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

Quarterly

Nutrition Coordinating Center

Take a look inside »

Meet the New Manager of NCC Services

It is a pleasure to introduce Courtney Perry as the new Manger of NCC Services. Dr. Perry will oversee the NCC Research Services group which provides services to researchers who want to outsource the collection of 24-hour dietary recalls, and entry of food records, recipes and menus to NCC. She will also oversee the User Support group which is responsible for licensing NDSR and providing support to clients.

Courtney is taking on many of the activities carried out by the current Manager of Services, Mary Stevens. Mary is stepping down from this role at NCC in December (see article on Page 2).

Here are a few things you should know about Courtney. First, she comes to NCC with hands-on nutrition research experience using the NDSR program. Second, with undergraduate, masters, and doctoral degrees in nutrition she has a solid nutrition background, including Registered Dietitian credentials. Finally, Courtney is an organized and energetic individual who is a great addition to NCC.

NDSR Food Search Improvements Slated for 2012 Release

Are you having trouble finding foods in NDSR? Do you know when to use the Search All feature?

Currently if you search for a fast food menu item by restaurant name (e.g., McDonald's Hamburger), you'll get a No Foods Found response; select Search All and you'll go directly to McDonald's hamburger (just make sure that the participant really had a McDonald's Hamburger, not the Angus Burger or a Quarter Pounder).
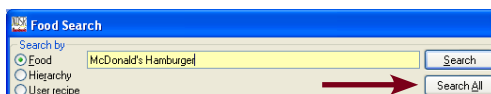
Selecting the Search All button (located just under the Search button on the top right of the window) expands the search and lets you view additional foods that match at least one word (or beginning letters of a word) with the search text as typed in the Search by pane.

Using Search All is also a great way to explore the database. Enter Sonic as your Search text, select Search All and you will see a long list of all of the SONIC items that are in NDSR.

If you are searching for recipe ingredients, you'll find Search All can be very helpful. For example a search for baking powder finds baking powder biscuits. Search All locates baking powder the ingredient, as well as the baking powder biscuits. Search All for vinegar and you'll get the ingredient vinegar as well as many dressings with vinegar in the name. Of course initially providing a little more of a description might also take you more directly to the ingredient you seek. For example: instead of searching for vanilla, try vanilla extract as your search text.

At times, Search All produces a staggering number of results. When that happens, use the Limit To field to narrow the search. This is necessary when participants report adding something like "ranch" to their fries or salad. The search results for ranch may be overwhelming because many foods have the word ranch in their description but limiting the search to salad dressing vs. flavored snack chips produces a shorter list of items.

We are working to improve food search for NDSR 2012. We hope to reduce the number of times you receive the "No Foods Found" message and increase the number of times your find what you are looking for on the first try.

If we haven't already heard from you about your most common hard to find foods, let us know and we'll include them in our testing for NDSR 2012.

Networking the License - Old vs New

NDSR 2011 introduced a new way to network your license.

The old method, called the File-based Licensing Option or just the Legacy Option, requires mapping client computers to a shared folder on the server machine.

The new method is called the Client/Server Licensing Option. The Client/Server Licensing Option does not rely on a shared folder but it does require different installation steps from the Legacy Option. Step-by-step instructions for setting up each method are in Chapter Two of the NDSR User Manual.

Both options are equally reliable ways to share the NDSR license, but clients have found it handy to have their choice of methods. Some clients who have had difficulty implementing the Legacy Option successfully shared their license using the Client/Server Option. Other clients who have tried the Client/Server Option have reverted to the Legacy Option.

"The requested License Server was not found (-27)" is an error message some of our clients have encountered with the Client/Server Option. If you see this error, adjust the settings in the server (Enterprise License Manager) software to accept all clients and the client (Client License Manager) software to accept the server as specified in the Enterprise License Manager.

An example is in Chapter Two of the NDSR User Manual, but please call the NDSR helpline if you need more guidance. If adjusting the settings in the client and server license managers does not fix the problem, you may need to use the Legacy Option instead.

Retrospective Feature of NDSR Illustrated in Recent Publication

Recently researchers from the University of Minnesota reported trends in dietary vitamin D intake from 1980-1982 to 2007-2009 using 24-hour dietary recall data analyzed using NDSR. Results from the study indicate that vitamin D intake from food sources decreased among adult males and females in the Minneapolis-St Paul, MN metropolitan area (1).

The trends analysis was possible due to how the NCC Food and Nutrient Database is maintained and updated. When a new nutrient is added to the database values are assigned to active foods (currently available in the marketplace) and deactivated foods (no longer available in the marketplace).

The benefit of maintaining deactivated foods is that dietary data collected in the past may be run through the most current version of NDSR using the Restore feature. Output files will then include intake estimates for all nutrients and other food components in the latest version of NDSR. To learn more about how to use the NDSR Restore feature to give old data new life, contact ndsrhelp@umn.edu.

1.) Harnack LJ, Steffen L, Zhou X, Luepker RV. Trends in vitamin D intake from food sources among adults in the Minneapolis-St Paul, MN, metropolitan area, 1980-82 through 2007-2009. J Am Diet Assoc. 2011 Sep;111(9):1329-34.

New Role for Mary Stevens

NCC was established over 35 years ago, and Mary Stevens was a part of it almost from the start. Over the years Mary has been involved in providing a variety of dietary assessment support services including everything from providing guidance on the logistics for collecting dietary data to the collection of dietary recalls.

Those of you who have worked with Mary know she is a first class problem solver, figuring out how to get the research mission accomplished regardless of study size or complexity. She is also a font of wisdom on all things NDSR, playing a key role each year in the development of enhancements to the software.

Mary is semi-retiring from NCC in December and will be assuming a new role at NCC, focusing on contributing to NDSR development. A new manager, Courtney Perry, will take her place (see introduction on Page 1). Mary will continue to lead some projects currently underway and will serve as a resource to our new Services Manager.

We thank Mary for her stellar contributions as Manager of Services, and we're pleased she'll continue to contribute her knowledge and expertise to NCC.

UPCOMING NDSR TRAINING SESSIONS

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

The next available trainings are:

November 14-15, 2011   December 12-13, 2011   January 23-24, 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

- Deadline for Abstracts - November 15, 2011
- Deadline for Travel Award Application for Students & New Investigators - December 15, 2011

New Foods

The following foods are included in the NCC Quarterly Fall 2011 New Food Backup File, available for download on our website.

- Sesmark Brown Rice Rice Thins
- Newtons Fruit Thins Cookies – all flavors
- Pirate's Booty Aged White Cheddar Baked Rice and Corn Puffs
- Post Honey Bunches of Oats Raisin Medley Cereal
- Jimmy Dean Croissant Sandwiches – Ham & Cheese
- Betty Crocker Gluten-Free Yellow Cake Mix
- Fage Total 2% Yogurt – Honey
- Lunchables with Fruit – Ham & American Cracker Stackers
- Panda Express – Broccoli Beef
- Panda Express Orange Chicken

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 sefti001@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
Huong Duong: 612-626-9429

FAX: 612-626-9444
EMAIL: ndsrhelp@umn.edu
WEBSITE: www.ncc.umn.edu

Ask Kristi

Answering your nutrition and NDSR program questions.

How do you advise researchers handle the collection of 24-hour dietary recalls on holidays?

At NCC we avoid collecting recalls on the holiday itself and the day after because typically people are hard to reach on the actual holiday and because the intake collected the day after reflects the holiday intake which depending on the participant, is often a "non-typical intake".

Since many holiday celebrations involve eating special foods or not eating at all, dietary intakes for those days often are not reflective of typical eating and consequently don't do a very good job of characterizing dietary intake. Consider this in establishing your study protocol. If your study protocol is to include collection of dietary recalls, have your interviewer collect the recall following normal procedures, ask the trailer question and then make a note if the participant reports the intake was either considerably more or less than usual. The note will reflect the participant's reason for eating a lot more or a lot less than usual.

Keep in mind that some people may not alter their eating on these days, so it is important if collecting these intakes that the interviewer not make assumptions but rather is open-ended when asking the trailer questions about the dietary intake.

Nutrition Question? Ask Kristi at pink@umn.edu

Take a Bite

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

Surge in Popularity of Gluten-Free Diet

A growing number of Americans are avoiding foods containing gluten, a protein found in wheat, oats (due to potential contamination with wheat), rye, and barley. For the close to 1% of Americans with celiac disease, a gluten-free diet is a medical necessity. For others a self-prescribed gluten-free diet is followed for weight loss, treatment of autism, and other reasons.

There are many products in the marketplace that are naturally gluten-free. For example, most products in the produce, dairy, and beverage aisles of the supermarket are gluten-free. A number of gluten-free products can also be found in the cereal and snack/chip aisles, such as Rice Krispies, Tostitos Tortilla Chips, and Lays Original Potato Chips.

Very few breads, pastas, crackers, and sweet baked goods are gluten-free because most contain wheat flour. To provide choices to consumers food manufacturers have developed an assortment of specially formulated gluten-free products in these food categories, using ingredients like rice flour, potato flour, quinoa, flax seed, and corn meal in place of wheat flour.

NDSR includes an array of brand name food products which are gluten-free, for example Newman's Own Ranch Dressing is a gluten-free dressing included in NDSR. Also included are specially formulated gluten-free products such as pretzels and loaf bread.