

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

# Quarterly

Nutrition Coordinating Center

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## Restoring Projects into the Current Version of NDSR

Each year with the annual NDSR software release, clients pose the questions: Do I upgrade to the new/current version of NDSR, and should I restore (rerun) my previous data to the new version of NDSR? Previously in the [Winter 2012 Quarterly](#), we addressed the first question. This article is a continuation of that discussion and will address the second portion of the question; should one restore their data to the current version of NDSR?

Updating to the current version of NDSR and restoring your older data in the current version is generally recommended for the following two reasons:

1. When you restore data collected in an older version of NDSR you receive nutrient values for any new nutrient fields added in subsequent NDSR releases. For example, in NDSR 2011 vitamin D<sub>2</sub> and vitamin D<sub>3</sub> were added to the database. Hence, if you restore data from an earlier version of NDSR into NDSR 2011, you can get vitamin D<sub>2</sub> and D<sub>3</sub> for your data.
2. NCC continually updates the database to incorporate (Continued on Page 2)



## NDSR 2012 Released!

All supported NDSR users with an annual support contract were recently sent the latest version of the Nutrition Data System for Research, NDSR 2012, released June 28th. As a reminder, a signed hardcopy of the Upgrade Agreement is not required. During installation, a window will appear with the agreement text. The installer only needs to agree to the Terms and Conditions to continue installing NDSR 2012.

Every year the NCC Food and Nutrient Database is updated to reflect the dynamic marketplace and the needs of NDSR users. Here are the major updates to the Database made this past year:

- More Asian sauces and dishes added
- Expanded variable choices for Mixed Dishes
- Panda Express menu items added
- Greek yogurts (name brand and generic) added
- Major update to the finfishes to better reflect varying omega-3 fatty acid composition
- Food Categories - Candy, Cocoa & Milk Beverages, Spaghetti Sauces, Soy Milk and Rice Beverages (RTD and powdered)
- Name Brand Entrees – Amy’s, Banquet, Healthy Choice, Kid Cuisine, Marie Callender’s, Pillsbury, and Veggie Burgers
- Updated Fast Food Restaurants – Chick-fil-A, Dairy Queen, Domino’s, Hardee’s, KFC, Little Caesars, Long John Silver’s, Pizza Hut, Sonic, Taco Bell, Taco John’s, Wendy’s, and White Castle

NDSR 2012 includes changes to ‘Total Sugars’ and ‘Added Sugars’ values and fields.

- ‘Added Sugars (by Total Sugars)’ was added as a new nutrient field in the database, bringing the total number of nutrients and other food components to 163!
- The “old” ‘Added Sugars’ was renamed to ‘Added Sugars (by Available Carbohydrate)’ along with a change in the definition.
- Total Sugars was changed from a calculated nutrient to a nutrient field maintained in the database.
- See the [Spring 2012 Quarterly](#) for more details.

The major NDSR program feature change this year was improving food search to reduce the frequency of “no foods found” messages and including User Recipes in food search results.

NDSR 2012 is supported for use on Windows 7, Vista and XP. For installation instructions, see Chapter 2 of the [NDSR 2012 User Manual](#).

Users may request one hard copy of the User Manual for every four copies of NDSR supported. To request a User Manual(s), send an email to [ndsrlhelp@umn.edu](mailto:ndsrlhelp@umn.edu), include your client number and the number of manuals you are requesting.

If you have not yet received your package with NDSR 2012, please contact [NCC User Support](#).

## Tips for Summer Foods in NDSR

With the summer months come changes in the types of food people eat. Whether at a neighborhood barbeque or a trip to the fair, summer foods can bring additional challenges for data entry in NDSR.

The following examples are some commonly reported summer foods and tips on how to find and enter them in NDSR 2012:

- **Pasta Salad** (pasta, vegetables and Italian dressing) - Enter as 'salad,' and select the 'pasta with vegetables' option.
- **Elephant Ears** - Under 'bread' there is an 'elephant ear or crispy' option. Pay attention to the portion consumed, as it may be larger than the 'each – 6" diameter' choice in NDSR.
- **Giant Turkey Leg** - Enter as 'turkey, drumstick, prep details if known.' The amount to match most nutritional totals would be = 2½ large turkey drumsticks in NDSR.
- **Chocolate-Dipped Foods** - Chocolate dipped is not a preparation option for fruits and many other foods. Hence NCC recommends adding it under additions and setting up a data-entry rule for the amount of chocolate per medium-sized fruit or food item.
- **Pinwheel Sandwiches** (wrap sandwiches cut crosswise) - There are a variety of wrap-type sandwiches available in NDSR. One could estimate the portion eaten as a fraction amount.
- **Mini Donuts** - In NDSR enter as 'donuts, cake type, regular, sugared (or other type)' and select 'miniature' as the size.
- **Deep-Fried Cheese Curds** - In NDSR enter as 'cheese curds, breaded and deep fried, unknown type of cheese, unknown type of commercial frying fat used', and select 'piece' or 'nugget' based on participants response.
- **Cotton Candy** - In NDSR enter as 'cotton candy, candy, other confections (non-chocolate), cotton candy or spun sugar' and quantify using cone or bag size as appropriate.



## Restoring Projects into the Current Version of NDSR (Continued from Page 1)

better and more complete analytic data that becomes available for foods. Consequently, when you restore older data in the latest version of NDSR the accuracy of your data may improve.

Clients are often hesitant to restore data created in previous versions of NDSR because they feel that the integrity of the data may be compromised due to product reformulations reflected in updated versions of NDSR. For example, if a food product has recently been reformulated to be lower in sodium, clients want this updated sodium content information used for dietary recalls and food records collected subsequent to the reformulation but not prior to it (i.e., clients want the nutrients for the actual product eaten, whether it be before or after reformulation). Fortunately, thanks to the time-related way in which the database is maintained, data collected in the past and restored in the current version of NDSR maintains the nutrients of the product formulations in the NDSR version in which they were originally collected.

Prior to restoring data into a current version of NDSR, one consideration to keep in mind is that edits to dietary data can only be made in the version of NDSR in which the data was entered. Once the data is restored into a current version of NDSR, edits can no longer be made without going back to the original version. It is best practice to confirm that all edits are completed and the data set is finalized prior to restoring it into a newer version of NDSR.

For more information and instructions on restoring data, see Chapter 9 and Appendix 23 of the [NDSR User Manual](#). If you have further questions please contact NCC User Support at 612-626-9450 or [ndsrlhelp@umn.edu](mailto:ndsrlhelp@umn.edu).

## NDSR Client Survey

Thank you to all NDSR users who responded to our request for help while planning enhancements for NDSR 2013. We received many responses and appreciate all your input.

NCC will use this information as we continue to plan enhancements. Our focus for NDSR 2013 is to improve the data entry windows for the recall and record-assisted recall record types so that users can collect 24-hour dietary recalls more expeditiously and accurately.

Once again, thank you for helping us as we strive to serve your needs.

## UPCOMING NDSR TRAINING SESSIONS

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

The next available trainings are:

September 24-25, 2012    November 12-13, 2012

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

## UPCOMING EVENTS

[Food & Nutrient Conference & Expo](#)  
October 6-9, 2012 • Philadelphia, PA

- Register before August 24, 2012 for an [early bird discount](#)
- Reduced hotel rates and travel discounts can be found [here](#)

# Ask Kristi

Answering your nutrition and NDSR program questions.

## If a participant reports eating a banana, apple, orange, grapefruit, etc., should I enter it as 1 medium or as a portion of 1 medium to account for the core/peel weight not eaten?

If you are using the NDSR Food Specific Units for fruit (i.e., 1 medium, 1 small, etc.), you should enter a whole amount such as '1,' not a portion of the whole (unless they did not eat the entire item). NDSR 'subtracts' the core, peel, etc. from the item prior to nutrient calculation. This is also applicable if you are entering fruit using dimensions such as a sphere. Have the participant estimate the diameter of the entire fruit (prior to peeling), and enter the quantity as '1' or as the portion of the whole eaten.

If you are entering a gram weight consumed, you will be prompted for edible portion (weight reported excludes the core or peel) or with refuse (weight reported includes the core or peel).

## Can I select which Header Fields should be required as a preference setting in NDSR?

Yes, NDSR users can select/deselect header fields per study protocol from the File > Preferences menu.

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



## Resources on the NCC Website

The [NCC website](#) is full of helpful resources for NDSR users. Below is a quick reference to help you find what you need.

**Information for Grant Writers** - A description of the 24-hour dietary and supplement recall features of NDSR for use in grant applications.

If you need to cite NDSR [here are some citations](#) to copy and paste.

**Food Amount Reporting Booklets** - NCC has found these booklets to be well suited for use in collection of dietary recalls over the telephone.

Also available are **Sample Recall Procedures**, that can be adapted to suit your study.

**NDSR User Manual** - Manuals for current and past versions of NDSR can be viewed online and saved to your computer for easy reference.

**Tip pages** are also available for quick access to specific topics - Backing Up, Output Files, Restoring, and Upgrading.

Let us know if there is something you'd like to see on our website. Email [marr0064@umn.edu](mailto:marr0064@umn.edu) with your ideas.

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

Huong Duong: 612-626-9429

FAX: 612-626-9444

EMAIL: [ndsrbhelp@umn.edu](mailto:ndsrbhelp@umn.edu)

WEBSITE: [www.ncc.umn.edu](http://www.ncc.umn.edu)

## Take a Bite

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

### Soft Drinks Slimming Down with Mid-Calorie Options

Traditional artificially sweetened diet soft drinks, such as Diet Coke and Diet Pepsi, have had limited market saturation, possibly due primarily to the taste. Soft drink manufacturers tried to address this taste issue, while also keeping calories down, by introducing soft drinks that contained a combination of natural and/or artificial sweeteners.

Pepsi entered the new mid-calorie soft drink market in 1995 with the launch of Pepsi XL; however, the 70-calorie beverage never made it out of test markets. In 2004, Coca-Cola and Pepsi launched C2 and Pepsi Edge, respectively. Both mid-calorie drinks advertised full flavor with less sugar. By 2005, Pepsi Edge was discontinued, and C2 was replaced with Coke Zero.

With the launch of Dr Pepper Ten, a 10-calorie version of Dr Pepper, manufactured by the Dr Pepper Snapple Group (DPSG), the mid-calorie soft drink market is seeing a comeback. After a successful release nationally, DPSG is testing the addition of 7Up, A&W, Canada Dry, RC, and Sunkist to the Ten platform.

Coca-Cola and Pepsi also re-entered the mid-calorie soft drink market recently. Earlier this year, Pepsi launched Pepsi Next, a 60-calorie version, which is available in NDSR 2012. And this summer, Coca-Cola is testing Sprite Select and Fanta Select, 70-calorie versions.