, type II diabetes and Alzheimer's, to mention a few.

In consideration of the burgeoning research interest in omega-3 fatty acids NCC is conducting a major update to fish with the goal of providing better nutrient profile data for this food category. To that end, we are extensively reviewing most of the 150 finfishes in our database against the most recent nutrient composition data available from USDA and international food tables.

With this update we have learned there are substantial differences in the nutrient composition of some fish species based on whether they are farm-raised versus wild caught. Hence, we intend to differentiate some fish on this basis. For example, both farm raised and wild caught coho salmon will be included in the database. We have also become aware

of some marketplace shifts that necessitate database changes. For example, due to the growing popularity of canned white albacore tuna and the notable differences in the nutrient profile of albacore and 'light' canned tunas, canned albacore tuna is being added.

This is a big update. Consequently the majority of the updates will be in NDSR 2012 with the balance planned for NDSR 2013.

Expanding Asian Foods

In the Chinese calendar 2012 it is the year of the Dragon. For NCC it's the year to expand Asian foods in our database. For help in determining which foods to add we asked our clients to tell us what they'd like. We also reviewed recent cookbooks, restaurant menus, and searched grocery stores.

Based on what we learned, we decided to add Panda Express to the database. Panda Express is the leading Chinese fast food restaurant chain in the U.S., making it a logical choice. Numerous Asian mixed dishes are being added, such as cashew chicken, beef and broccoli, and Vietnamese Pho soup. Similarly, we're adding more options to our current Asian mixed dishes so that different types of meats and tofu can be chosen. Asian sauces are also being updated to be more market reflective. Examples include stir fry sauces, peanut sauce, and Sriracha hot chili sauce.



You Asked, We Listened! Changes to Added Sugars Coming in NDSR 2012

Some requested that we calculate added sugars in a manner more consistent with that done in USDA's MyPyramid Equivalent Database 2.0. To that end, we are adding a nutrient in NDSR 2012 called 'Added Sugars (by Total Sugars)'. The added sugar nutrient field currently in NDSR will remain but will be renamed 'Added Sugars (by Available Carbohydrate)'. Here's more detail:

Added Sugars (by Available Carbohydrate): The current 'Added Sugars' nutrient will be renamed 'Added Sugars (by Available Carbohydrate)', which is equal to available carbohydrate in caloric sweeteners*. For example, 100 grams of corn syrup contains 76.79 grams of available carbohydrate. Hence, its assigned 'added sugar (by available carbohydrate)' value is likewise 76.79 grams.

Using this approach, all saccharides present in caloric sweeteners (mono-, di, oligo-, and polysaccharides) are counted as added sugars.

Added Sugars (by Total Sugars): A new nutrient field will be added titled 'Added Sugars (by Total Sugars)', which is equal to total sugars in caloric sweeteners*. For example, 100 grams of corn syrup contains 26.77 grams of total sugars. Hence, its assigned 'added sugar (by total sugars)' value is 26.77 grams. Using this approach, only mono- and disaccharides in caloric sweeteners are counted as added sugars.

*The following foods/ingredients are designated as 'caloric sweeteners', and thus considered sources of added sugars: white sugar (sucrose), brown sugar, powdered sugar, honey, molasses, pancake syrup, corn syrups, high fructose corn syrups, invert sugar, invert syrup, malt extract, malt syrup, fructose, glucose (dextrose), galactose, and lactose.

To Update or Not to Update, That is the Question

With each NDSR release those using the program for ongoing studies are confronted with a decision. Should I begin using the latest version of NDSR or keep using the older version? There are pros and cons with choosing to switch to the latest version of NDSR. Generally the pros far outweigh the cons, supporting a decision to switch. To guide you in your decision making process here are some pros and cons to consider:

Pros

- New food products and dietary supplements in the marketplace are included in the latest version of NDSR, thus reducing the number of foods and supplements reported by study participants that must be dealt with as a missing food or product.
- Changes in the nutrient composition of foods due to product reformulations (e.g., reduction in sodium content of canned soup) are incorporated in the latest version of NDSR, thus improving accuracy of nutrient estimates. Likewise, better analytic data that becomes available on the nutrient composition of foods is incorporated with each software release.
- Any new bells and whistles added to latest version of NDSR (e.g., improvements in usability, addition of quality control reports, etc.) become available to the researcher, thus improving work efficiency.

Cons

- Staff time required to install latest version of NDSR on computers and restore back up files from old version to latest version.
- User recipes entered in the older NDSR version must be restored in the new version for continued use. This will require staff time, especially for recipes that contain ingredients not included in the latest version of NDSR.

The bottom line is that moving to the latest version of NDSR is generally a good idea for ongoing studies. This is especially true for long-term studies because the food and nutrient information in older versions of NDSR becomes less market reflective with each passing year. It is less true for studies where data collection/entry for a study is expected to conclude within a month or two of the NDSR release date. In this case the cons may outweigh the pros.

With each NDSR release, clients need to restore projects from previous versions of NDSR to the new version. Some researchers worry that the restoration process may introduce bias or error. In the next quarterly watch for an article that discusses this topic in detail.

UPCOMING NDSR TRAINING SESSIONS

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

The next available trainings are:

February 27-28, 2012 March 19-20, 2012 April 30-May 1, 2012

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

UPCOMING EVENTS

[36th National Nutrient Databank Conference](#)

March 25-28, 2012 • Houston, Texas

- [A Preliminary Program is Now Available](#)
- [Hotel reservations can be made now at a discounted rate until March 5, 2012](#)

Ask Kristi

Answering your nutrition and NDSR program questions.

Is there a recommended project size for backing up and restoring data in NDSR?

While the length of time required for backing up and restoring is dependent on the machine (memory space available, age of computer, operating system, etc.), NCC recommends that users aim to limit project size to 500 or less records.

Backing up data in NDSR takes only a minute; however restoring data can be lengthier depending on the size of the project being restored and the user's machine. It is best to let your machine process the Restoring of a Project and not attempt to multitask or toggle between applications while your Project is restoring. Ideal times to run a Project Restore are when you have a period of time that you can be away from your computer. Even when your screensaver is active, NDSR remains active behind the scenes.

Can I combine smaller Projects into one final Project?

Records from separate projects can be consolidated and/or combined, as long as the methodologies selected for both the Record Type and Dietary Supplement Assessment Module are identical. The user can easily drag and drop Records from one Project to another or move Records using the Record drop down menu options.

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



Take a Bite

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

Greek Yogurt Going Mainstream

In just a few years Greek yogurt has captured 20 to 25 percent of the U.S.'s yogurt business. The fast developing trend is lead primarily by Agro Farma, the maker of Chobani.

General Mills and Groupe Danone, maker of the Dannon brand, are repackaging and rebranding their Greek yogurts and planning marketing campaigns to catch-up in this fast-growing segment. Both companies launched their Greek yogurts in 2010. Dannon has since renamed its Greek yogurt to "Dannon Oikos" and is planning a major marketing campaign to promote it. Last winter, General Mills reformulated its Yoplait Greek yogurt, moving from a fruit-and-yogurt blend to fruit-on-the-bottom.

The success of the Greek-style yogurt trend is attributed to its unique taste (tangier and creamier than regular yogurt) and its nutrition profile. Plain Greek yogurt is generally higher in protein and lower in carbohydrate compared to regular yogurt. However, both types of yogurt can contain high amounts of carbohydrates if they're sweetened with sugar or other sweeteners. In addition, Greek yogurt is somewhat lower in calcium and sodium.

To address growing popularity, NDSR 2012 will include the Chobani, Dannon, and Yoplait brands of Greek yogurt. In addition, generic Greek yogurt choices will be available in the program.

New Foods

The following foods are included in the NCC Quarterly Winter 2012 New Food Backup File, available for download on [our website](#).

- So Delicious Frozen Dessert – Coconut
- Lundberg Rice Chips: Sea Salt
- Ensure High Protein Shake – Homemade Vanilla flavor, ready-to-drink
- Nature Valley Granola Thins – Dark Chocolate
- General Mills Fiber One 90 Calorie Brownies
- Boston Market Loaded Mashed Potatoes
- Wendy's Apple Pecan Chicken Salad w/Ulimate Grill Fillet & Croutons, w/o dressing
- Wendy's Pomegranate Vinaigrette Dressing
- Taco Bell Original Chicken Flatbread Sandwich
- Blue Diamond Almond Nut Thins Crackers
- Betty Crocker Mashed Potatoes, Sweet Potato
- Gerber Graduates Smart Sips Dairy Beverage - Vanilla

New Food backup files are user-recipe projects that may be saved to your computer's hard drive and then restored to NDSR 2011. 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 Sue Seftick at 612-624-0223 or seftio01@umn.edu.

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