

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

# Quarterly

Nutrition Coordinating Center



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## Getting NDSR 2012 Out the Door

The Nutrition Coordinating Center is staying busy with completing the final testing of NDSR 2012. We anticipate the software will be released on schedule, so watch for your NDSR 2012 to arrive sometime in early July.

Other good news is that there will be no price increases for NDSR 2012. Annual support for the initial copy of NDSR will remain at \$3,375.00 and support for additional copies will remain at \$475/each.

If you have any questions about pricing or NDSR 2012, contact NCC User Support at [ndsrhelp@umn.edu](mailto:ndsrhelp@umn.edu).

## Do You Network the Database?

If you network the database and are upgrading to NDSR 2012, you will need to license SQL Anywhere version 12.0.1.

If you have questions about networking the database refer to Chapter 2 in the [NDSR User Manual](#) or contact NCC User Support at [ndsrhelp@umn.edu](mailto:ndsrhelp@umn.edu).

For more information about licensing SQL Anywhere visit [Sybase's website](#).

## Food Search Improved for NDSR 2012

We have made some exciting improvements to Food Search for the upcoming release of NDSR 2012. Based on suggestions from our clients, our goal is to greatly reduce the frequency in which the message “no foods found” (NFF) is received.

Food Search is based on the hierarchical structure of the NCC Food and Nutrient Database. The NCC database contains more than 18,000 foods and recipes, and includes over 7,000 brand name products. While we have not abandoned our hierarchical approach to Food Search, the changes made will assist both new and seasoned users in locating foods in our enormous database.

### Summary of Food Search Enhancements:

#### User Recipe Records

User Recipe records will now appear in the food search results. In the past, the User Recipe radio button needed to be selected, and these projects were searched independently. This is no longer necessary; however, the radio button is still on the Food Search window so User Recipes and User Recipe projects can still be searched independently.

#### Fast Food Searches

The entry point for fast foods has changed so that subcategories of foods are automatically displayed, depending on the search text entered. In the past “McDonald’s French Fries” would result in the NFF message unless Search All was used. Now typing the food with the restaurant name on the Quick

List during the interview will automatically display the different subcategories of McDonald’s (i.e., breakfast, lunch and dinner orders, beverages, condiments and desserts). French fries would then be found by clicking on the lunch and dinner orders.

#### Overlooks Descriptive Words on Foods

The program will now overlook some flavor adjectives. In the past, “grape jelly” would result in the NFF message. The “Search All” button continued to provide the NFF message. Now, because of the improvements in food search, “grape jelly” will display search results for “jelly.” This works the same for some other flavor adjectives such as chocolate, strawberry, vanilla, etc.

Similarly, some preparation adjectives, such as fried, baked, grilled, etc., will also be overlooked. For example, “baked pork chop” in NDSR 2011 would result in the NFF message, but in NDSR 2012, it will result in “pork chops.”

#### Misspellings

Some misspellings will be automatically corrected. Users will receive fewer NFF results for difficult to spell words like broccoli, cantaloupe, goulash, sauerkraut, and tortellini, etc.

#### Treats Singular Foods like Plurals

Instead of receiving the NFF message, singular foods will be directed to the plural (e.g., French fry goes to French fries and blueberry goes to blueberries).



## Candy Updates for NDSR 2012

The candy hierarchy in its entirety was updated for NDSR 2012. Highlighted below are a few of the implemented updates.

In the generic candy items, choices were added for milk versus dark chocolate where appropriate (e.g., chocolate covered raisins/peanuts). The different percent of cacao ranges as per USDA SR24 for dark chocolate candy bars were also added to the NDSR database. Regular versus sugar free options were added for items such as butterscotch disks, lemon drops, mints, etc. The Fifty50 No Sugar Added and Sugar Free Low Glycemic candy products have also been added to the database.

Several new brand name candies were added, including Lemonheads, DeMet's Turtles, Hershey's Drops, and Red Vines. Some familiar brands could not be added to the database because of a lack of available data; however, most products can be picked generically.

Food specific units (piece, bar, regular bar, king size bar, fun size bar, etc.) were updated to reflect the current marketplace, as well as the addition of "theater box" or "video box" to accommodate candy purchased at a movie theater or other retail stores.

We anticipate that NDSR users will welcome the numerous changes and updates that were made to the candy hierarchy. If you have additional database requests or software improvement ideas please email them to [ndsrlhelp@umn.edu](mailto:ndsrlhelp@umn.edu). Requests will be read and taken into consideration as we update our software annually.

## Approaches for Handling Missing Foods in NDSR

When a participant reports an item that is not currently in the NDSR database, there are several options depending on your NDSR license type and your study protocol.

- 1. Pick a current NDSR food.** Depending on your study protocol (e.g., tolerance limits set by your study), license type (i.e., the ability to submit New Food Resolutions), or the feasibility of creating User Recipes (see below), you may choose to pick a current food in NDSR that is a close match to the food the participant reported. This may be especially useful for generic store brand items. For NDSR entries that have variable ingredients, you can select appropriate variables to closely match the nutrients. The mixed dish hierarchy allows users to "build" a variety of mixed dishes by selecting variables for ingredients and preparation. Use the Nutrients per Food report to aid in variable selection.
- 2. Create your own User Recipe.** You may choose to create a study-specific User Recipe that is not already available in NDSR. It may be an item that you anticipate the study population will be consuming or it may be something that is continuously reported. Take into consideration that the development of a User Recipe from a food label can be a complex and time consuming process and is recommended for the advanced NDSR user with nutritional expertise. Keep in mind, if you use only NTRN's as ingredients in a User Recipe to match the Nutrition Facts of a label, the output files will not be complete. You will receive values only in the nutrient fields entered as NTRN's. This may have implications to your study. However, creating a User Recipe using core foods will provide output with complete nutrient strings. Refer to Chapter 5 in the [NDSR User Manual](#) or contact NCC User Support at [ndsrlhelp@umn.edu](mailto:ndsrlhelp@umn.edu) or 612.626.9450 for more details.
- 3. Submit the Missing Food to NCC for a New Food Resolution.** Supported clients with Research licenses receive 50 new foods for their initial licensed copy of NDSR and 5 new foods per additional copy licensed. Supported clients with a Pilot Pack license receive 10 new food resolutions, and unsupported clients can purchase New Food Resolutions for \$75/each. New Food Resolutions are based on core foods whenever possible. [New Food Requests](#) are submitted through our website and are then sent back as a User Recipe backup file. The backup file can be restored into NDSR and made available for selection during a subsequent food search.

For more information regarding missing foods, see our [guidelines for solving missing foods](#) on our website.

## UPCOMING NDSR TRAINING SESSIONS

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

The next available trainings are:

April 30-May 1, 2012    May 21-22, 2012    August 13-14, 2012

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

## UPCOMING EVENTS

[45th Annual Society for Epidemiologic Research Meeting](#)  
June 27-30, 2012 • Minneapolis, Minnesota

- [Join us at NCC's Pre-Meeting Workshop - Assessing Food and Nutrient Intake using NDSR](#)
- [A Preliminary Agenda is now available](#)
- [Register now until May 18 for an early registration discount](#)
- [Hotel reservations can be made at a discounted rate until June 1](#)

# Ask Kristi

Answering your nutrition and NDSR program questions.

## I am trying to open an output file and NDSR is prompting me to enter a password. What password should I enter to open the file?

This message will appear if you attempt to open a backup file instead of an output file. Confirm that the file that you are attempting to open is an output file, rather than a backup file by looking at the file name. Output file names will appear with the letter "d" added at the end. No password is needed to open an output file.

Similarly, if you are attempting to restore an output file instead of a backup file, you will receive an error message that NDSR failed to get the backup file. It will ask you to verify that the file you were attempting to restore was a backup file. Again, confirm that you are using the correct file.

## How does NCC assign nutrient values to unknown foods, and how can I figure out what food is used as the "default" for unknown foods?

Take a look at our website. We have added information to our User Support FAQs section on [how NCC assigns nutrient values to defaults](#).

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



## Take a Bite

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

### The Benefits of Cocoa Flavanols

The interest in studying the benefits of dark chocolate has increased in recent years. A recently published study examined the flavanols in chocolate on brain performance in healthy middle-aged individuals. Three test groups consumed daily beverages with differing levels of cocoa flavanols. Responses to visual stimulation were used to measure brain activity on the first and 30th day of the study. Individuals experienced lowered stress levels in the brain after consumption of beverages with a medium or high proportion of cocoa flavonols.

Flavonols found in chocolate may be associated with a variety of health outcomes, such as suppressing the symptoms of migraines, improve blood flow, and lower the risk of cardiovascular disease and some cancers. There is also research that has shown the possibility of using cocoa-based prescription drugs to help treat diabetes and dementia. While these studies may not prove a diet-disease relationship, they may give us an excuse to enjoy chocolate.

Not all chocolate is created equal though. A higher concentration of cocoa means more flavonoids. Aim for dark chocolate that is at least 70% cocoa and where cocoa is listed as the first ingredient. Milk chocolate usually only contains 7-35% cocoa while white chocolate contains no cocoa.

New this year for NDSR is that different cocoa percent ranges will be available in the database, per USDA SR24. For more information on chocolate and other candy updates take a look at [Candy Updates for NDSR 2012](#) on Page 2.

## New Foods

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

- Kellogg's Krave Chocolate Cereal
- Capri Sun 25% Less Sugar
- Capri Sun Roarin' Waters
- Capri Sun 100% Juice - All Flavors
- Pepsi Next
- Amy's Bean and Cheese Burrito
- Amy's Black Bean Vegetable Burrito
- Bisquick - Gluten Free
- Jimmy Dean Pancake and Sausage on a Stick - Original
- Jimmy Dean Sausage, Egg and Cheese Biscuit

*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 [seftioo1@umn.edu](mailto:seftioo1@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

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