

# NCC News

Nutrition Coordinating Center



## Interview Improvements in NDSR 2013

Remember the survey you completed last summer providing us with input on how we could make the NDSR dietary recall process more user friendly? Since then we've been busy making a bunch of improvements to the recall interview windows based on your feedback. Now that the release of NDSR 2013 is just around the corner, it's time for show and tell. Here's a rundown of some of the improvements we think you'll find most useful. [Click here for screenshots.](#)

### Header Tab Now a Breeze

The default setting for required fields on the Record Header have been reduced to Participant ID and Date of Intake. In addition, the date of intake is now automatically populated with yesterday's date but can be changed manually or by selecting the drop down arrow to access a calendar for date selection.

### Addition of Scripts and Passes

Recall interview options have been expanded to include a standard Introduction Script that can be customized, and an optional Forgotten Food Pass has been added. The additional Forgotten Food Pass provides prompts for the interviewer to use in probing the participant about some commonly forgotten foods (see our front page article in the [Fall 2012 Quarterly Newsletter](#) for more information about this Forgotten Food Pass).

### Trailer Questions Now Optional

To save time, some researchers prefer to skip

the trailer tabs questions. Thus, we've added this option (deselect "User Trailer Questions" when setting Method Preferences).

### Quicker Quick List

Long time users of NDSR are aware that every eating occasion must begin with a "/" slash on the Quick List. In NDSR 2013, we added a feature to assist with this. Users can either indicate a new eating occasion by manually entering "/" or by pressing ENTER twice on the keyboard. Selecting ENTER twice automatically populates the "/", streamlining the Quick List or Food Record entry.

### Assistance for Newer Interviewers

During the Recall, optional prompt windows have been added containing questions to aid newer dietary interviewers or experienced users that need additional assistance. These prompt windows can easily be opened and closed during the interview depending on the needs of the user.

### Little Changes that Add Up

Dozens of minor changes have been made to improve both the aesthetics and functionality of NDSR. For example, prompts that are read by interviewers have been bolded making them more pronounced and easier to read, and button names have been changed, making their application clearer. You might not even notice some of these minor changes; however, we believe they will all add up to a noticeable improvement in usability.

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

## NDSR TRAINING WORKSHOPS

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

The next available trainings are:

- May 20-21, 2013
- August 12-13, 2013
- September 23-24, 2013

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

## Tips for Interviewers – Using NDSR Reference Amounts

Interviewers may have difficulty picturing food amounts reported by participants. One aid is to use the NDSR reference amount to visualize what was reported.

On the Food Detail Window, after a unit and quantity are entered, press the TAB button on the keyboard or click in the Notes: field. A reference amount may appear in parenthesis after the amount under the Foods/Additions pane. The amount reported is converted into a unit customarily consumed and can help the interviewer determine if the amount is reasonable.

For example, if someone reported pecan pie using the 2D wedge with a 4" radius and 3.8" width, the interviewer can use the reference amount to see that this is equivalent to 1/8 of a 9" pie. Similarly, steak reported as a 3"x2"x1" cube is 3.6 OZ.

## Fancy a Pint?

Spring is here and that means more social gatherings, which may mean a rise in beer consumption.

What's the difference between beer, ale, lager, cider, etc.? While they taste vastly different, the simple answer is "not much" in terms of calories, carbohydrate, and alcohol content. The taste differences come from the type of grain or fruit and fermentation processes used. The calorie content is affected by the carbohydrate and alcohol content (or alcohol by volume-ABV%). Most regular beers range from 3.2-8% ABV with ~120-200kcal per 12 fluid ounces.

So what should you select in NDSR? Most of the time, you can choose "Beer, regular" unless the participant reports low calorie (light/lite), low carbohydrate, reduced alcohol, or alcohol-free beer, then select one of those options.

## Price Increase

After holding prices steady for the past two years, the price of NDSR licenses and support will increase marginally on July 1st, 2013. Annual support for the initial copy of NDSR will increase by \$125, and annual support for additional copies will increase by \$25. For additional price changes, contact NCC User Support.



## New Foods

The following foods are included in the NCC News Spring 2013 New Food Backup File, available for download on [our website](#).

- Jimmy Dean Breakfast Bowl: Sausage, Eggs, Potatoes and Cheddar Cheese
- Jimmy Dean Breakfast Bowl: Bacon, Eggs, Potatoes and Cheddar Cheese
- McDonald's Steak, Egg, & Cheese Bagel
- Yakult Probiotic Drink
- Skinny Cow Cone - Chocolate with Fudge
- Mott's for Tots Apple Juice
- BelVita Breakfast Biscuits
- Atkins Advantage Strawberry Shake
- Atkins Dark Chocolate Royale Shake RTD
- PopChips - Barbeque

*New Food backup files are user-recipe projects that may be saved to your computer's hard drive and then restored to NDSR 2012. New Food Resolutions that are included in the NCC News 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 [sefti001@umn.edu](mailto:sefti001@umn.edu).

## Ask Kristi

Answering your nutrition and NDSR program questions.

### Are breath mints in NDSR and how do I find them?

Breath mints are in NDSR under candy, other confections (non-chocolate), breath fresheners, regular or sugar free. They cannot be found by typing breath mints, breath savers, or breath fresheners, but if you simply type "breath" they will appear in the search results. You can also find them by entering through the CANDY hierarchy.

### Does the NDSR quesadilla have one tortilla or two tortillas?

The NDSR quesadilla includes two tortillas laid out flat one on top of the other with ingredients in the middle.

When a participant reports a quesadilla it is important for the interviewer to question the participant to understand if they had one tortilla folded in half to cover the ingredients (entered as ½ quesadilla in NDSR) or if they had two tortillas with ingredients in the middle (entered as 1 quesadilla in NDSR).

Additionally, it is important to collect the diameter of the tortillas, if known by the participant, in each scenario.

*Nutrition Question? Ask Kristi at [pink@umn.edu](mailto:pink@umn.edu).*

UNIVERSITY OF MINNESOTA

**NCC**

NUTRITION COORDINATING CENTER

**HOURS**

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

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