

Quarterly

Nutrition Coordinating Center



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

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Options for Bringing NDSR to Campus

It's back-to-school time, and NCC offers two license options that work great to bring NDSR to your classrooms or graduate students.

NDSR Academic is available to facilitate use of NDSR for teaching purposes. Students are able to have hands-on experience with research-quality nutrient calculation software. This licensing option includes all NDSR features and reports with the exception of output file generation. The license is available for one year and can be installed on a teaching lab network for no additional cost.

Another licensing option is the NDSR Grad-Pack, available to qualifying graduate students for their graduate-level projects. Students may use NDSR for up to one year for data-entry at a fraction of the cost. This option includes all NDSR features, reports, and output files, and extensive, tab-delimited text files that can be analyzed using your choice of statistical analysis software.

For more information on these licensing options and other options NCC offers visit [our website](#).

Interview Improvements Coming in NDSR 2013

With the recent release of NDSR 2012 this summer, NCC is already improving some of the features for NDSR 2013, most notably the interview process for recall record types.

A key challenge to any dietary study in free-living participants is the ability to precisely and accurately assess usual food and nutrient intake. One of the biggest concerns in using dietary recalls is the problem of under-reporting. Memory failure (forgetting to recall foods eaten) is believed to be partially responsible for under-reporting of intake. Participants may forget to report something they ate or drank or an addition to a food they consumed. NDSR already uses the multiple-pass approach which minimizes this problem by providing participants multiple opportunities to recall foods eaten. Prompts throughout the current interview process are provided to help participants remember to report additions to foods and other food details.

The current interview method used by NHANES uses a similar approach as NDSR but includes a forgotten-food pass. In a validation study done by USDA with 524 adults, 60% of participants recalled one or more additional foods during this pass, accounting for 6% of all foods reported.¹ The foods most frequently reported during this pass were beverages (36%), cookies, candies and other sweets (20%),

chips, crackers and savory snacks (17%), and fruits, vegetables and cheese (13%).

We believe this pass will improve NDSR and will maximize validity of data, and in turn, improve the quality of data for researchers and the scientific community. However, we do realize that this additional probe may increase the time needed for the interview process, thus we intend to make it optional. Those who need to keep the interview length to a minimum may elect to use the current NDSR multiple-pass approach, which does not include the forgotten-food pass.

We're also working on making other areas of the interview process easier. Based on some of the suggestions we received from clients who took the NDSR survey this Spring, the Date of Intake field on the Header Tab will be automatically populated with yesterday's date. However, there is the ability to edit this, if needed. The interview process will also become easier because prompts meant to be read by the dietary interviewer will be more visible. Many more enhancements, aimed at improving usability, are in store.

All of these changes together should make it easier for interviewers to obtain the information they need and for participants to recall the foods they ate, minimizing under-reporting and increasing the accuracy and validity of dietary recalls.

1. Ingwersen LA, Raper NR, Anand J, Moshfegh AJ. Validation study shows importance of probing for forgotten foods during a dietary recall. J Am Diet Assoc. 2004;104:Supplement A-13.

Why aren't there more dietary supplement products in DSAM?

The Dietary Supplement Assessment Module (DSAM) in NDSR is supported by a database which includes over 2,000 dietary supplements and non-prescription antacids. This database is largely based on the National Health and Nutrition Examination Survey Dietary Supplement Database (NHANES-DSD).

It has been asked why the database in NDSR does not include more products. To answer, the NHANES-DSD contains only a fraction of the tens of thousands of dietary supplement products in the marketplace, but it has a number of strengths which explain why we rely on it. Most notably, it includes products most frequently used in the U.S.

Rigorous development and maintenance procedures provide confidence in its integrity. Generic options are available for most individual vitamins and minerals (e.g., calcium, 500 mg). These are useful when a participant knows the dose but not the brand of a product or when the brand is not in the database.

Default options are also available (e.g., default calcium) which are useful when a participant is unsure of the brand and dose of a product. The default assignment in the database is determined based on the most commonly reported dose in NHANES.

The missing product feature in DSAM is designed to assist you in dealing with products reported by participants that are not in the database and lack a reasonable generic option.

If you are unsure of how to use this feature, take a look at Chapter 7 of the [User Manual](#). You can also contact [NCC User Support](#) with any questions.



Customizing Lunchables and Other User Recipes in NDSR

With children heading back to school, Lunchables continue to be a popular choice for lunches and after-school snacks.

Yearly, NCC receives requests from users to add Lunchables options to NDSR. With the variations of content, frequent changes, and regional differences this would be a complex addition to the database.

To work around this, supported NDSR Research and Pilot Pack license holders can submit a [New Food request](#) through NCC's website.

New Food backup files are also available to all NDSR users, with the exception of Academic license holders, through the NCC Quarterly newsletter and on [our website](#). The backup files can be restored into NDSR using the procedure outlined in Chapter 9 of the [User Manual](#). Note that New Food backup files are compatible only with certain versions of NDSR.

Once the request is processed, the client will receive a User Recipe to use. These User Recipes, and other User Recipes for prepackaged items, can be customized to meet the needs of a participant's intake (e.g., the participant ate 3 of the 5 crackers in a Lunchables) and/or to adjust fortification levels.

To customize a User Recipe, copy and paste it into the Record as an Assembled Food, and then probe the participant for details regarding the items and quantities consumed. For detailed steps on how to customize User Recipes or for assistance, contact Kristi Pink at ndsrhelp@umn.edu or 612-626-9466.

UPCOMING NDSR TRAINING SESSIONS

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

The next available trainings are:

January 14-15, 2013 February 25-26, 2013

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

UPCOMING EVENTS

[37th National Nutrient Databank Conference](#)

April 19, 2013 • Boston, MA

- [Abstract Submission Deadlines](#)

[Experimental Biology 2013](#)

April 20-24, 2013 • Boston, MA

- [Abstract Submission Deadline - November 8, 2012](#)
- [Early Registration Deadline - February 22, 2013](#)

[IFT13 Annual Meeting + Food Expo](#)

July 13-16, 2013 • Chicago, IL

- [Session Proposals and Abstract Submission Deadlines](#)

Ask Kristi

Answering your nutrition and NDSR program questions.

A new version of NDSR has just been released, and some of my past User Recipes have now been added to the database, such as Chobani Greek Yogurt. Do I continue to use my User Recipes from a past version of NDSR, or do I use the new NDSR database food?

Although User Recipes can be carried forward to newer versions of NDSR, if the item has been added to the NDSR database we typically recommend using the NDSR database food. With the addition of User Recipes in Food Search, it may be confusing to interviewers which item to pick during an interview if both the NDSR database food and the User Recipe appear as options.

Therefore, we suggest either deleting the old User Recipe (upon creating a backup copy and restoring into the current NDSR) or de-selecting the "to include in food search" checkbox, as the NDSR database item will reflect the most current information available for that item and will continue to be updated with annual releases.

For personalized guidance based on your study protocol email NCC User Support at ndsrhelp@umn.edu.

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



New Foods

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

- Yoplait Original Yogurt - fruit flavors, new 2012
- Yoplait Original Yogurt - other flavors, new 2012
- Yoplait Original Yogurt -vanilla, new 2012
- Biscoff Spread Creamy
- Lean Cuisine Culinary Collection Spinach Artichoke Dip with Pita Bread
- Amande Almondmilk Yogurt - all fruit flavors
- Glutino Gluten Free Premium Pizza Crust
- Van's Wheat Free Gluten Free Waffles
- Rudi's Multigrain Hamburger Bun
- Kraft MilkBite Chocolate Milk & Granola Bars
- Crunchmaster Multi-Seed Crackers, Original Gluten Free
- Lucy's Gluten Free Chocolate

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 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.

UNIVERSITY OF MINNESOTA

NCC

NUTRITION COORDINATING CENTER

HOURS

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

CENTRAL NCC LINE

612-626-9450

NCC USER SUPPORT

Kristi Pink: 612-626-9466

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FAX: 612-626-9444

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WEBSITE: www.ncc.umn.edu

Take a Bite

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

Chia Seeds are Gaining Popularity in the Marketplace

Chia seeds are seeing a comeback, and not for growing green hair on terracotta figurines. The seeds are gaining popularity because of their perceived nutritional value.

The small chia seeds are a source of plant protein, essential fatty acids, fiber and the highest plant source of Omega 3's. They also contain essential minerals such as phosphorous, manganese, calcium, and potassium.

With a subtle, nutlike flavor, chia seeds can be sprinkled, ground or eaten whole in everything from cereal to yogurt to salads. They can also be soaked in liquid, similar to tapioca, and used as a gel. As a gel, chia seeds can be used when making smoothies, puddings, and soup.

Chia seeds are in the NDSR database in their dry form. If participants report adding dry chia seeds to foods simply enter the amount they added. If they report adding the seeds as a gel or adding the seeds to a beverage, try to obtain the amount of dry seeds, and enter that amount into NDSR.