FEN
SPANISH NUTRITION FOUNDATION

NUMBER 7

ANIBES

APPENDIX

Macronutrient Distribution and Dietary Sources in the Spanish Population: Findings from the ANIBES Study

With the participation of:

Spanish Nutrition and Food Sciences Academy (AEN)

Spanish Nutrition Society (SEN)

Spanish Society of Community Nutrition (SENC)

Spanish Foundation for Nutritional Research (FIN)

Nutrition Studies Association (ASEN)

Improvement of Health by Fitness, Nutrition and Exercise Research Group

Dietary Sources of macronutrients from food and beverages groups and subgroups in the Spanish ANIBES study population

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1. Proteins
2. Carbohydrates
3. Sugars
4. Lipids
5. Saturated fatty acids (SFA)
6. Monunsaturated fatty acids (MUFA)
7. Polyunsaturated fatty acids (PUFA)
8. Omega-6
9. Omega-3
10. Cholesterol
11. Fiber
12. Alcohol

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Dietary sources of **proteins** (%) from food and beverage groups and subgroups

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Dietary sources of proteins (%) from food and beverage groups and subgroups.

1. GENERAL 9-75 YEARS

Sample: 2,009 individuals*

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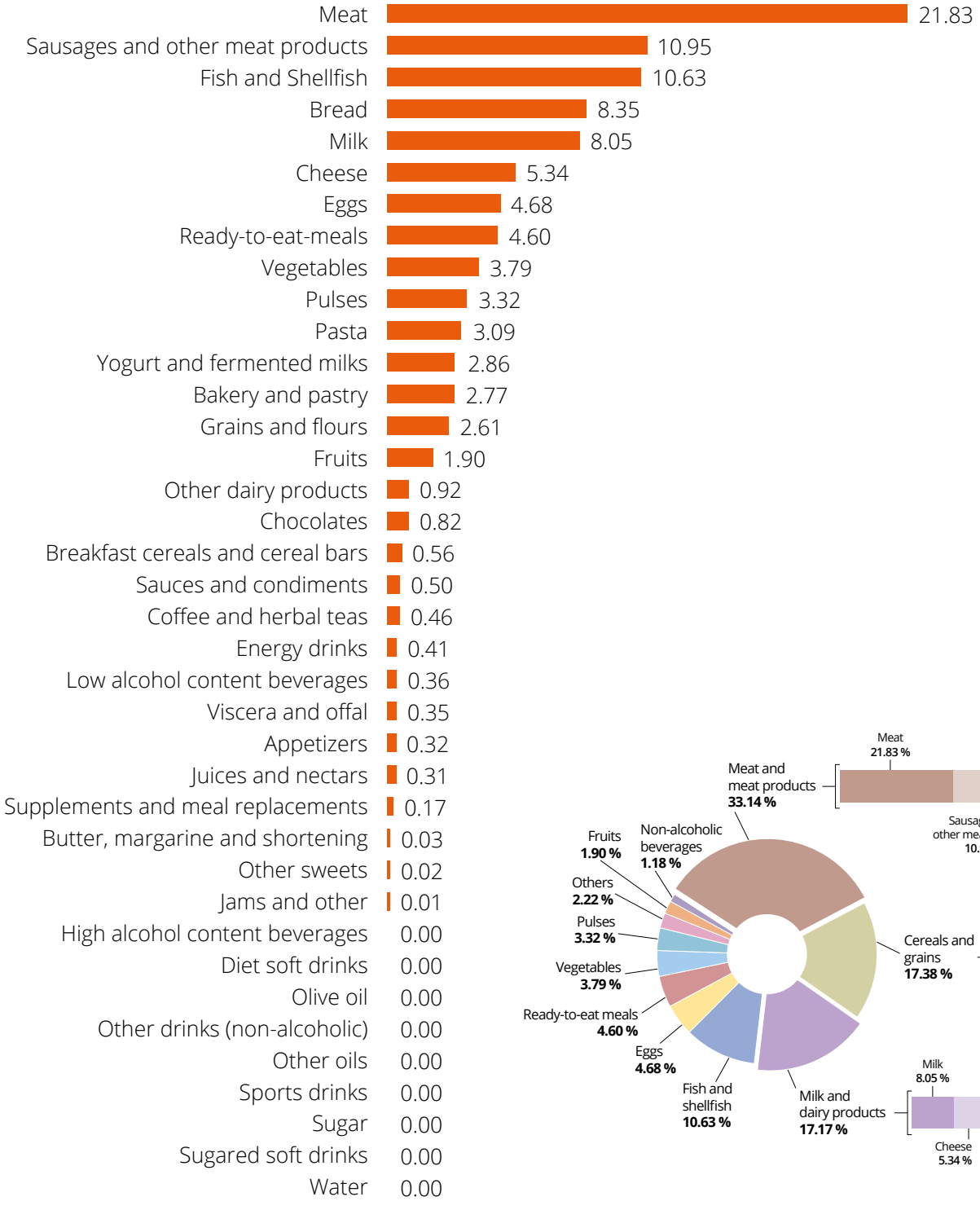

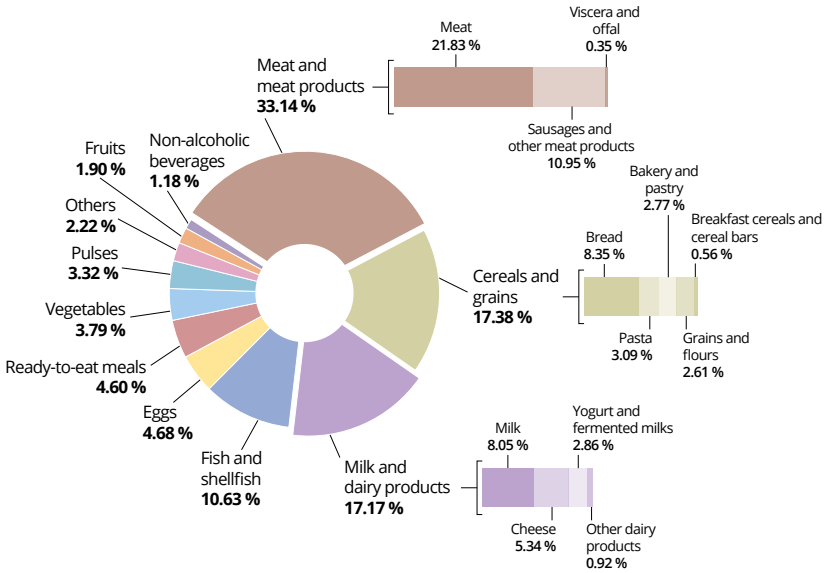

*Random sample

Dietary sources of proteins (%) from food and beverage groups and subgroups.

2. GENERAL MEN 9-75 YEARS

Sample: 1,013 individuals*

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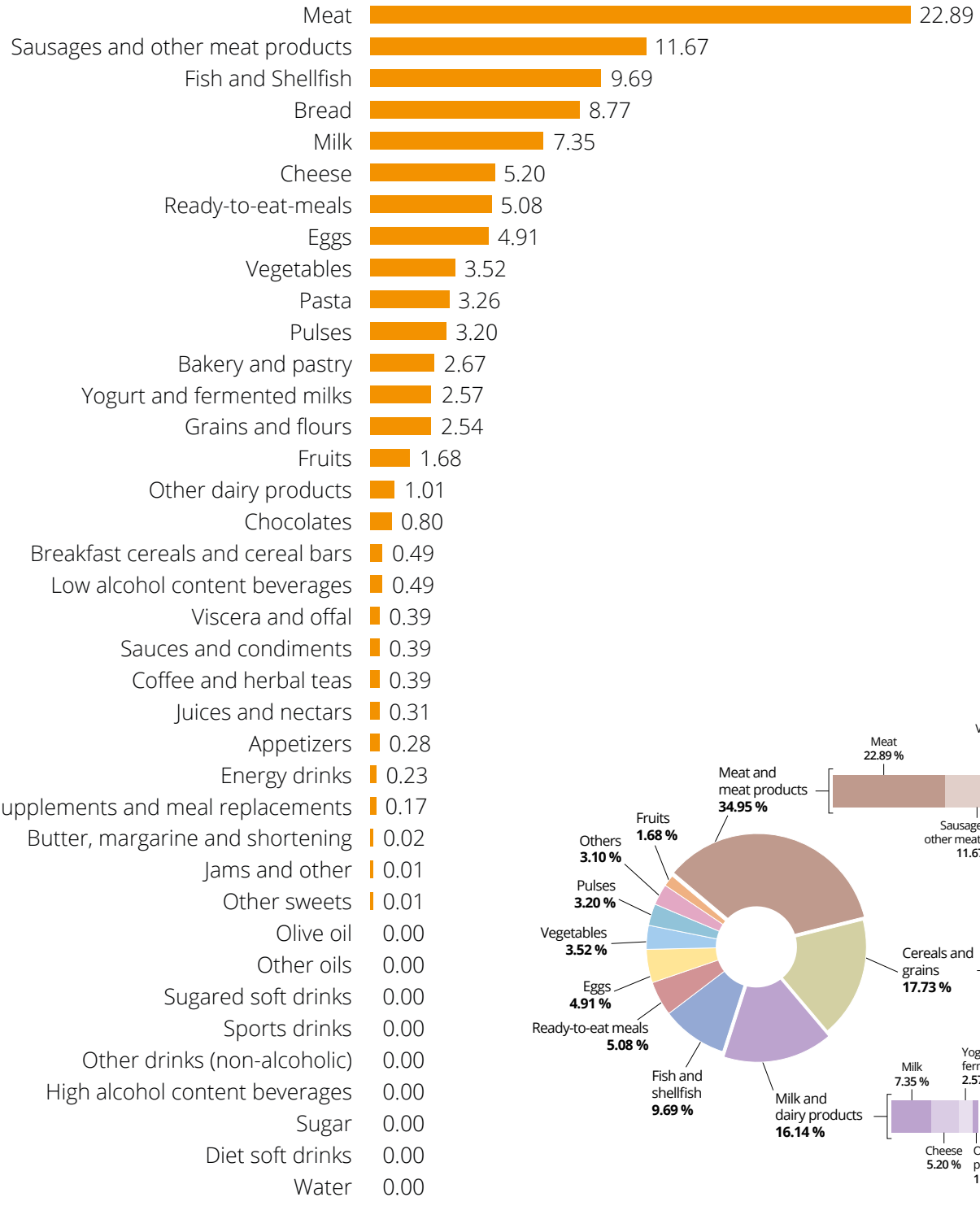

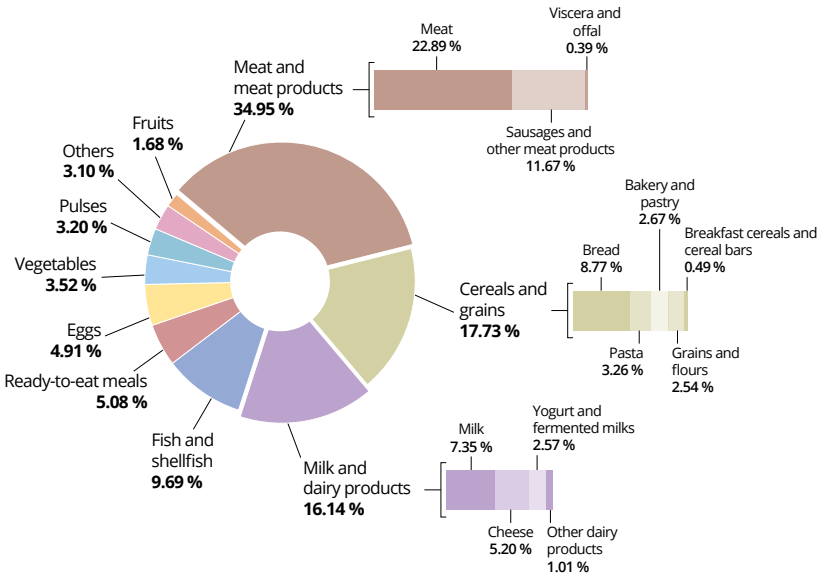

*Random sample

Dietary sources of proteins (%) from food and beverage groups and subgroups.

3. GENERAL WOMEN 9-75 YEARS

Sample: 996 individuals*

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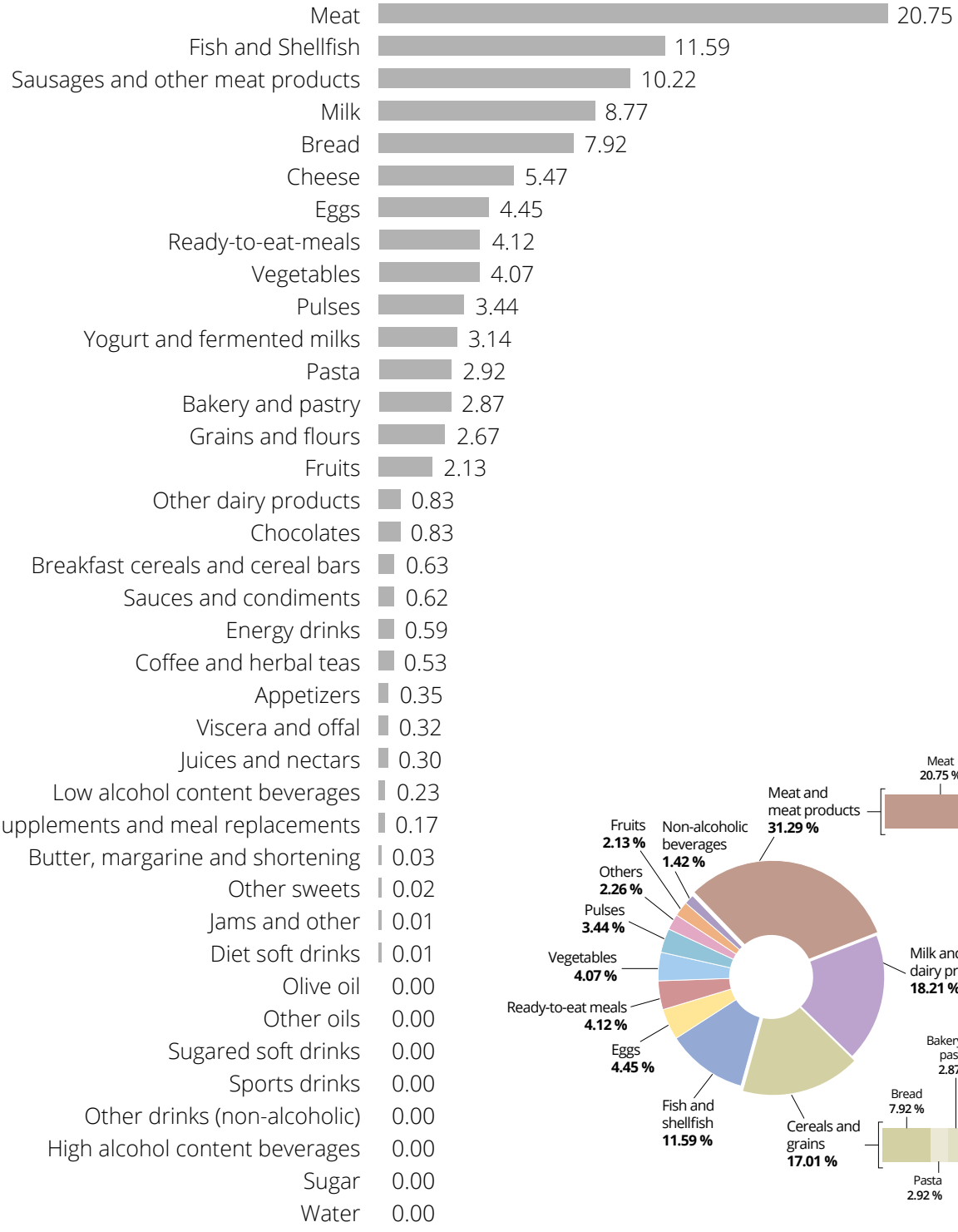

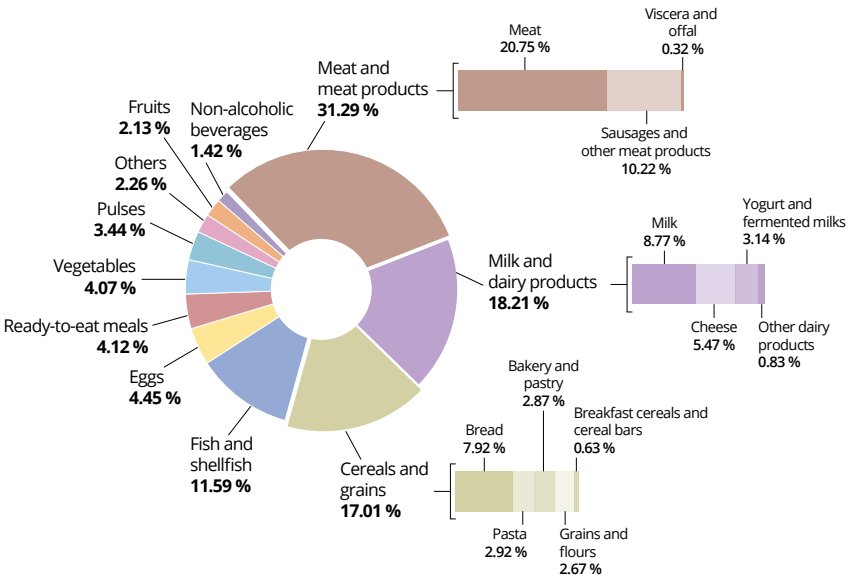

*Random sample

ANIBES

PROTEINS

Dietary sources of proteins (%) from food and beverage groups and subgroups.

4. CHILDREN BOYS AND GIRLS 9-12 YEARS

Sample: 213 individuals*

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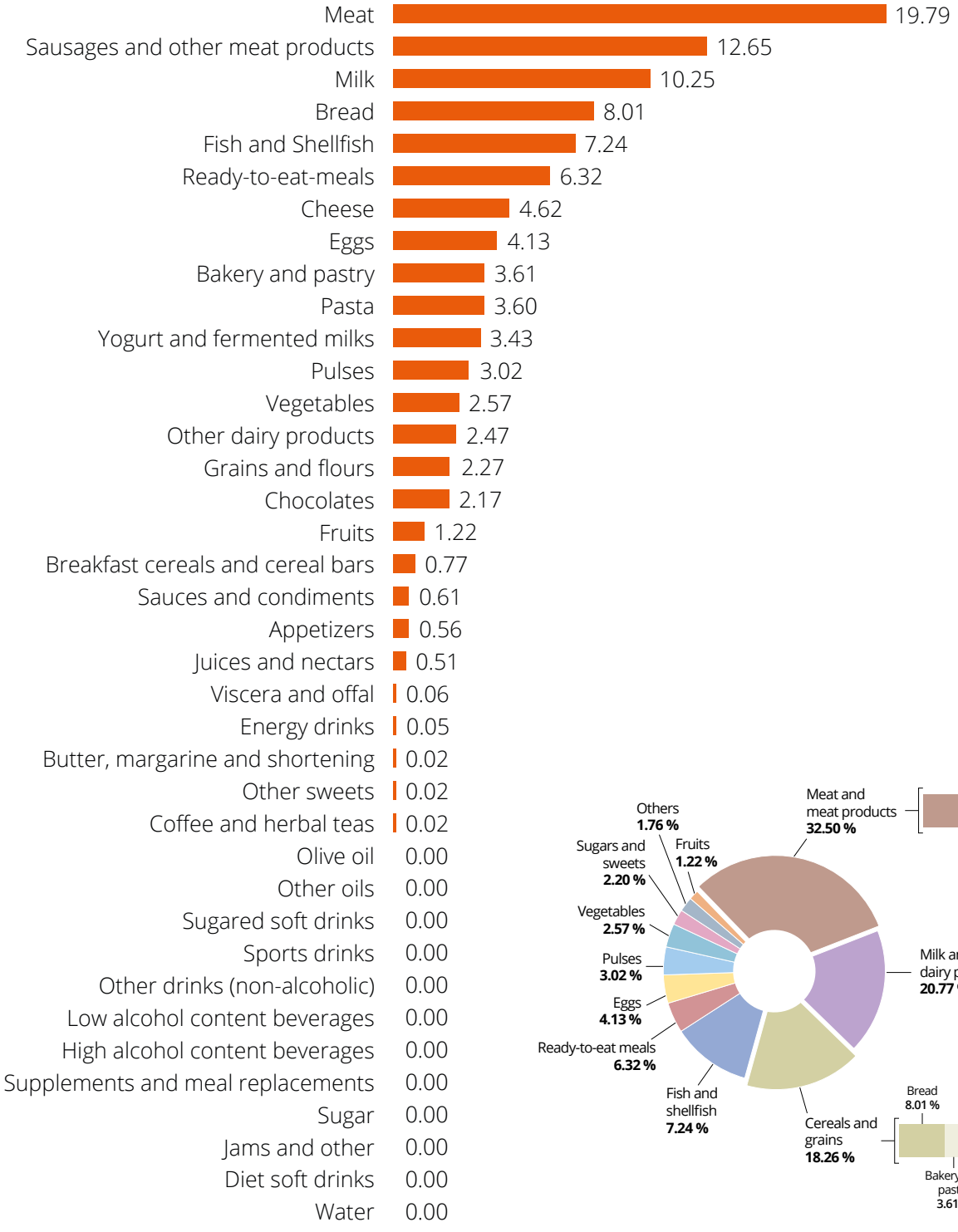

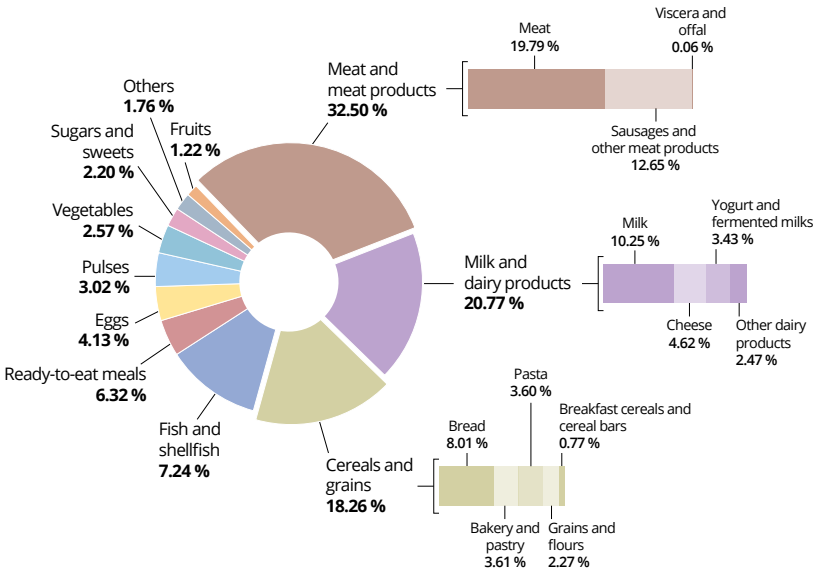

*Random sample plus boost

PROTEINS

Dietary sources of proteins (%) from food and beverage groups and subgroups.

5. CHILDREN BOYS 9-12 YEARS

Sample: 126 individuals*

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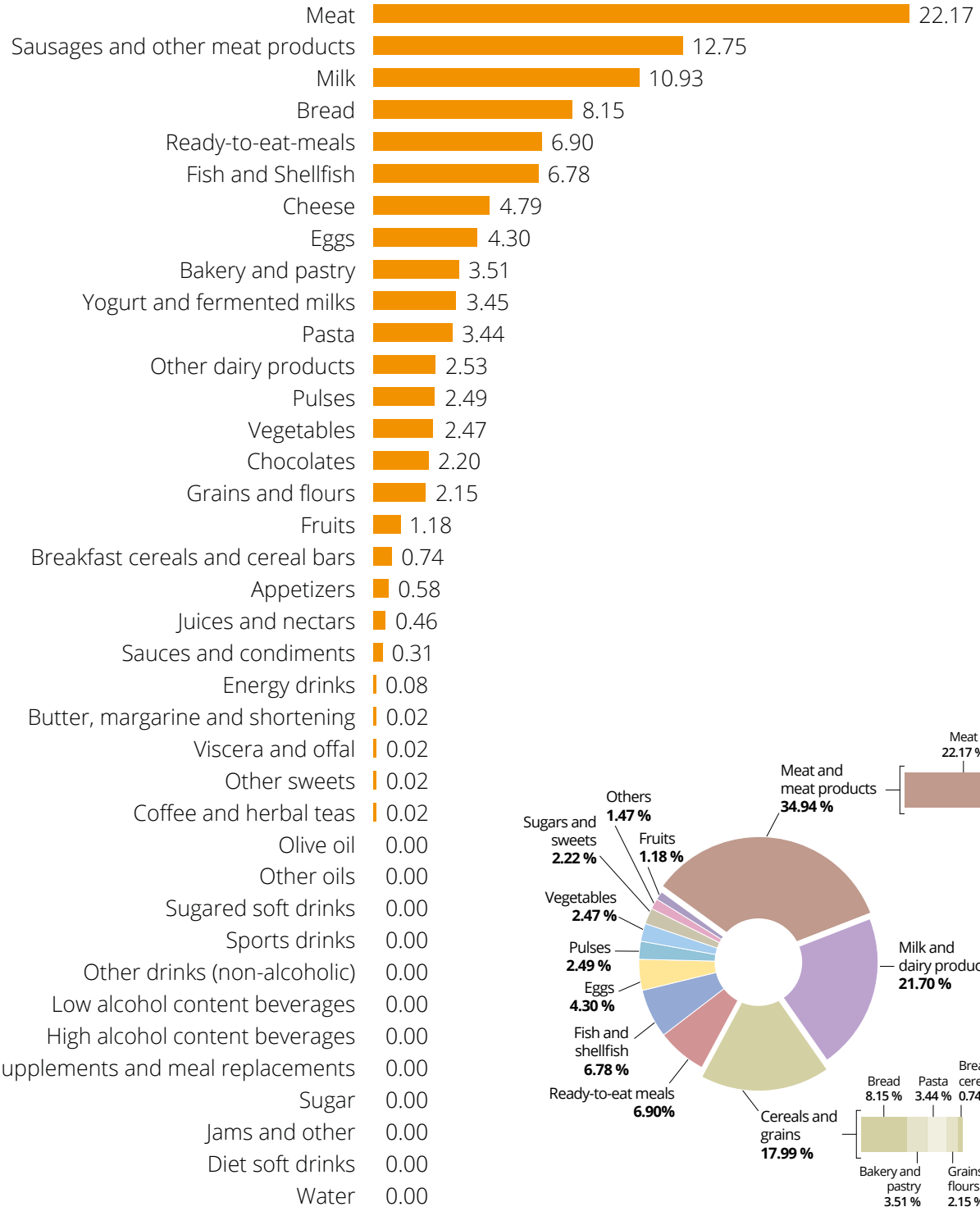

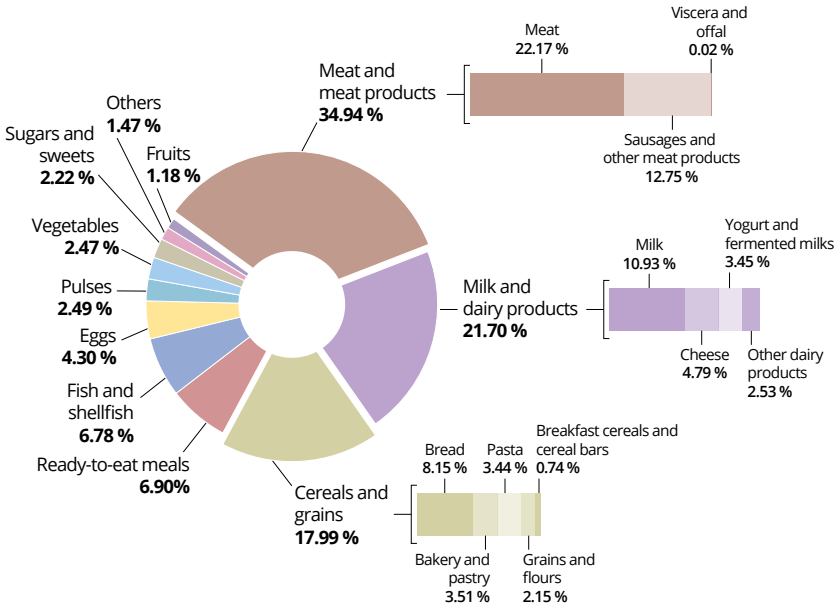

*Random sample plus boost

Dietary sources of proteins (%) from food and beverage groups and subgroups.

6. CHILDREN GIRLS 9-12 YEARS

Sample: 87 individuals*

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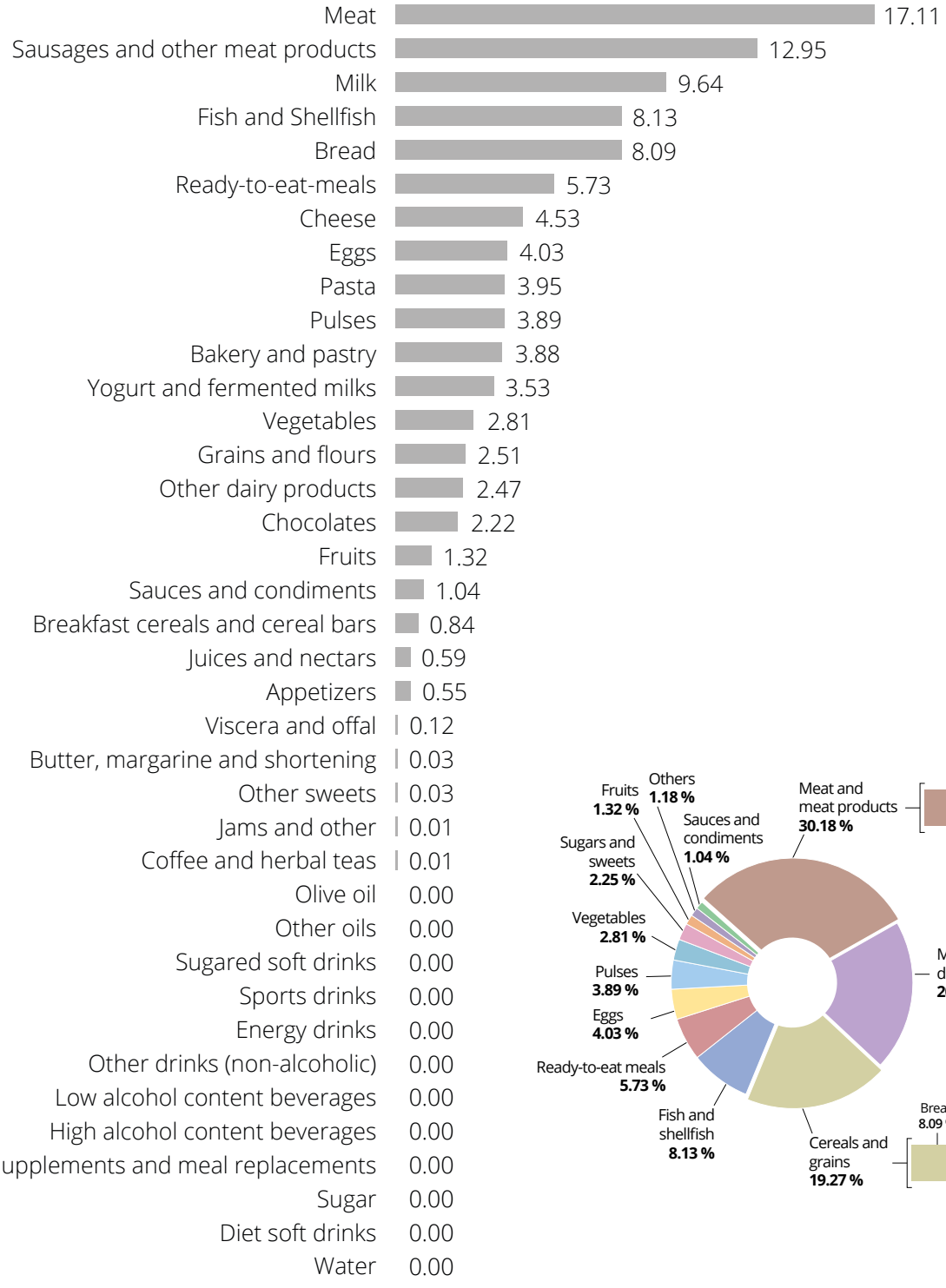

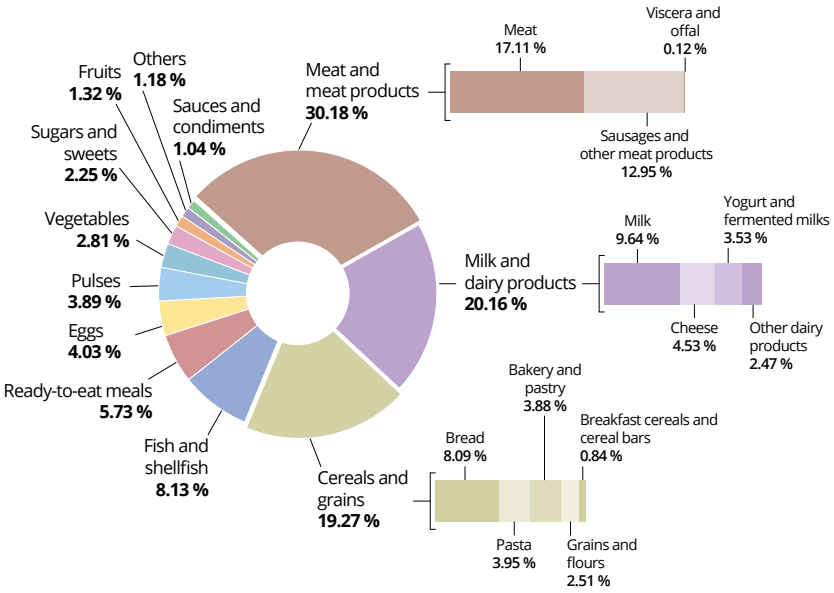

*Random sample plus boost

Dietary sources of proteins (%) from food and beverage groups and subgroups.

7. ADOLESCENTS 13-17 YEARS

Sample: 211 individuals*

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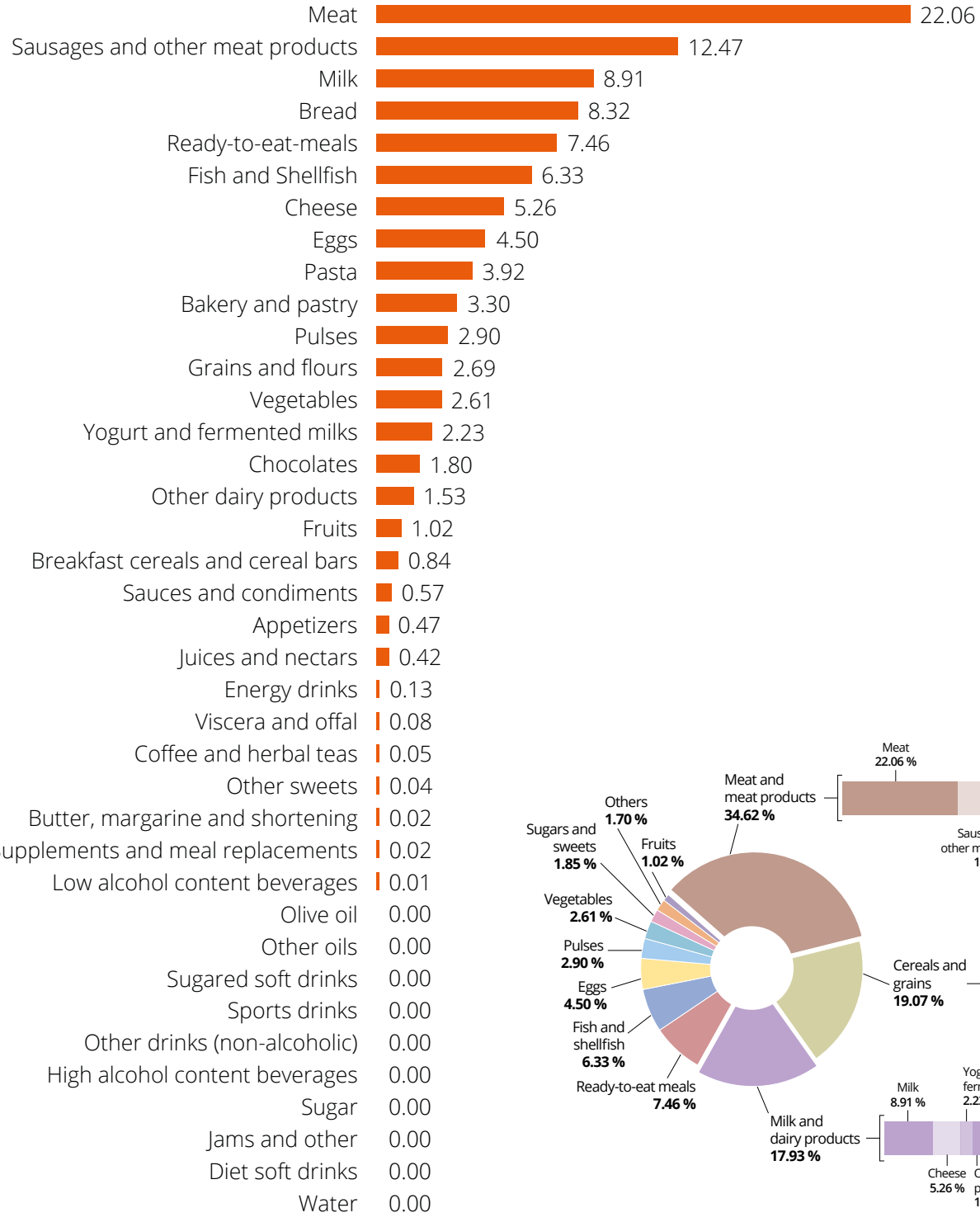

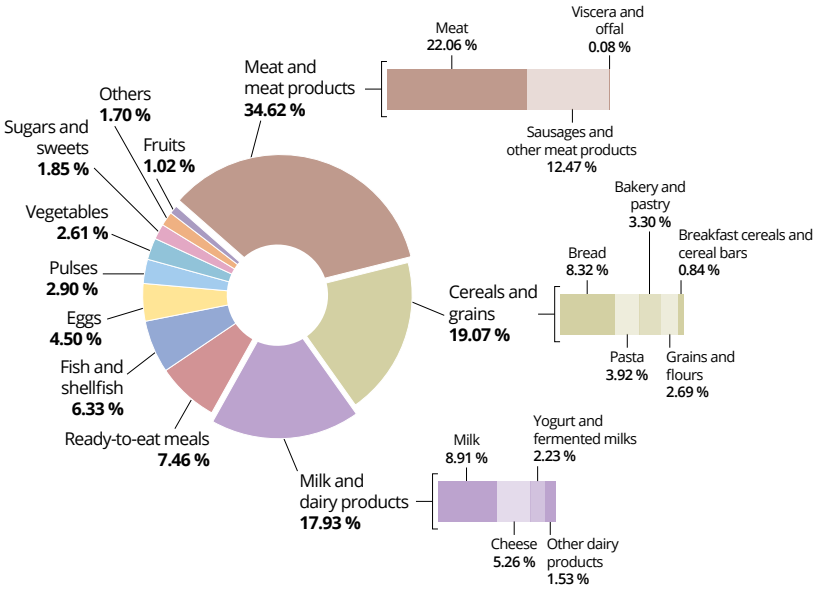

*Random sample plus boost

Dietary sources of proteins (%) from food and beverage groups and subgroups.

8. ADOLESCENT BOYS 13-17 YEARS

Sample: 137 individuals*

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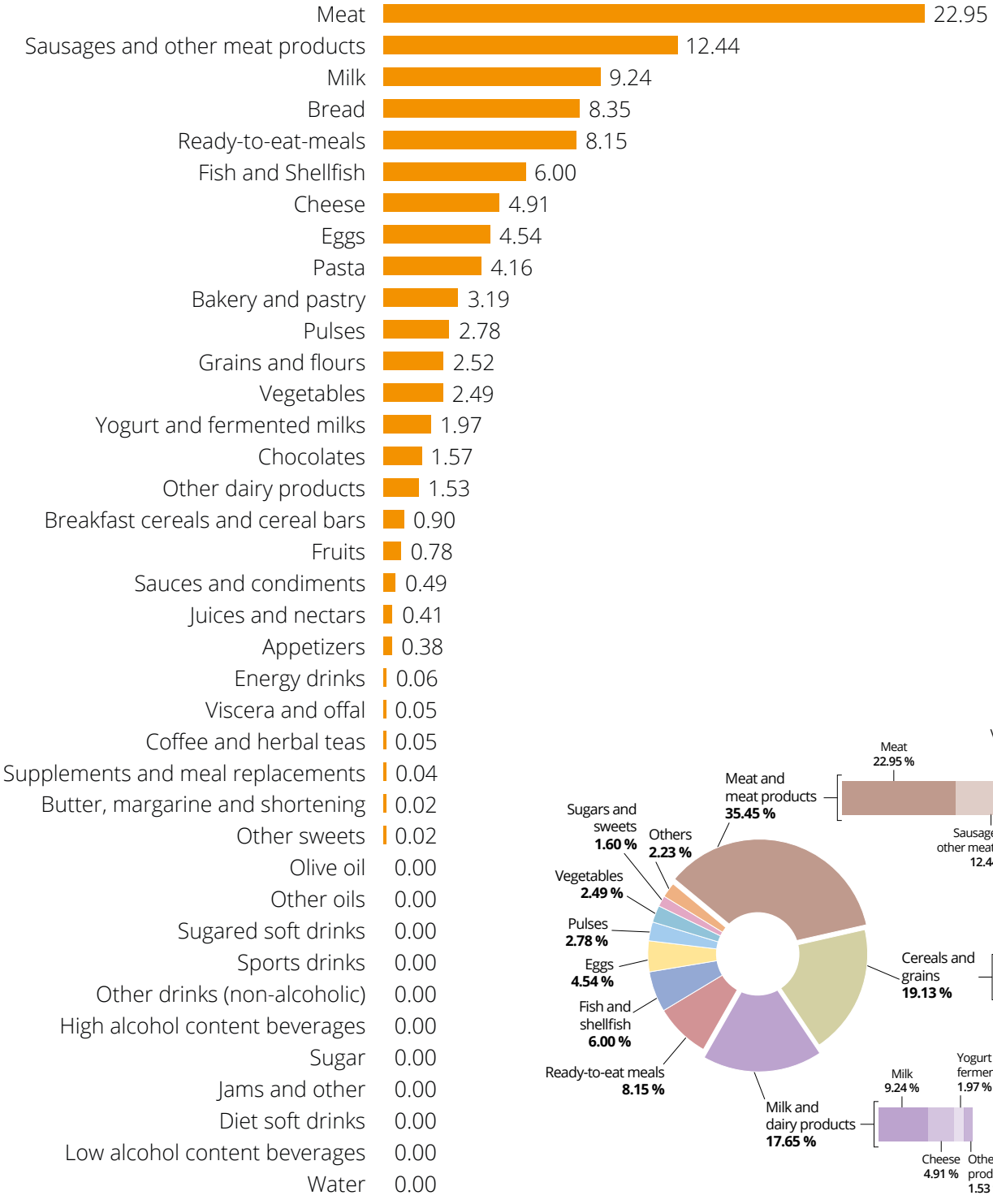

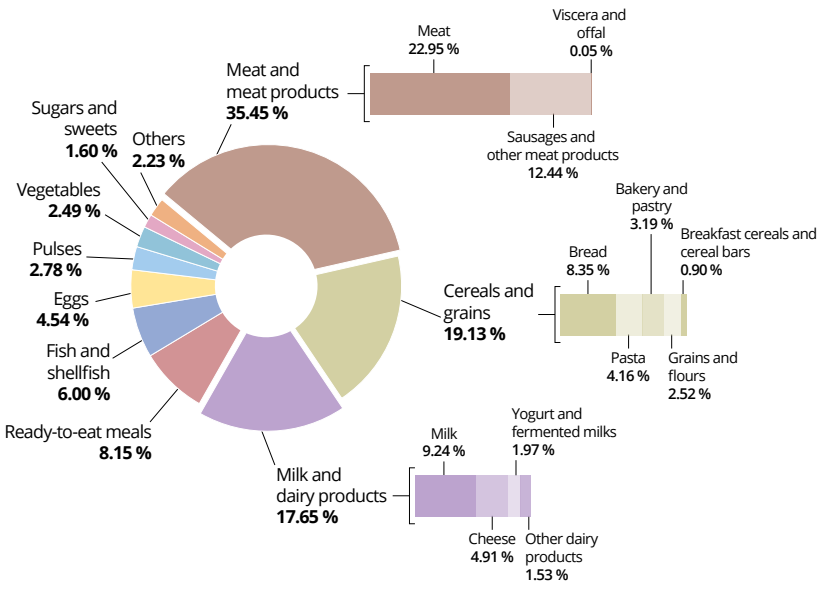

*Random sample plus boost

Dietary sources of proteins (%) from food and beverage groups and subgroups.

9. ADOLESCENT GIRLS 13-17 YEARS

Sample: 74 individuals*

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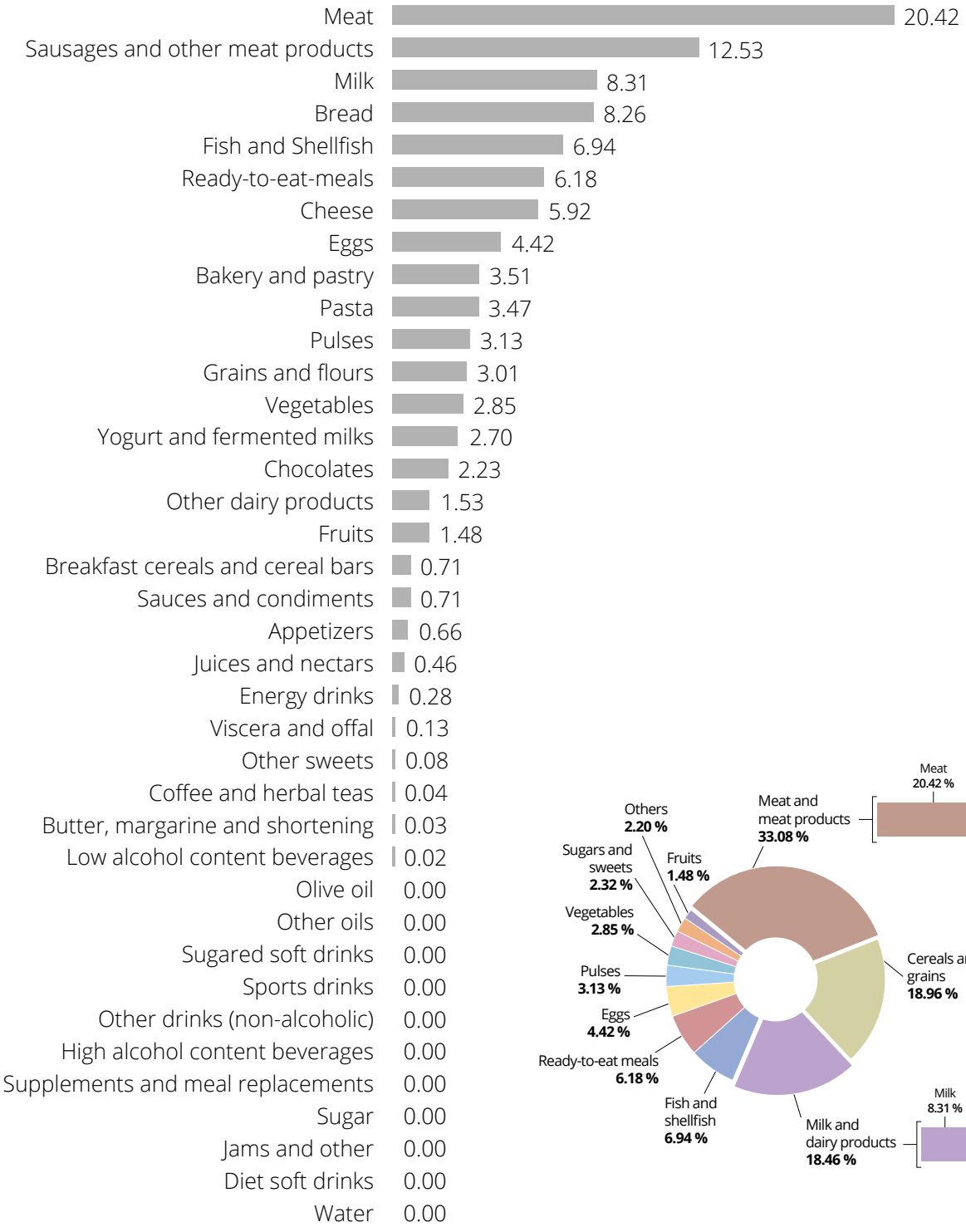

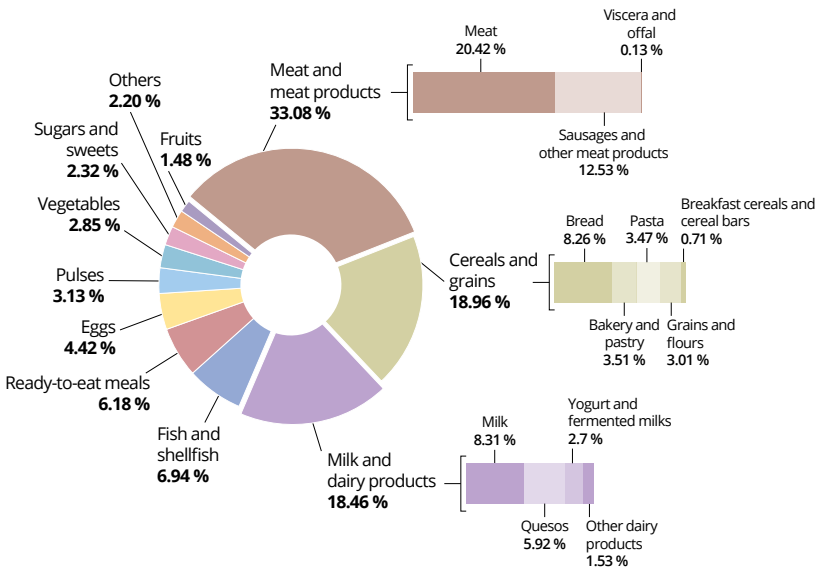

*Random sample plus boost

Dietary sources of proteins (%) from food and beverage groups and subgroups.

10. ADULTS 18-64 YEARS

Sample: 1,655 individuals*

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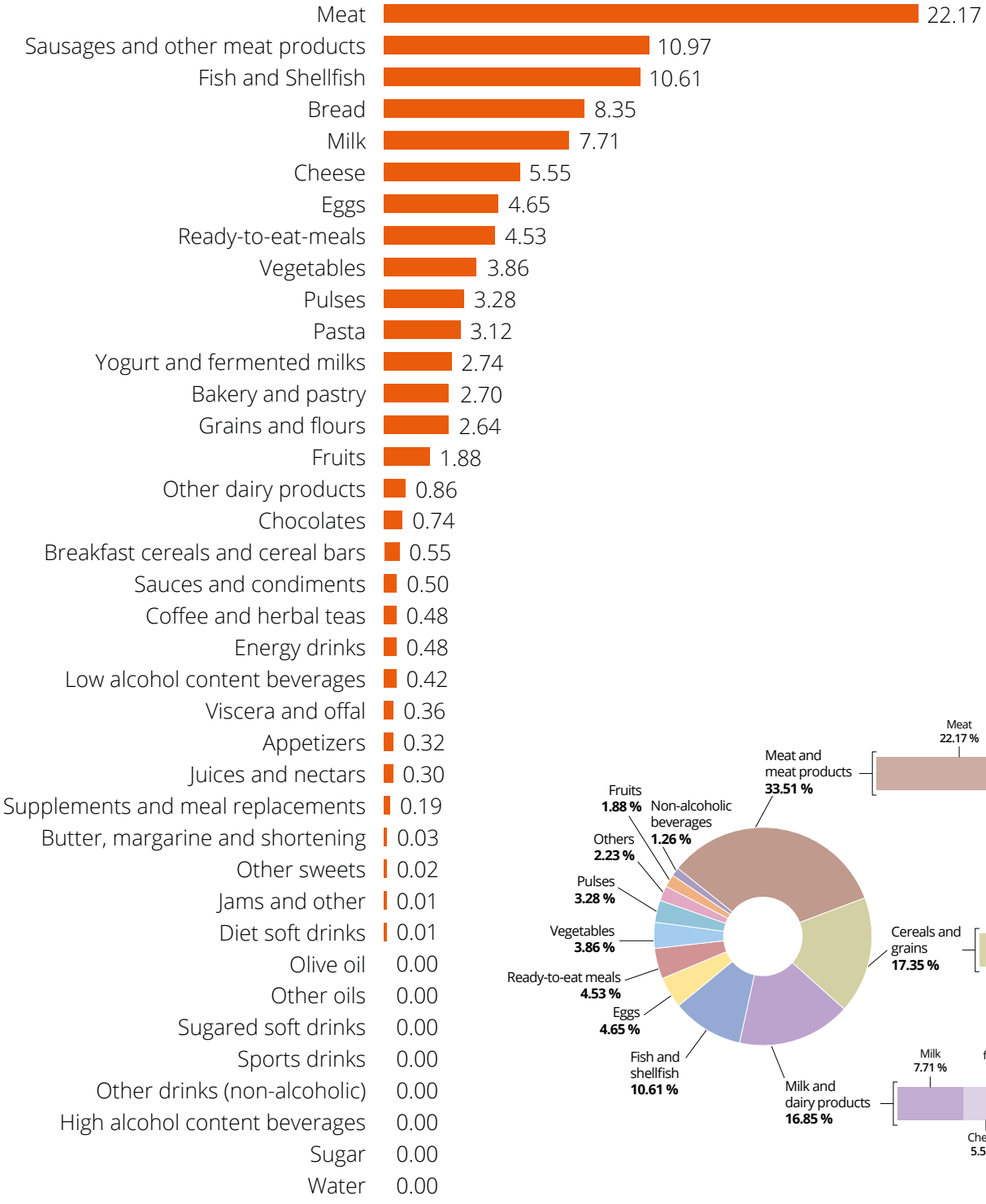

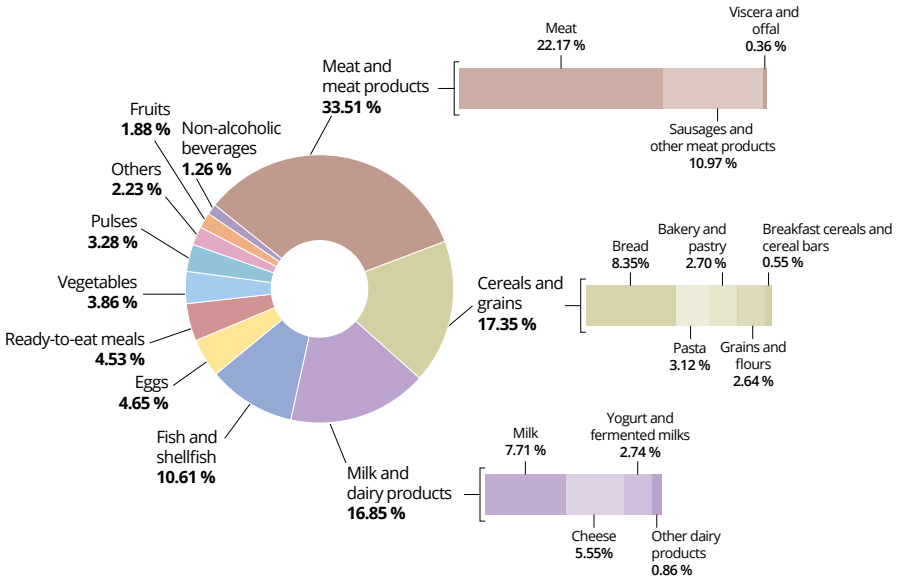

*Random sample

PROTEINS

Dietary sources of proteins (%) from food and beverage groups and subgroups.

11. ADULT MEN 18-64 YEARS

Sample: 798 individuals*

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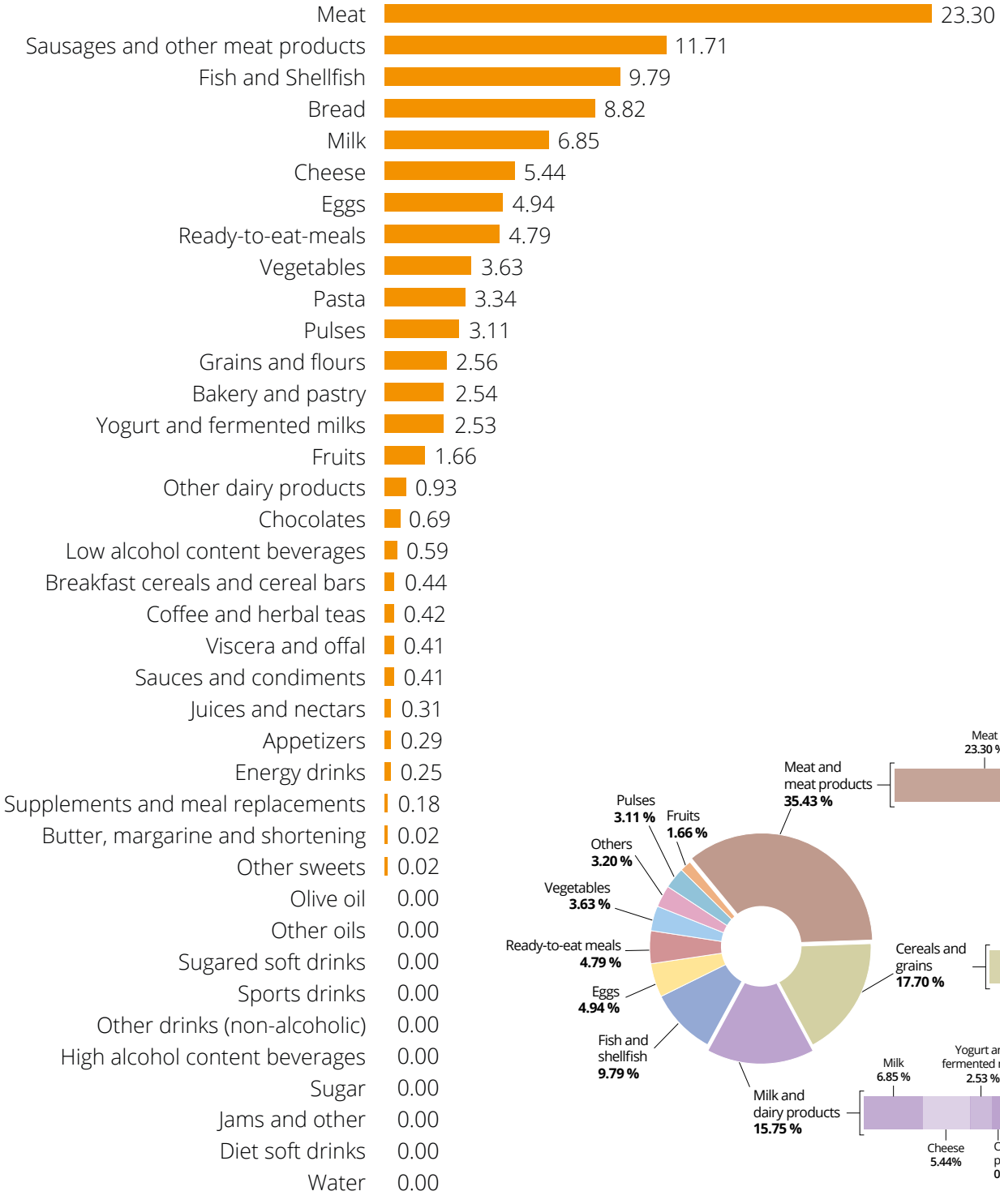

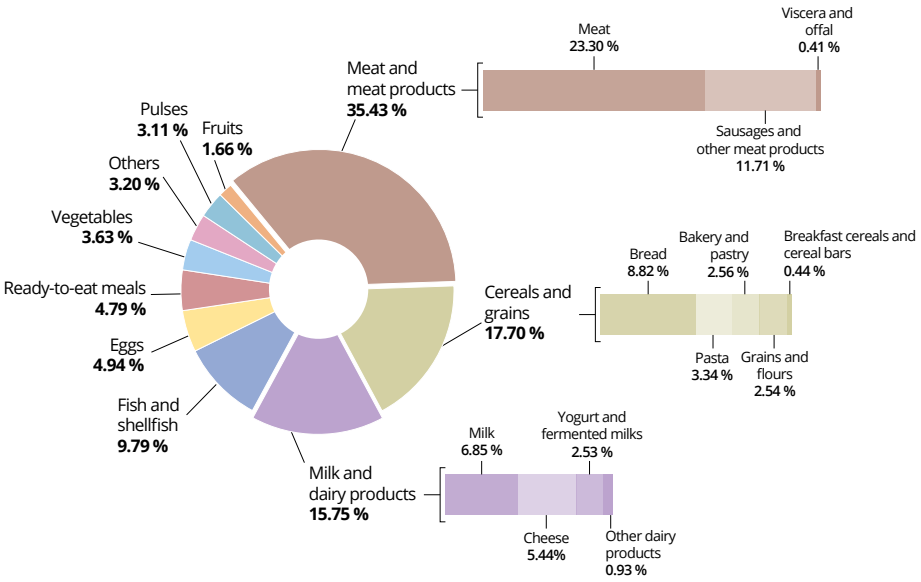

*Random sample

Dietary sources of proteins (%) from food and beverage groups and subgroups.

12. ADULT WOMEN 18-64 YEARS

Sample: 857 individuals*

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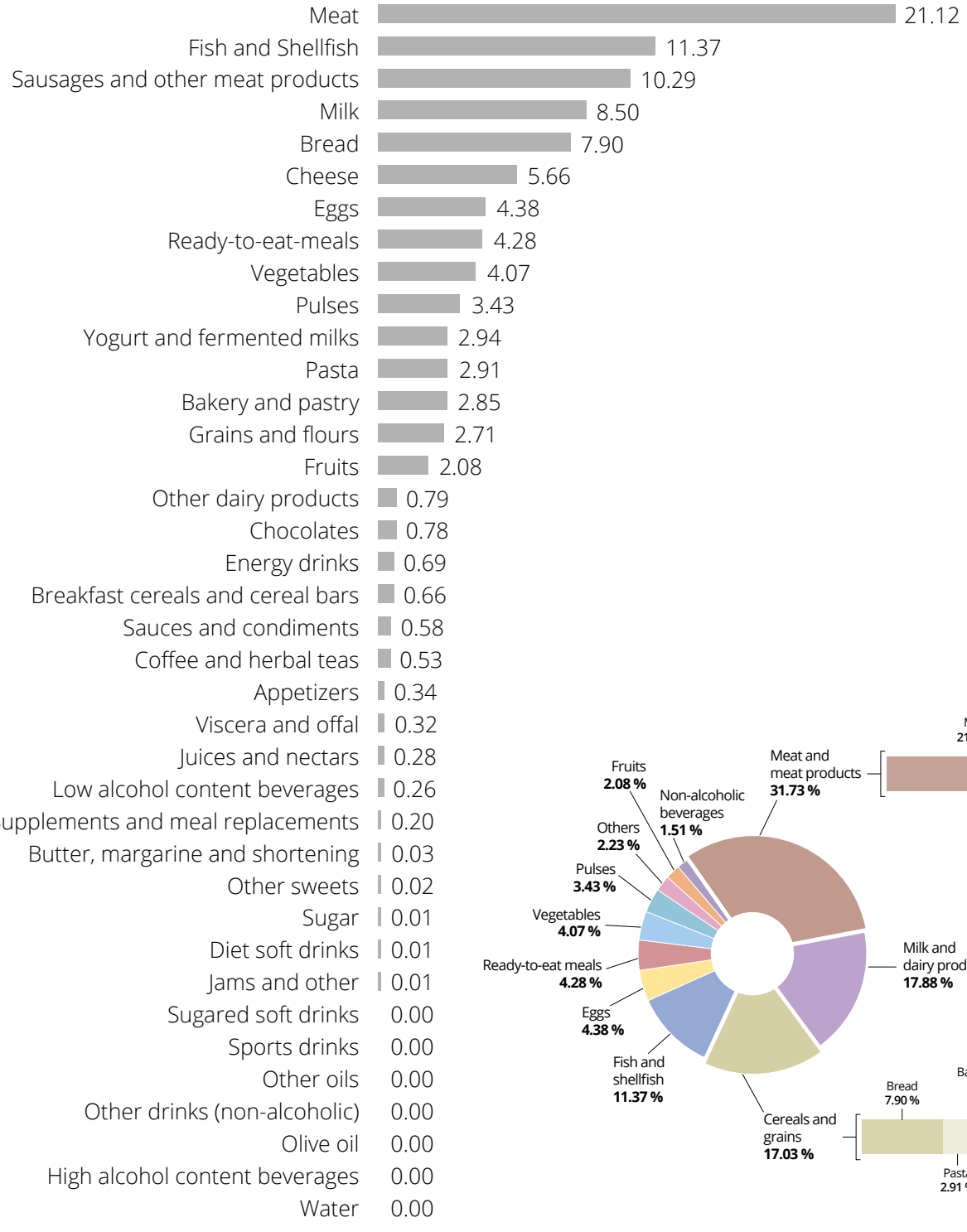

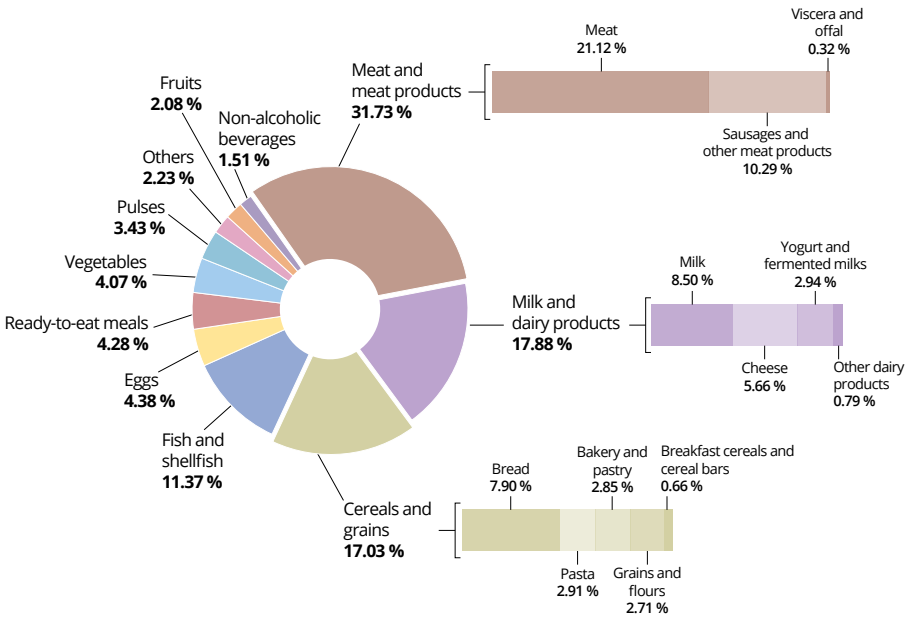

*Random sample

Dietary sources of proteins (%) from food and beverage groups and subgroups.

13. ERDERLY 65-75 YEARS

Sample: 206 individuals*

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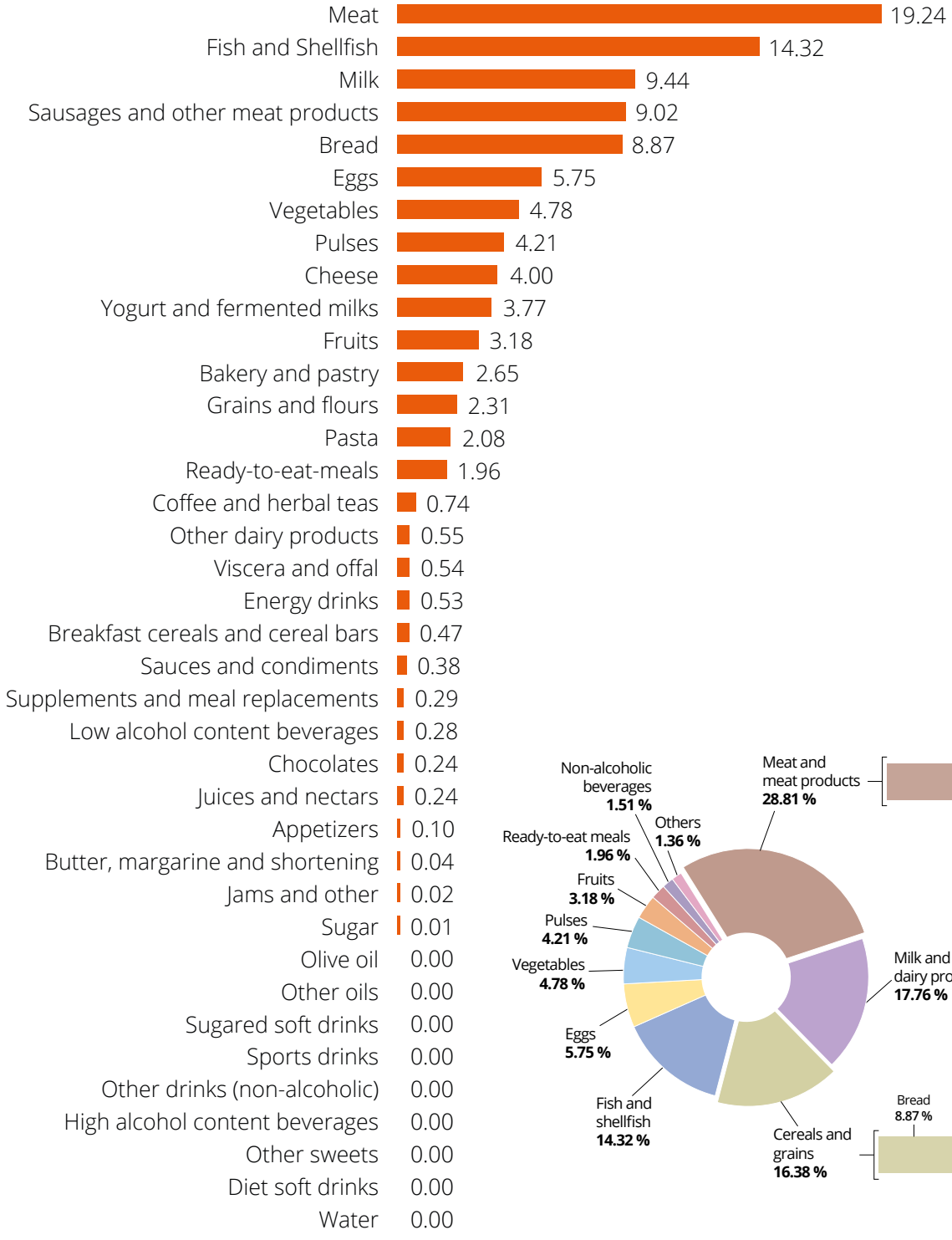

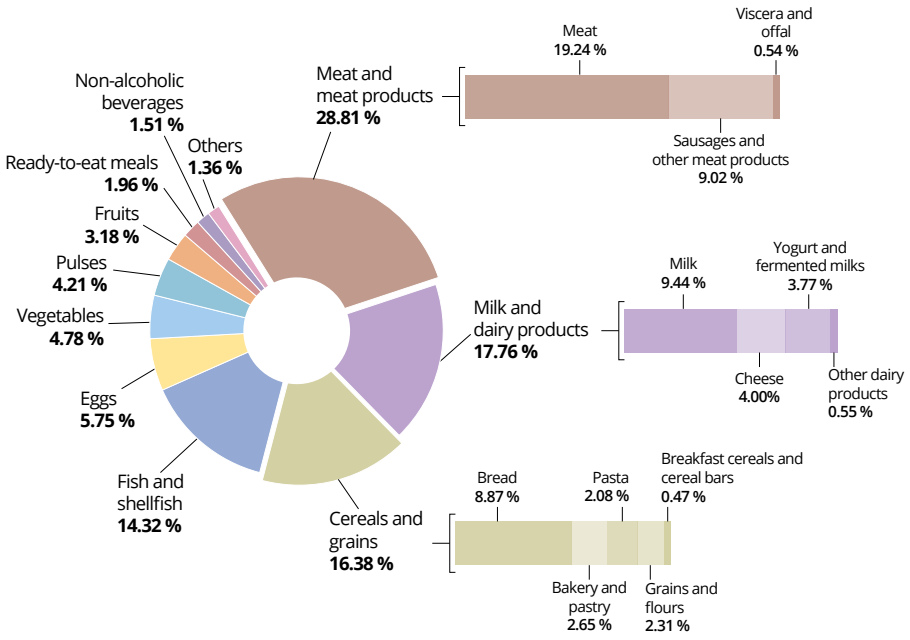

*Random sample

Dietary sources of proteins (%) from food and beverage groups and subgroups.

14. ELDERLY MEN 65-75 YEARS

Sample: 99 individuals*

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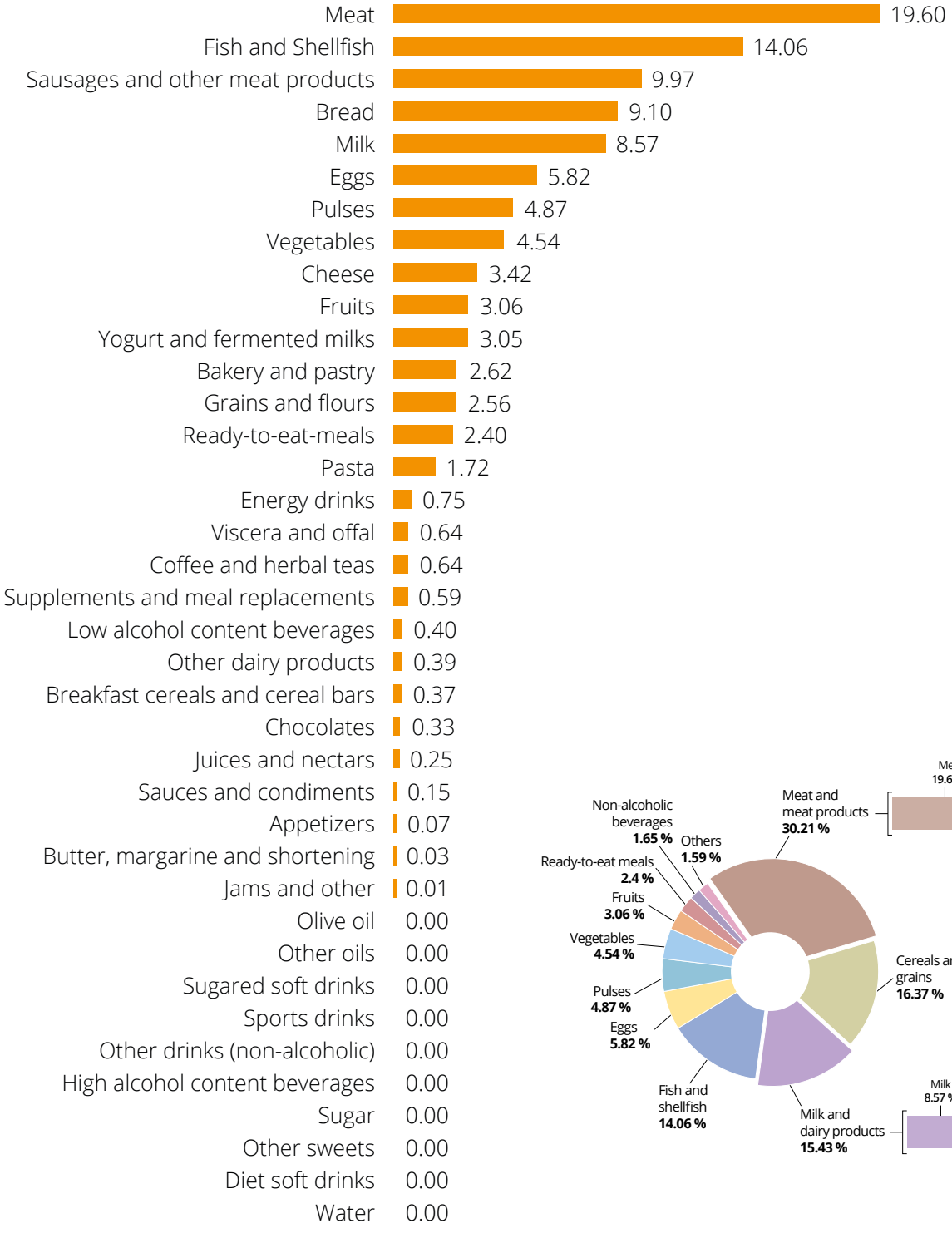

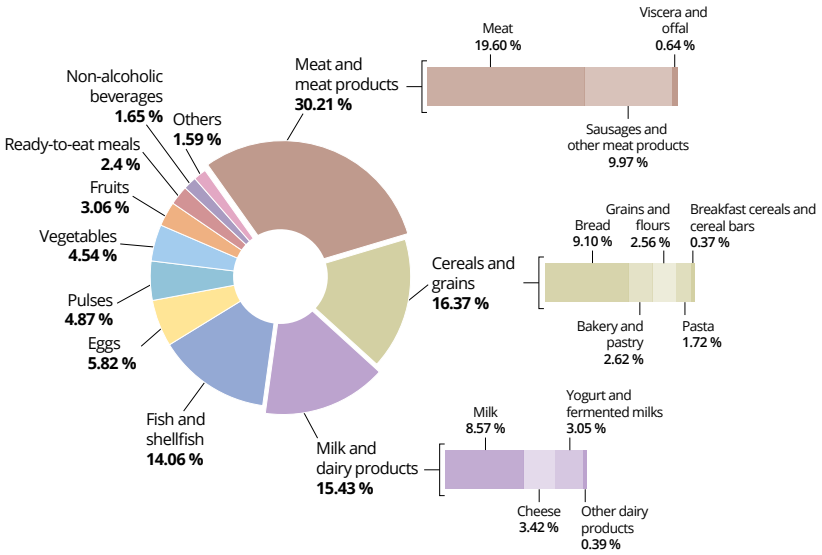

*Random sample

Dietary sources of proteins (%) from food and beverage groups and subgroups.

15. ELDERLY WOMEN 65-75 YEARS

Sample: 107 individuals*

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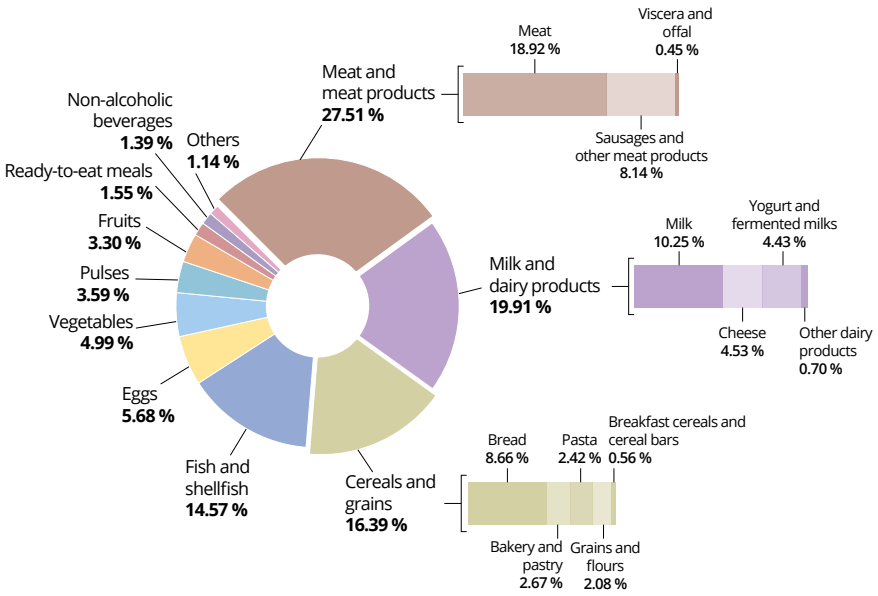
Meat	18.92
Fish and Shellfish	14.57
Milk	10.25
Bread	8.66
Sausages and other meat products	8.14
Eggs	5.68
Vegetables	4.99
Cheese	4.53
Yogurt and fermented milks	4.43
Pulses	3.59
Fruits	3.30
Bakery and pastry	2.67
Pasta	2.42
Grains and flours	2.08
Ready-to-eat-meals	1.55
Coffee and herbal teas	0.83
Other dairy products	0.70
Sauces and condiments	0.59
Breakfast cereals and cereal bars	0.56
Viscera and offal	0.45
Energy drinks	0.32
Juices and nectars	0.23
Low alcohol content beverages	0.18
Chocolates	0.16
Appetizers	0.13
Butter, margarine and shortening	0.04
Jams and other	0.02
Sugar	0.01
Supplements and meal replacements	0.01
Olive oil	0.00
Other oils	0.00
Sugared soft drinks	0.00
Sports drinks	0.00
Other drinks (non-alcoholic)	0.00
High alcohol content beverages	0.00
Other sweets	0.00
Diet soft drinks	0.00
Water	0.00



*Random sample

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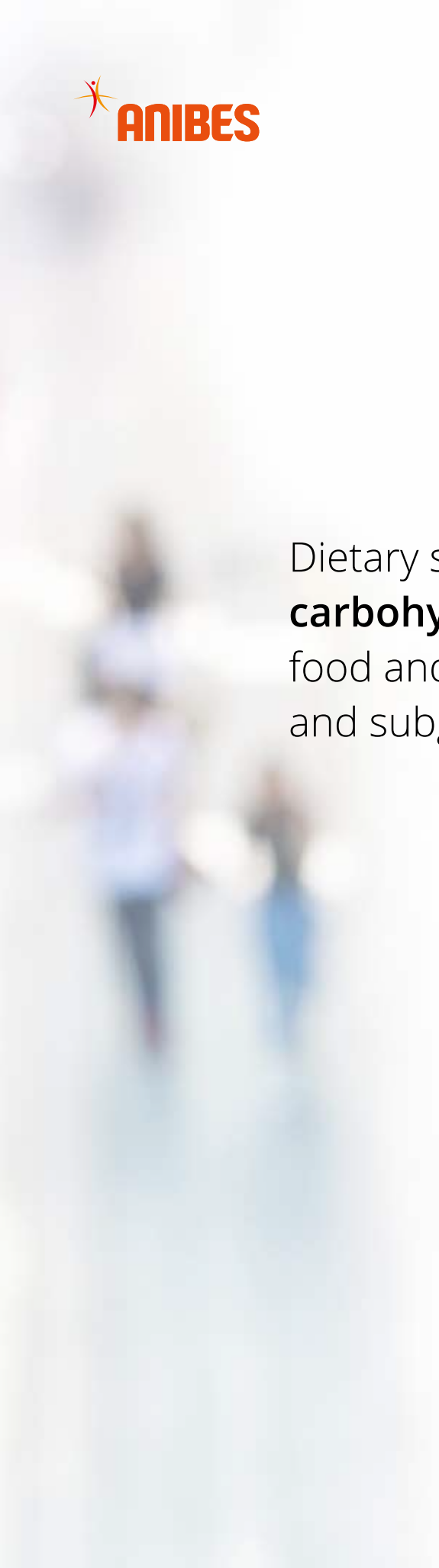

Dietary sources of **carbohydrates** (%) from food and beverage groups and subgroups

Dietary sources of carbohydrates (%) from food and beverage groups and subgroups.

1. GENERAL 9-75 YEARS

Sample: 2,009 individuals*

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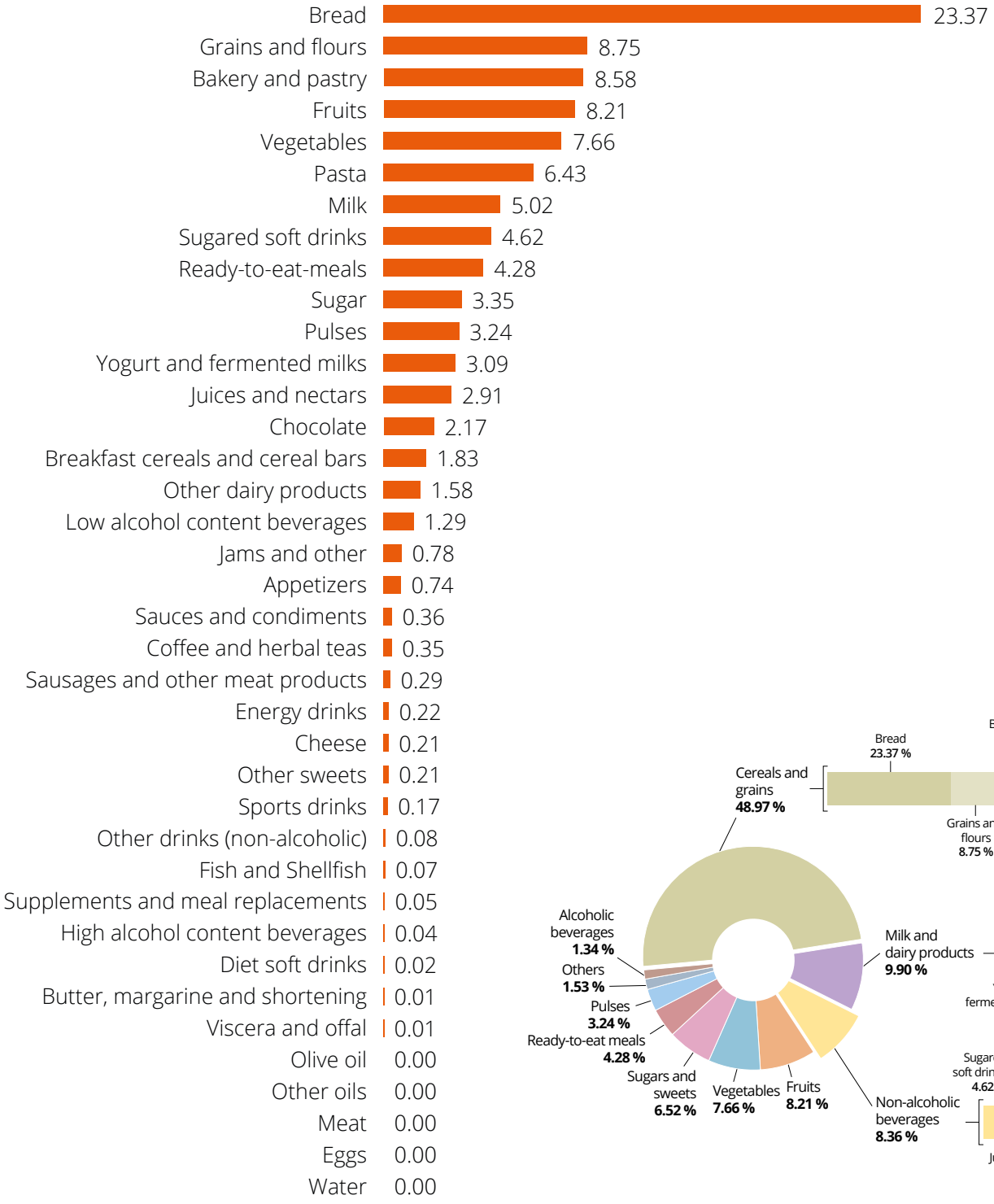

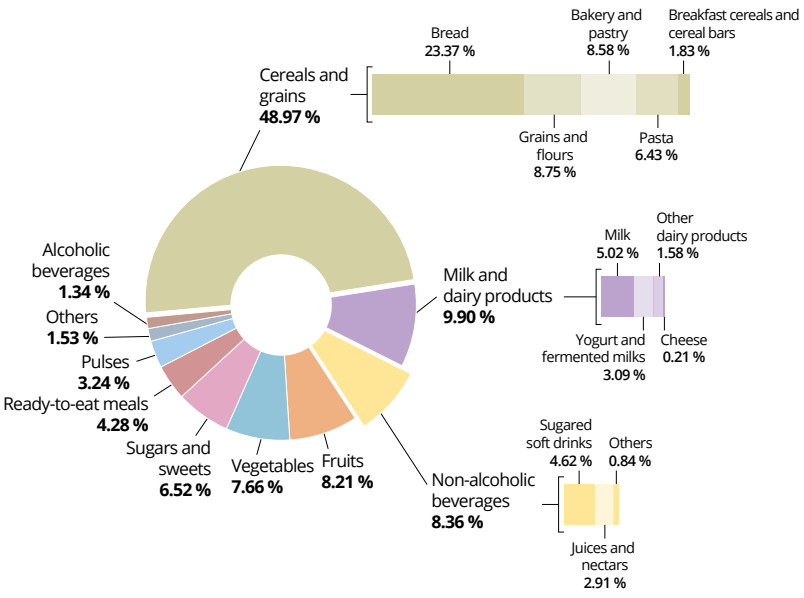

*Random sample

Dietary sources of carbohydrates (%) from food and beverage groups and subgroups.

2. GENERAL MEN 9-75 YEARS

Sample: 1,013 individuals*

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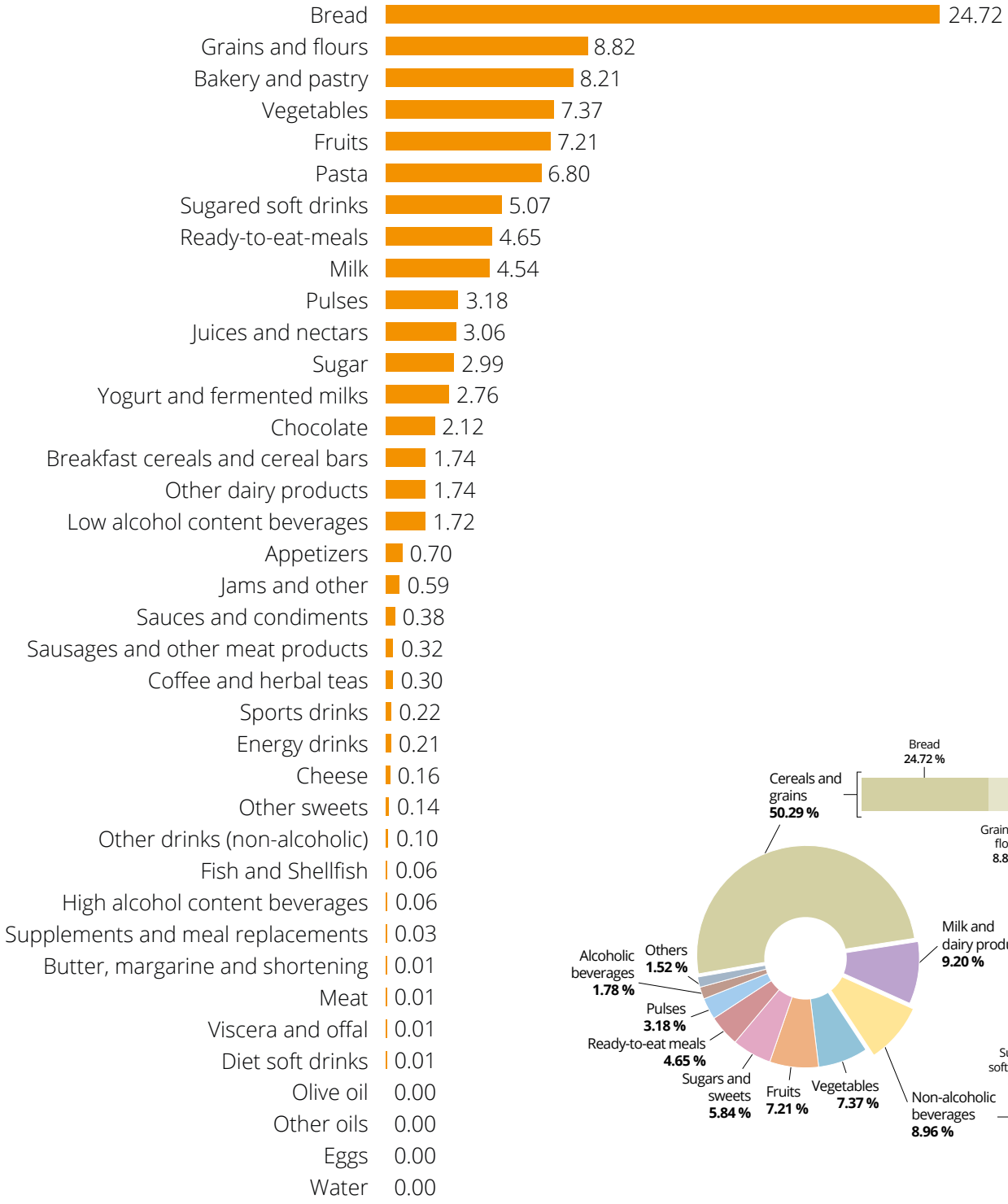

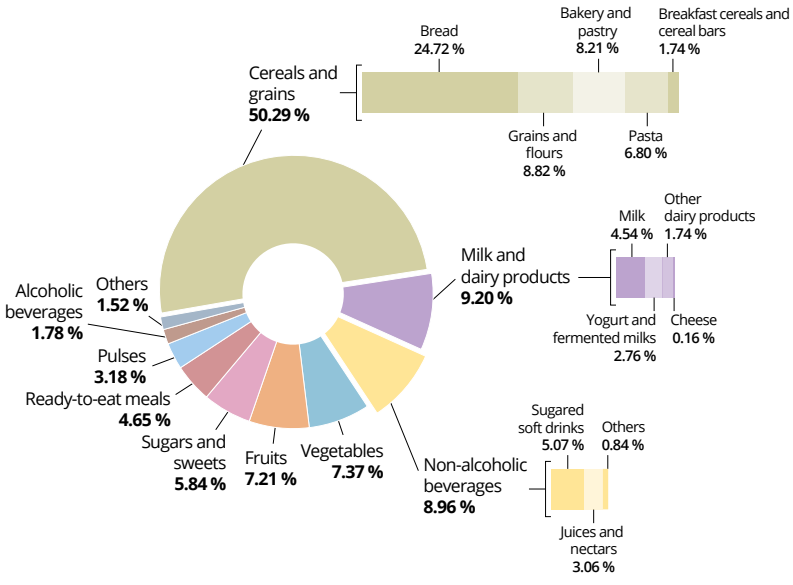

*Random sample

Dietary sources of carbohydrates (%) from food and beverage groups and subgroups.

3. GENERAL WOMEN 9-75 YEARS

Sample: 996 individuals*

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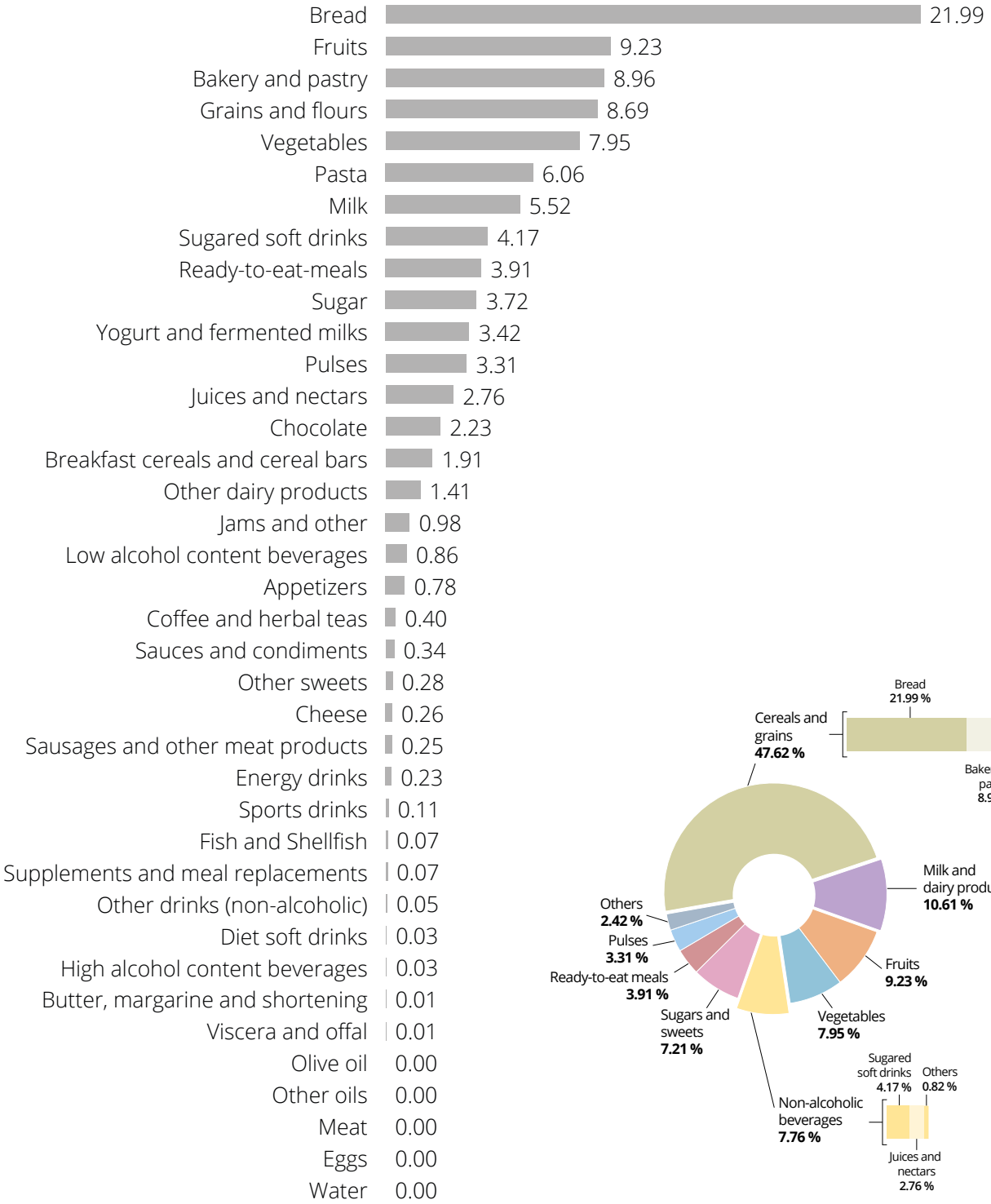

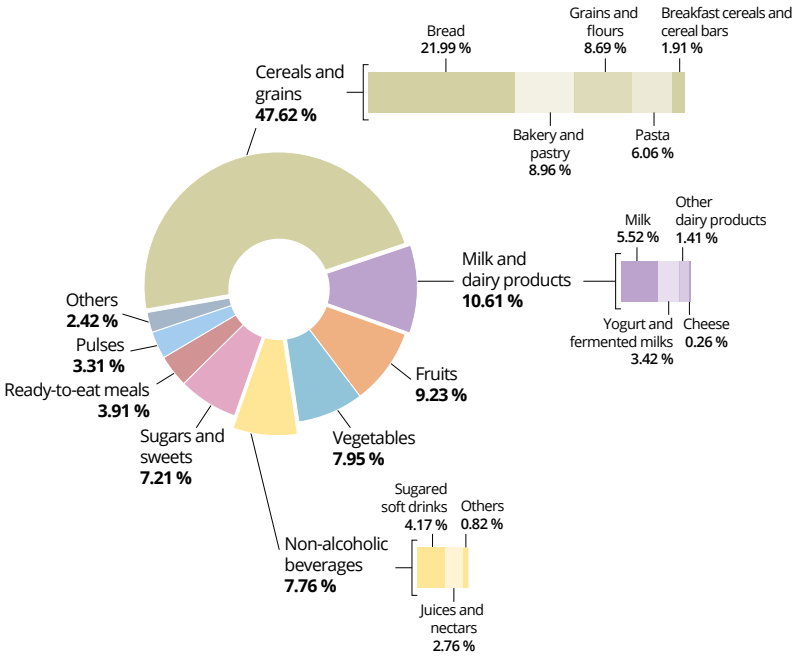

*Random sample

Dietary sources of carbohydrates (%) from food and beverage groups and subgroups.

4. CHILDREN BOYS AND GIRLS 9-12 YEARS

Sample: 213 individuals*

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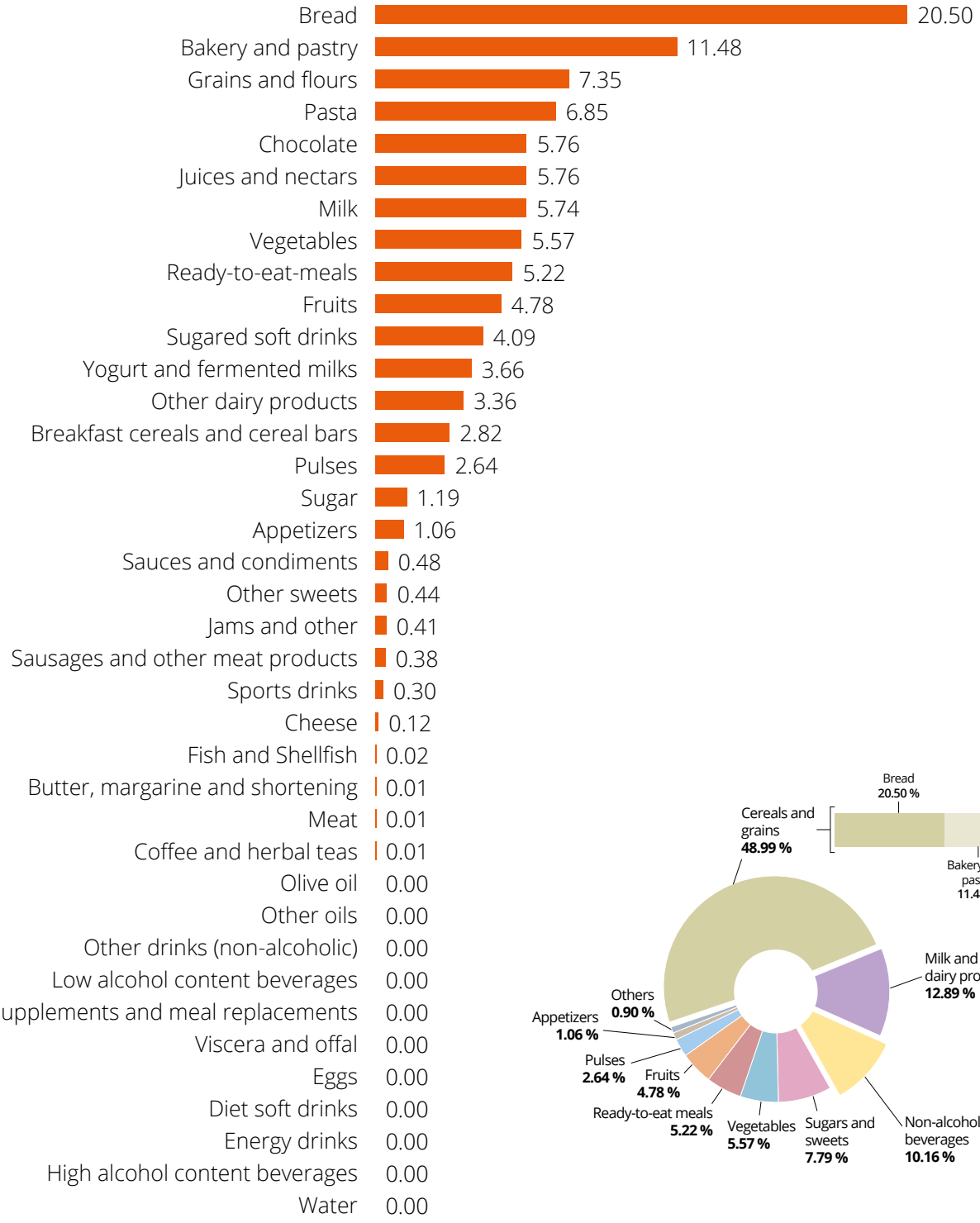

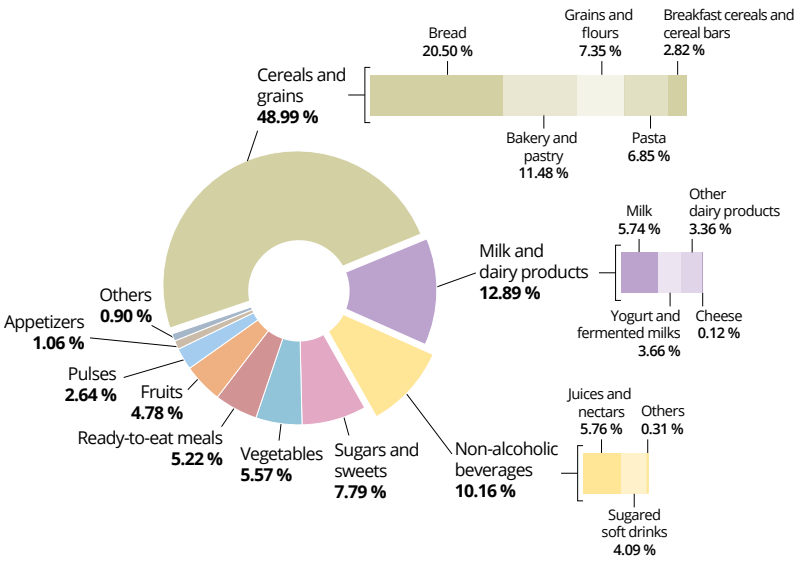

*Random sample plus boost

Dietary sources of carbohydrates (%) from food and beverage groups and subgroups.

5. CHILDREN BOYS 9-12 YEARS

Sample: 126 individuals*

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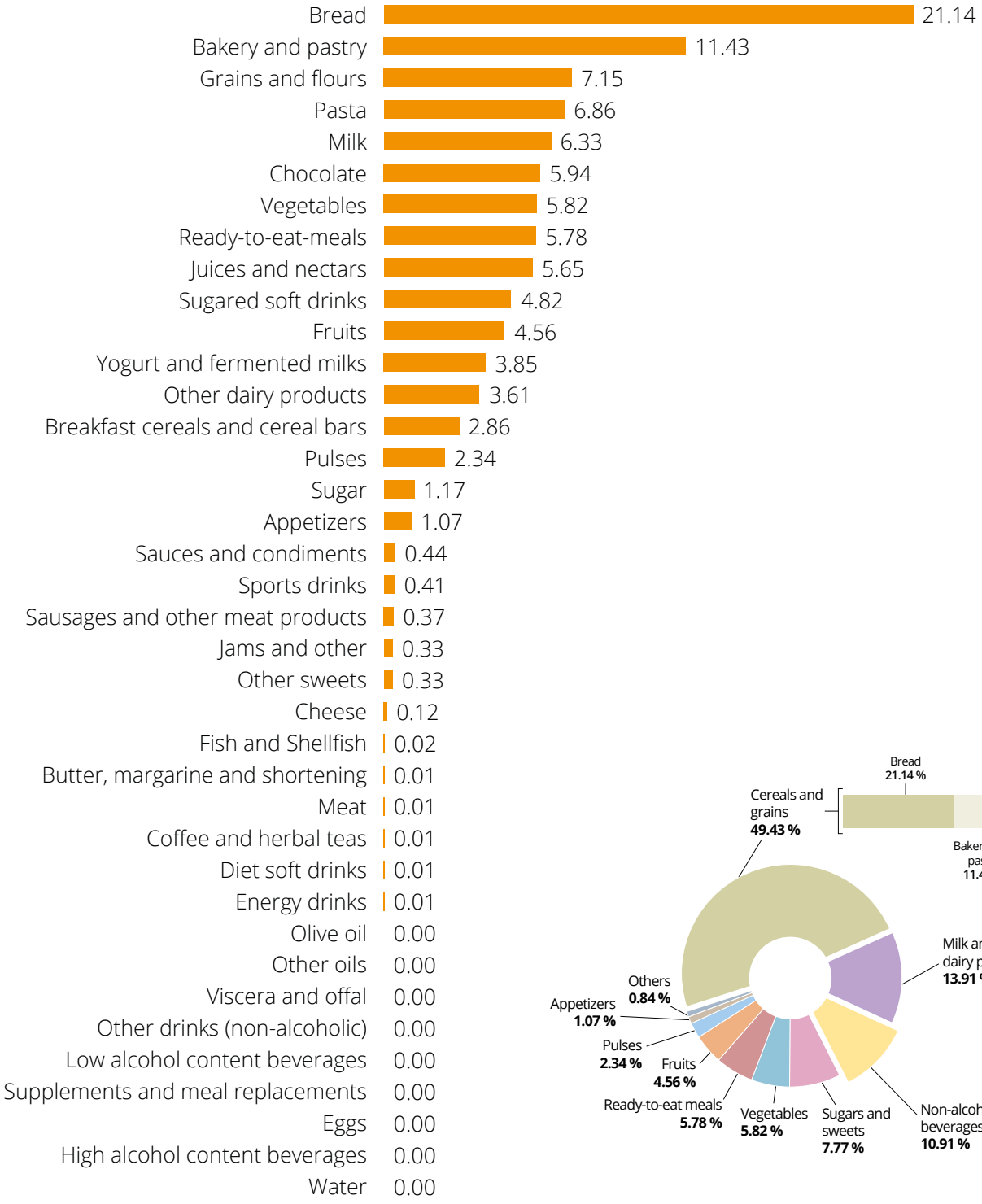

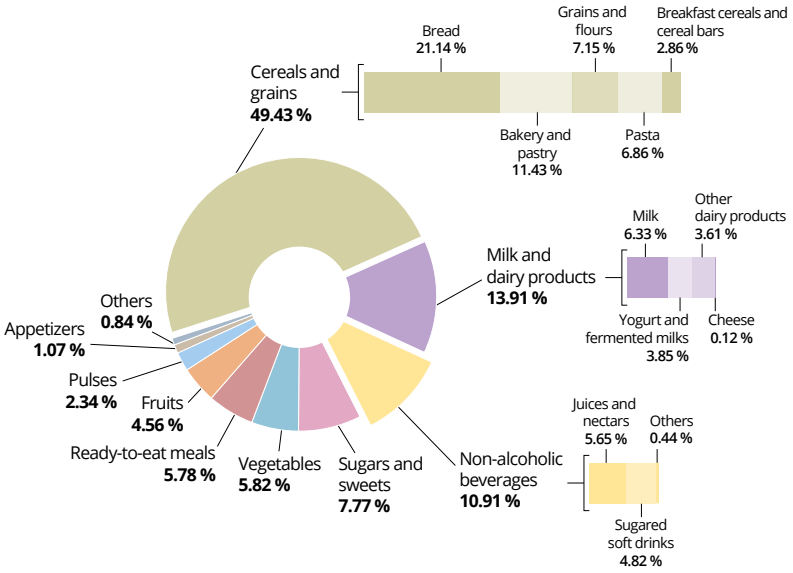

*Random sample plus boost

Dietary sources of carbohydrates (%) from food and beverage groups and subgroups.

6. CHILDREN GIRLS 9-12 YEARS

Sample: 87 individuals*

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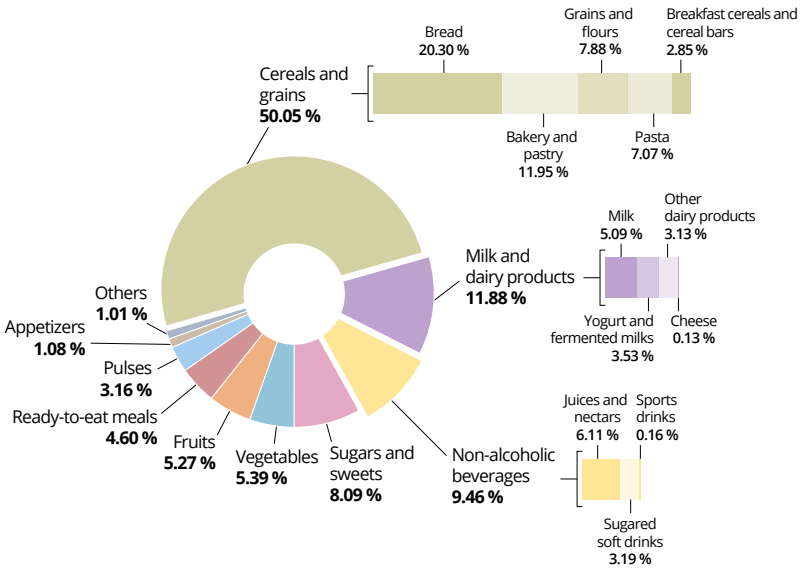
Bread	20.30
Bakery and pastry	11.95
Grains and flours	7.88
Pasta	7.07
Juices and nectars	6.11
Chocolate	5.70
Vegetables	5.39
Fruits	5.27
Milk	5.09
Ready-to-eat-meals	4.60
Yogurt and fermented milks	3.53
Sugared soft drinks	3.19
Pulses	3.16
Other dairy products	3.13
Breakfast cereals and cereal bars	2.85
Sugar	1.25
Appetizers	1.08
Other sweets	0.61
Sauces and condiments	0.56
Jams and other	0.54
Sausages and other meat products	0.42
Sports drinks	0.16
Cheese	0.13
Fish and Shellfish	0.02
Viscera and offal	0.01
Olive oil	0.00
Other oils	0.00
Energy drinks	0.00
Other drinks (non-alcoholic)	0.00
Low alcohol content beverages	0.00
Supplements and meal replacements	0.00
Butter, margarine and shortening	0.00
Meat	0.00
Eggs	0.00
Coffee and herbal teas	0.00
Diet soft drinks	0.00
High alcohol content beverages	0.00
Water	0.00



*Random sample plus boost

Dietary sources of carbohydrates (%) from food and beverage groups and subgroups.

7. ADOLESCENTS 13-17 YEARS

Sample: 211 individuals*

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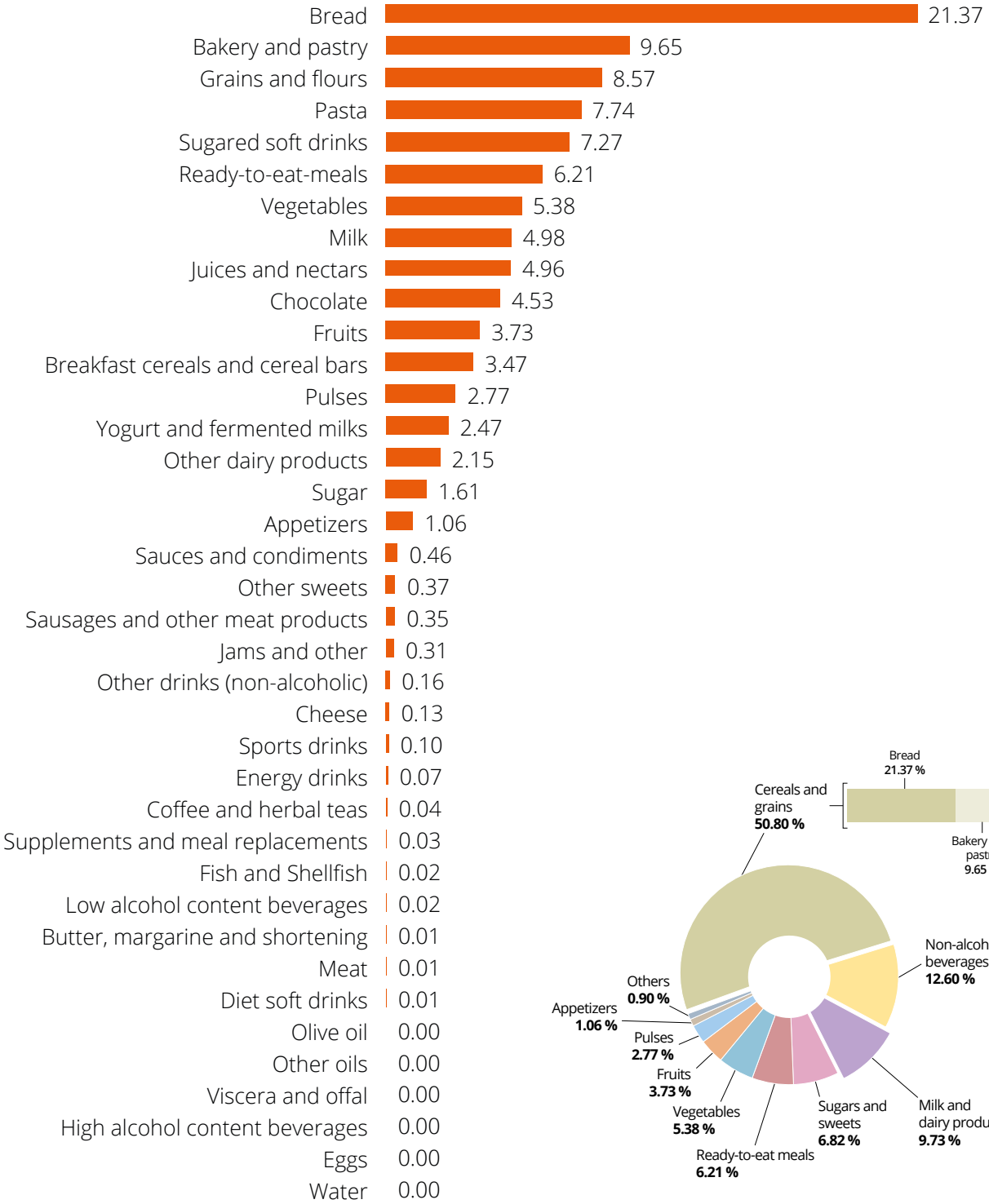

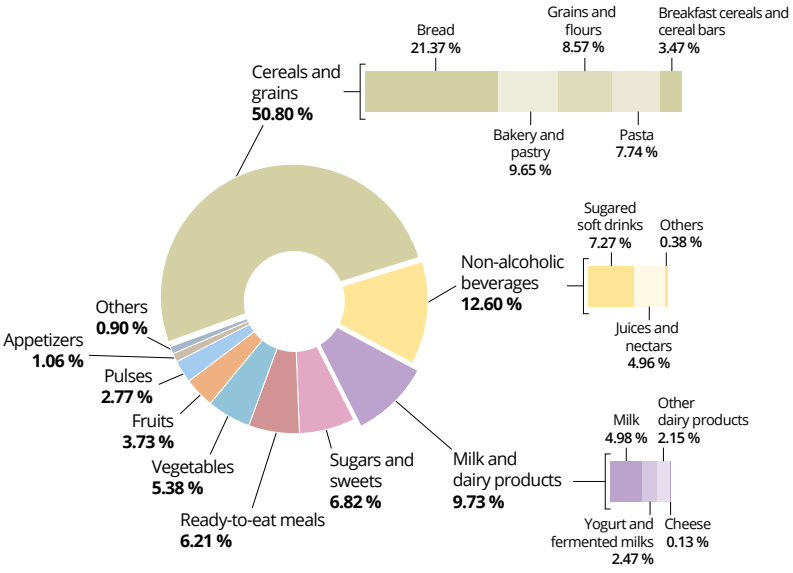

*Random sample plus boost

Dietary sources of carbohydrates (%) from food and beverage groups and subgroups.

8. ADOLESCENT BOYS 13-17 YEARS

Sample: 137 individuals*

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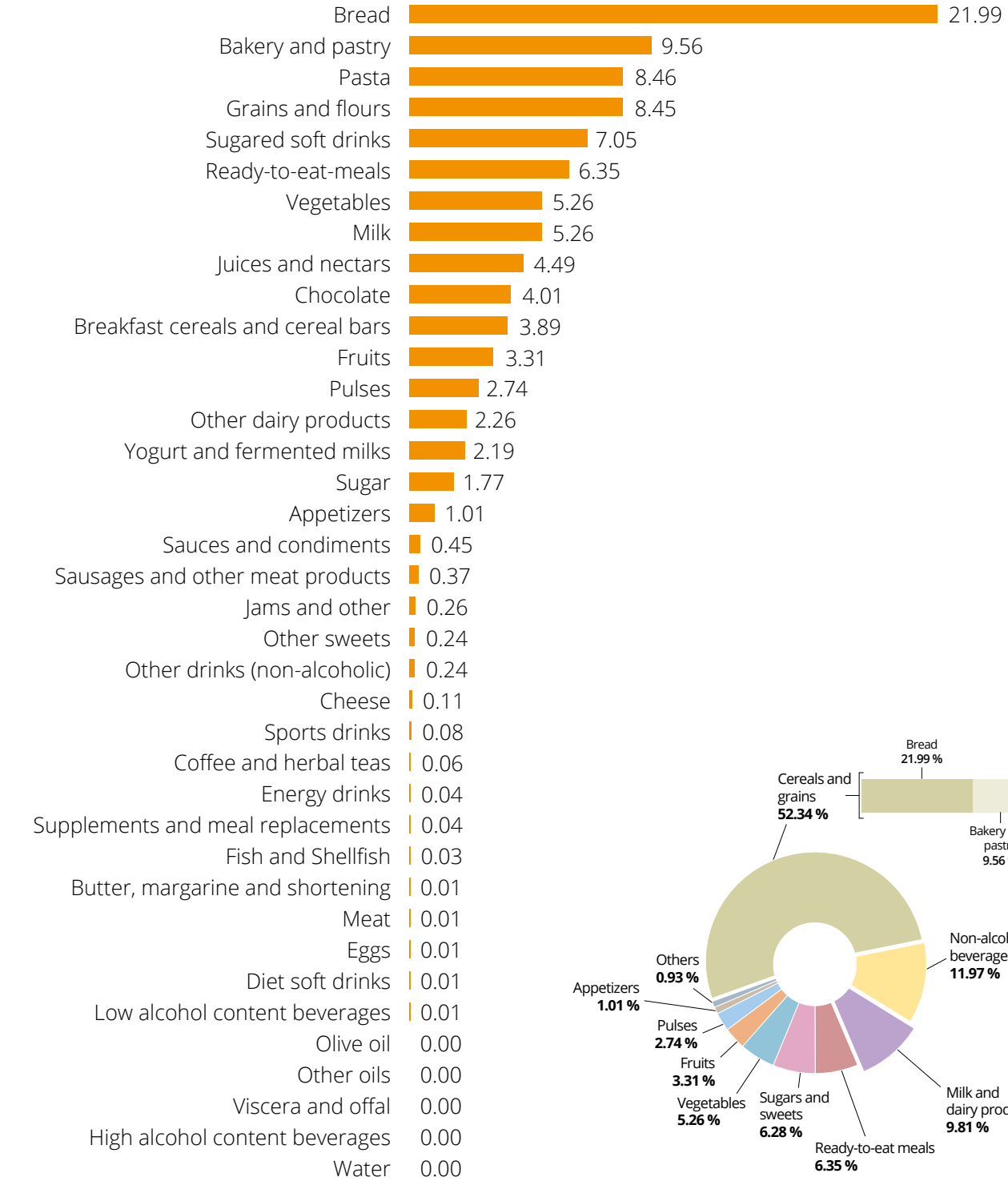

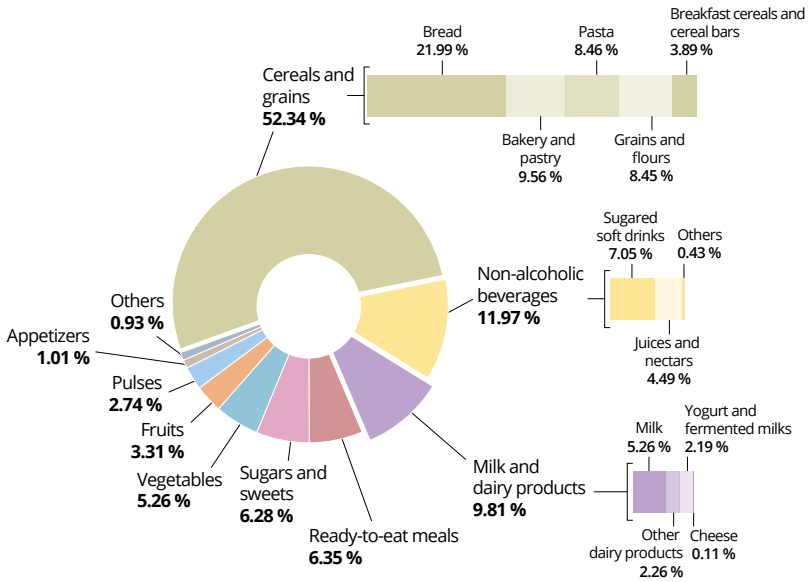

*Random sample plus boost

Dietary sources of carbohydrates (%) from food and beverage groups and subgroups.

9. ADOLESCENT GIRLS 13-17 YEARS

Sample: 74 individuals*

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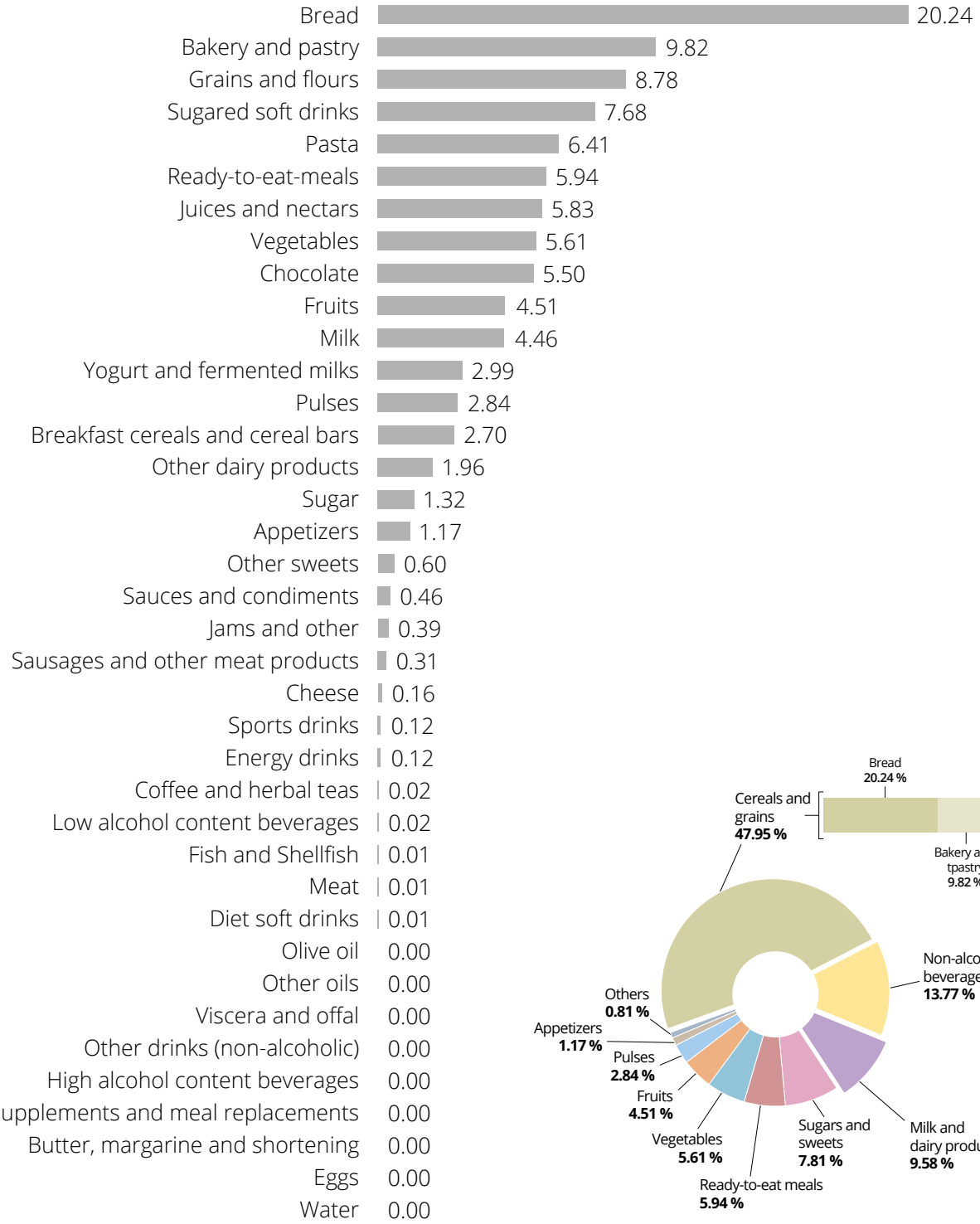

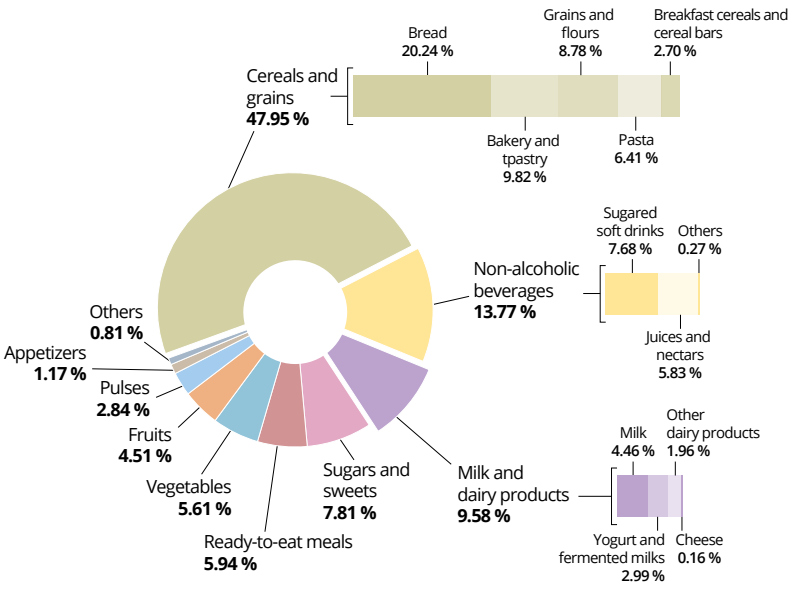

*Random sample plus boost

Dietary sources of carbohydrates (%) from food and beverage groups and subgroups.

10. ADULTS 18-64 YEARS

Sample: 1,655 individuals*

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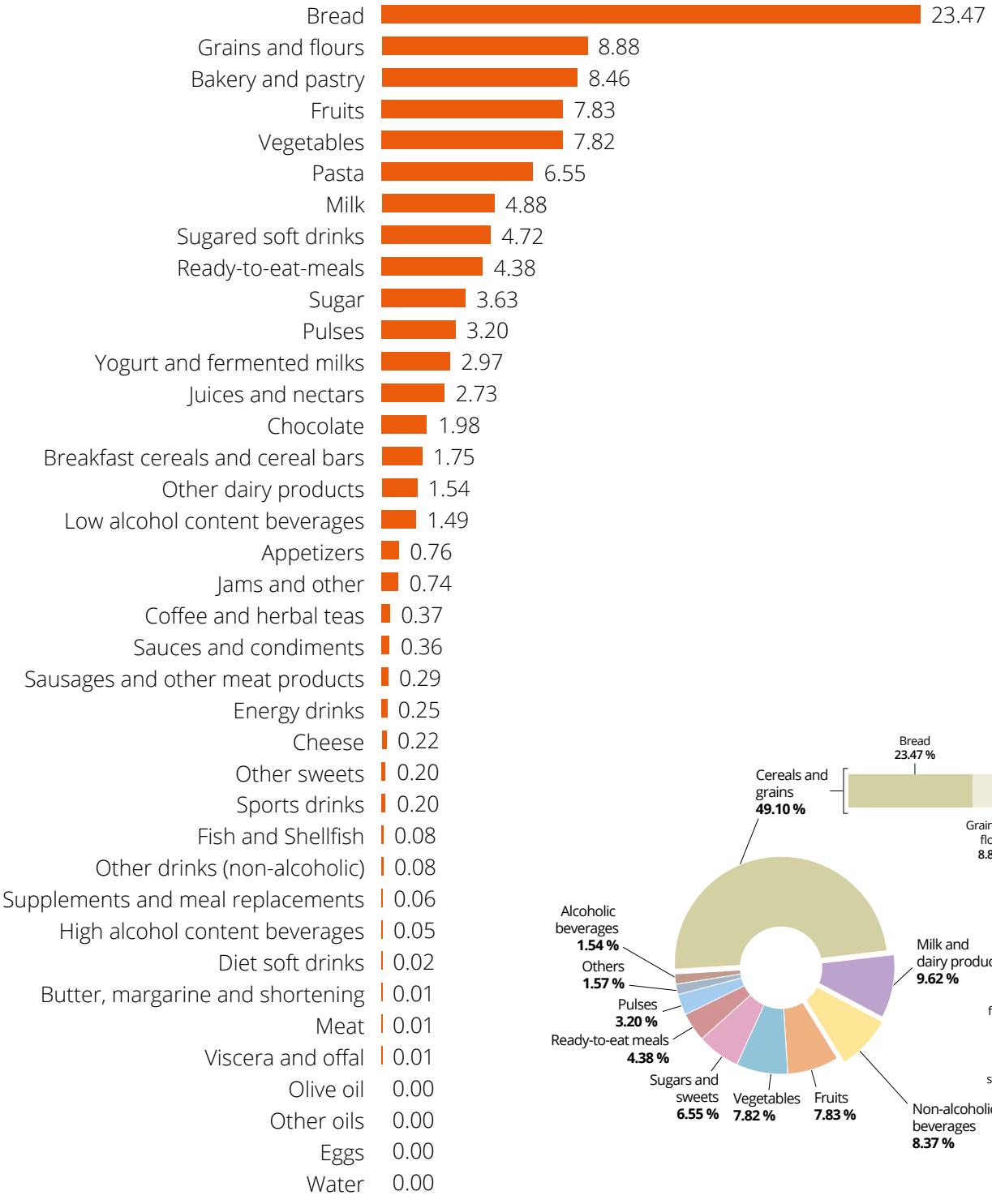

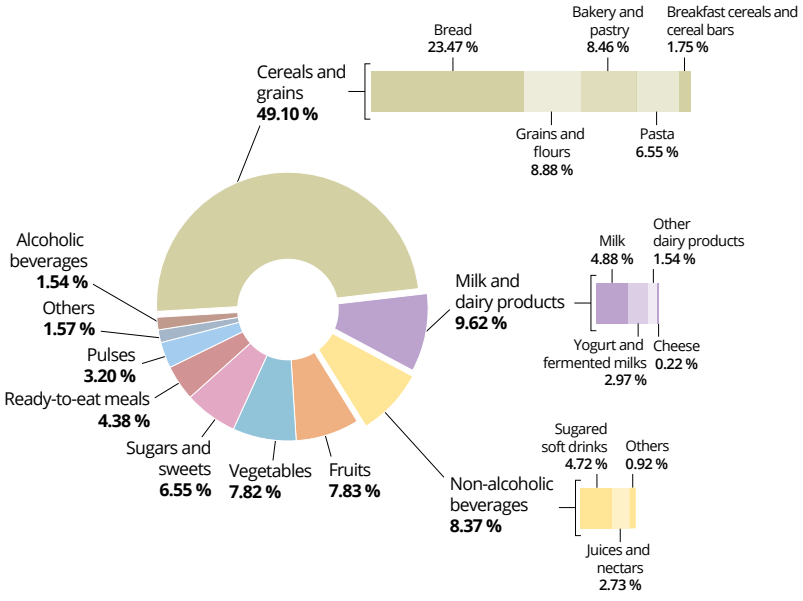

*Random sample

Dietary sources of carbohydrates (%) from food and beverage groups and subgroups.

11. ADULT MEN 18-64 YEARS

Sample: 798 individuals*

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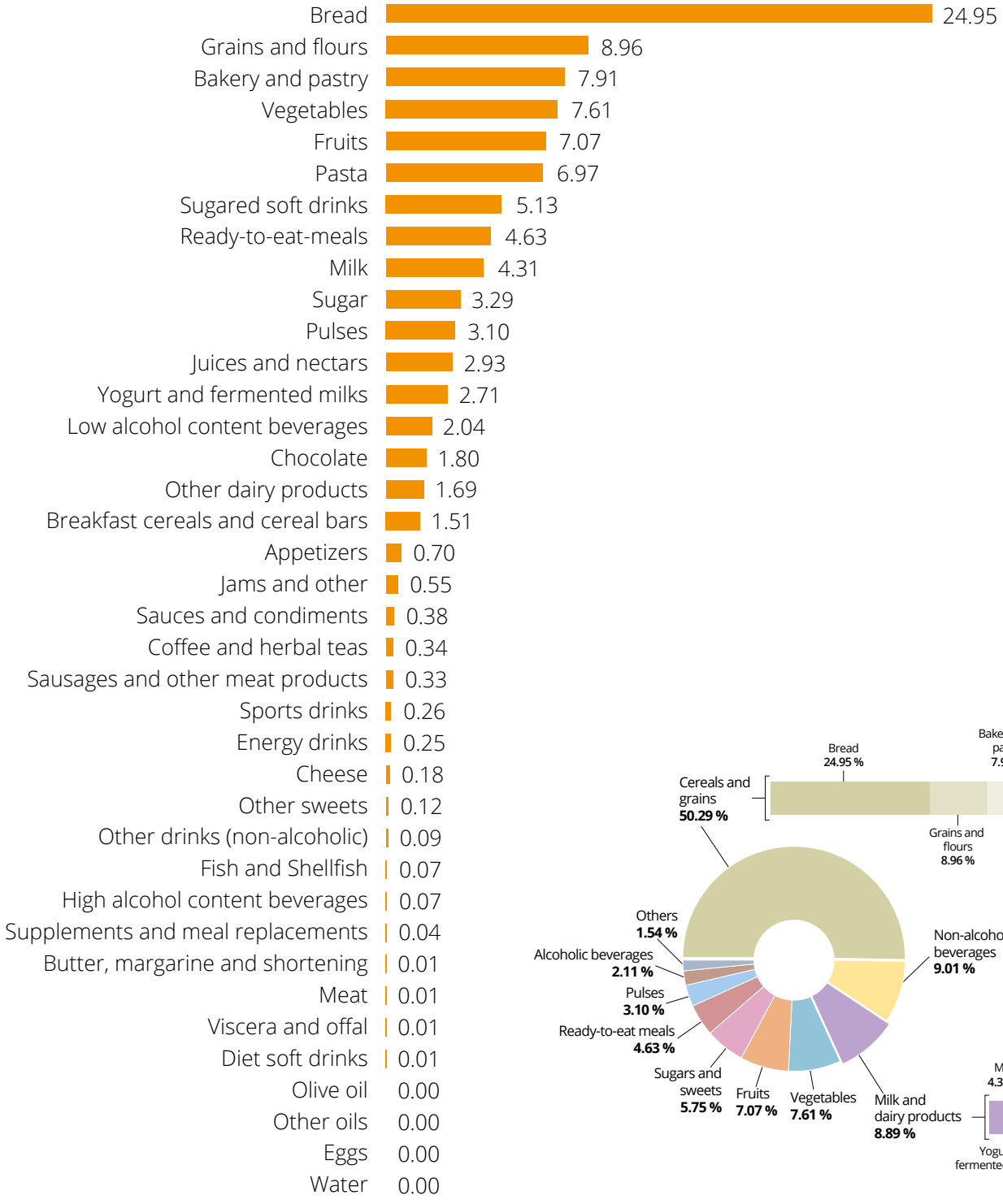

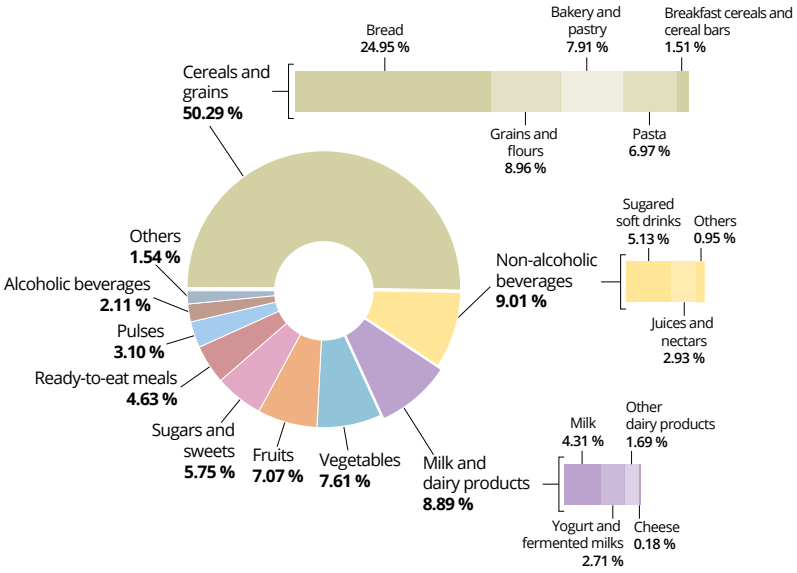

*Random sample

Dietary sources of carbohydrates (%) from food and beverage groups and subgroups.

12. ADULT WOMEN 18-64 YEARS

Sample: 857 individuals*

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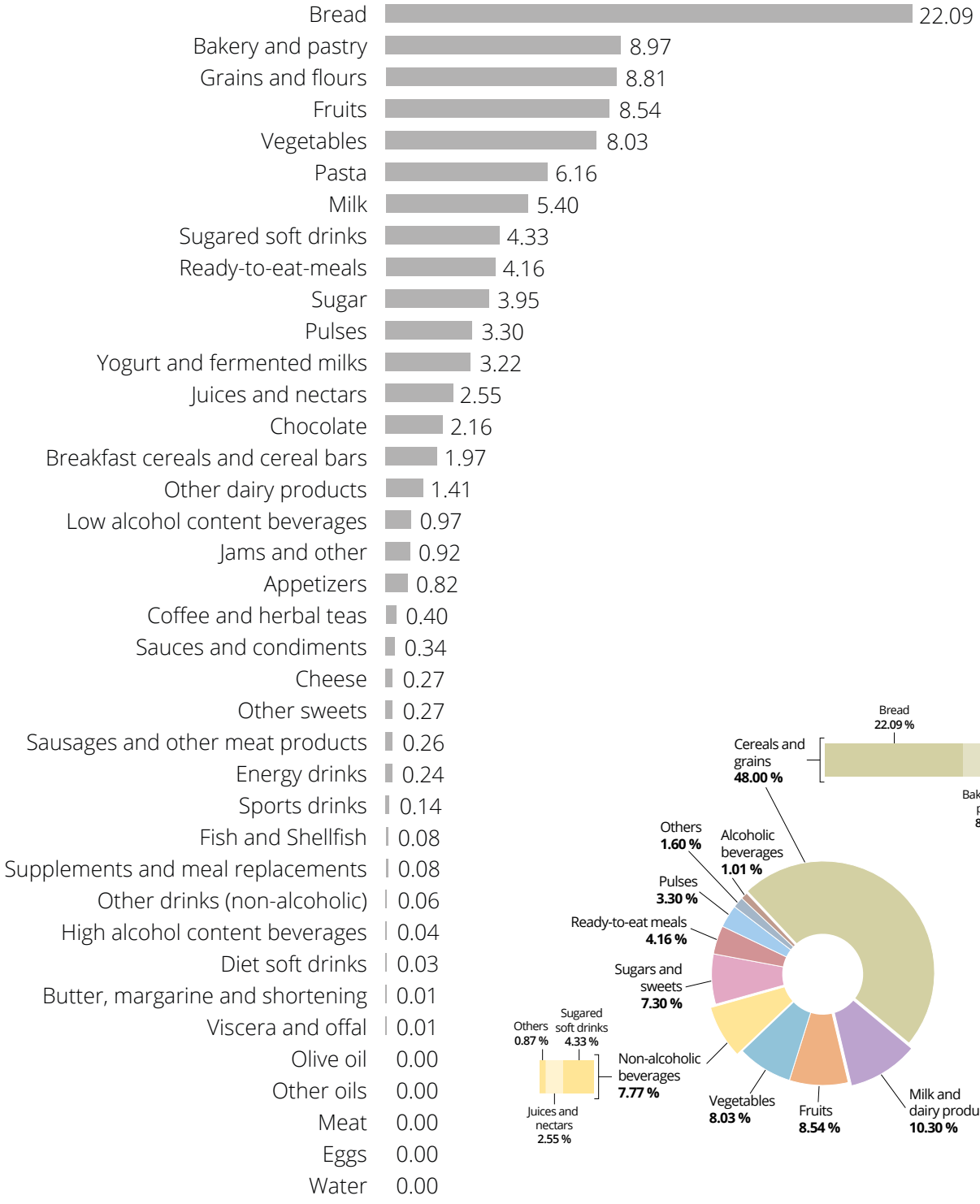

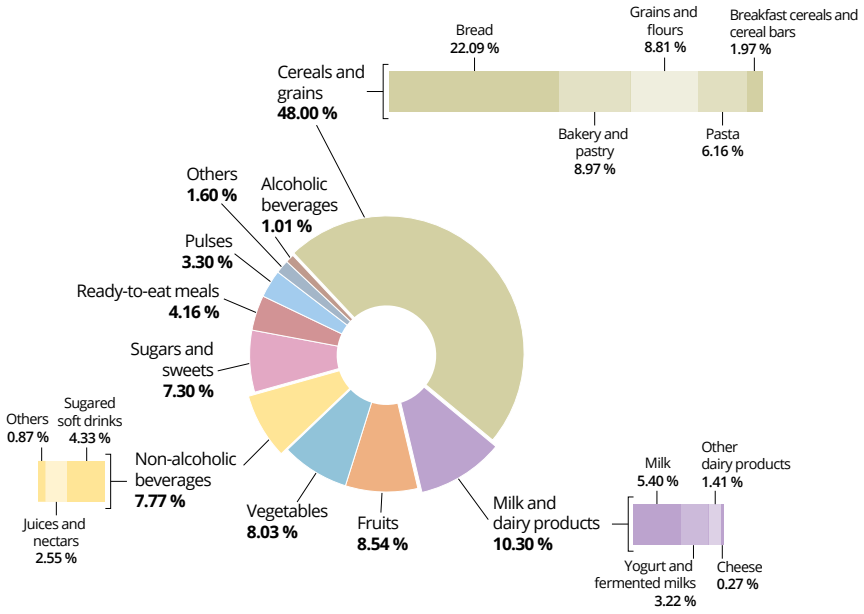

*Random sample

Dietary sources of carbohydrates (%) from food and beverage groups and subgroups.

13. ERDERLY 65-75 YEARS

Sample: 206 individuals*

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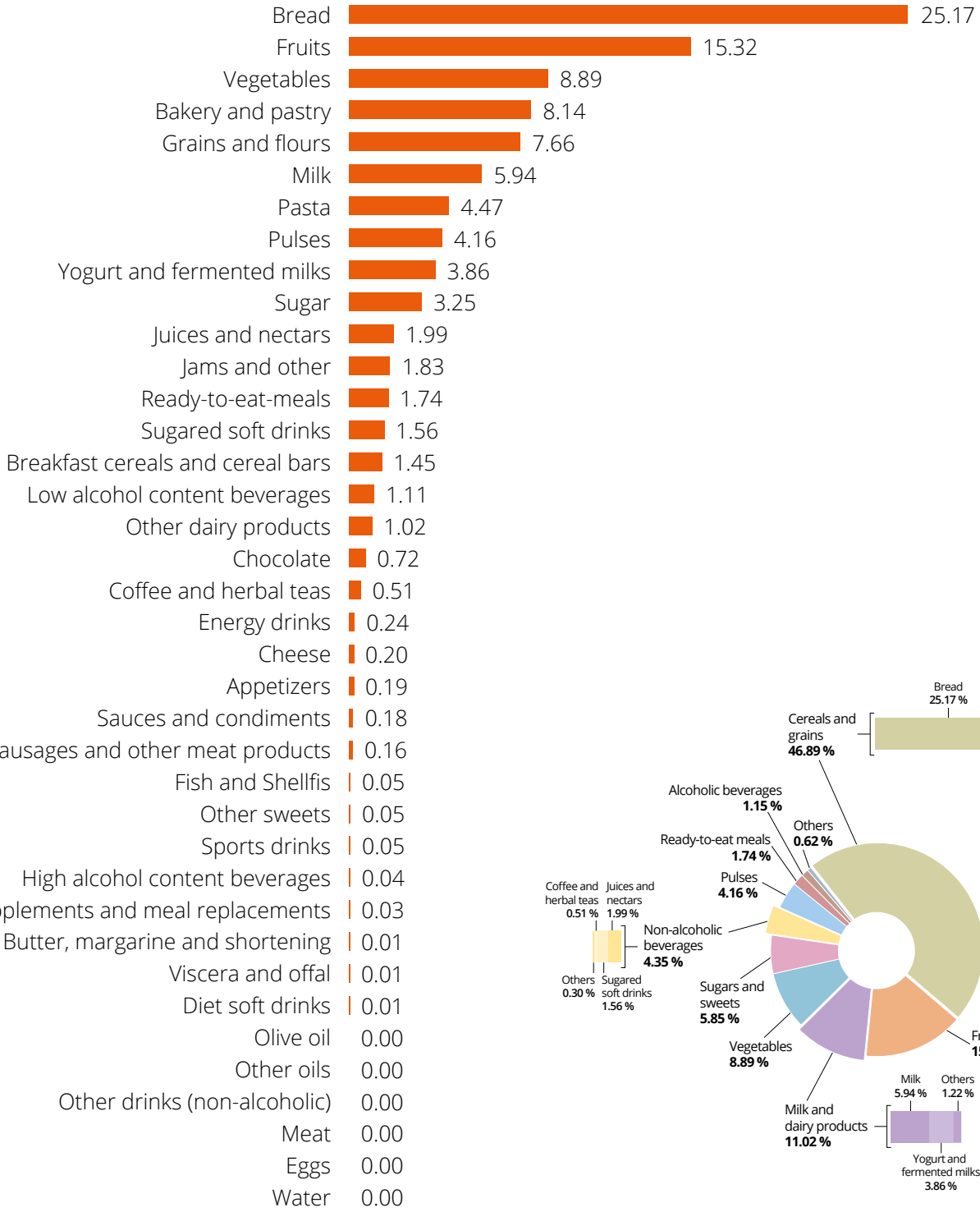

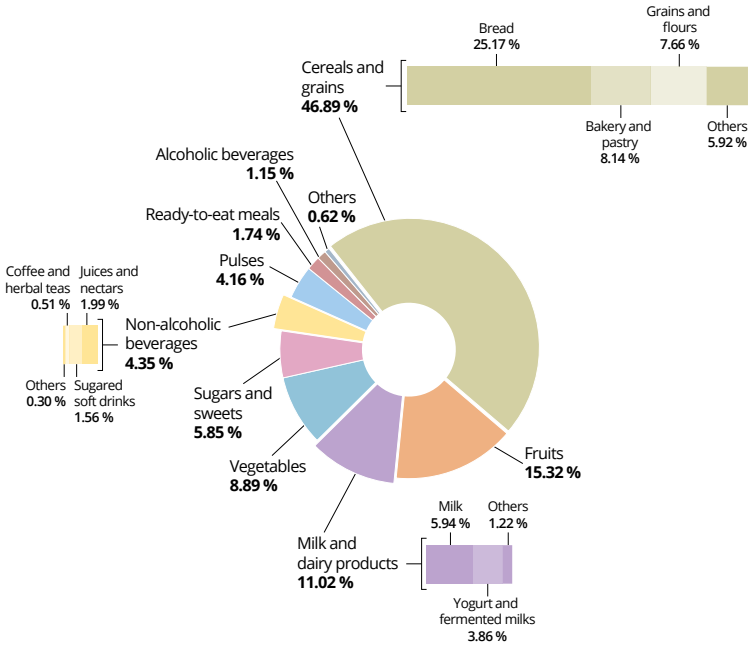

*Random sample

Dietary sources of carbohydrates (%) from food and beverage groups and subgroups.

14. ELDERLY MEN 65-75 YEARS

Sample: 99 individuals*

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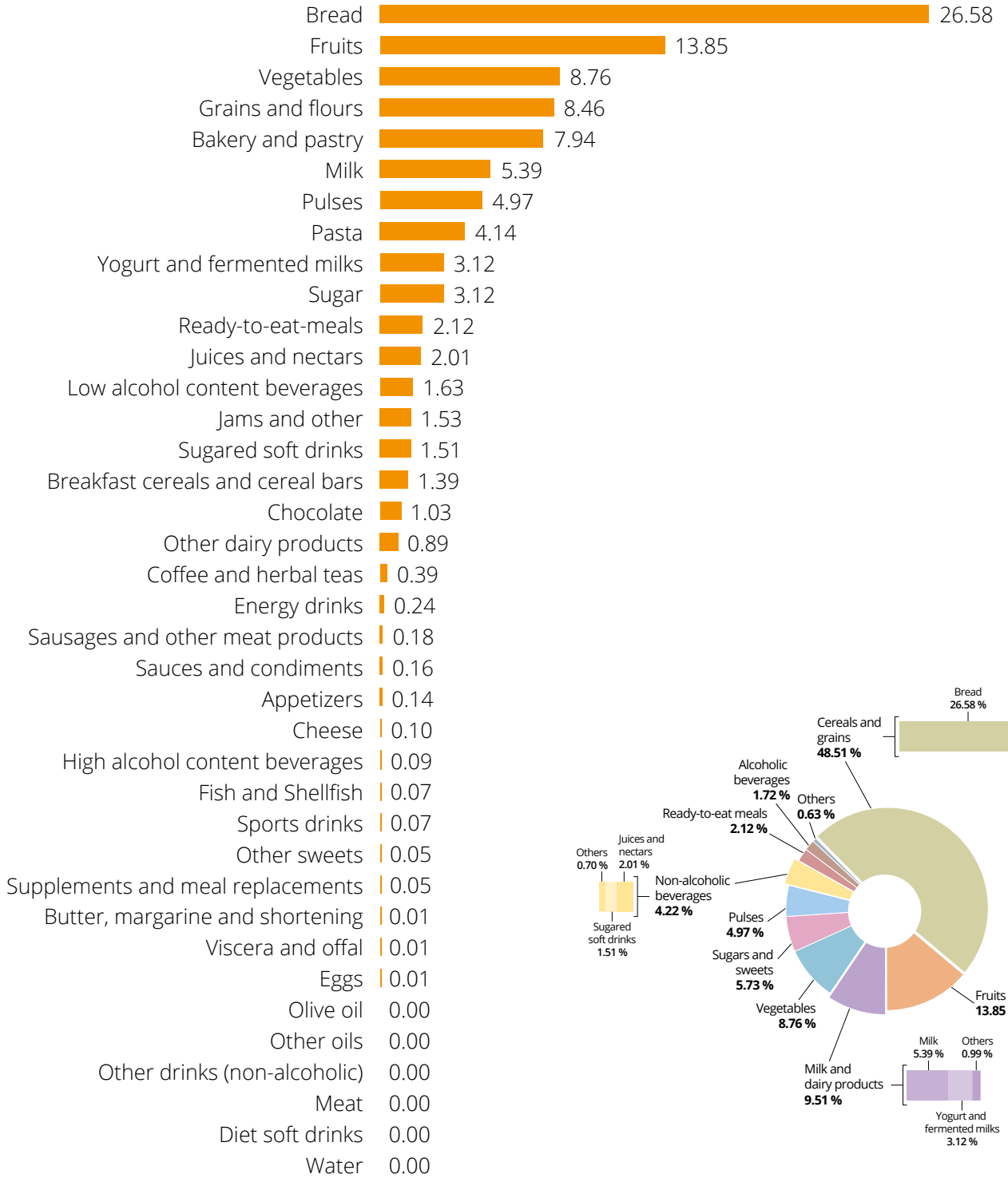

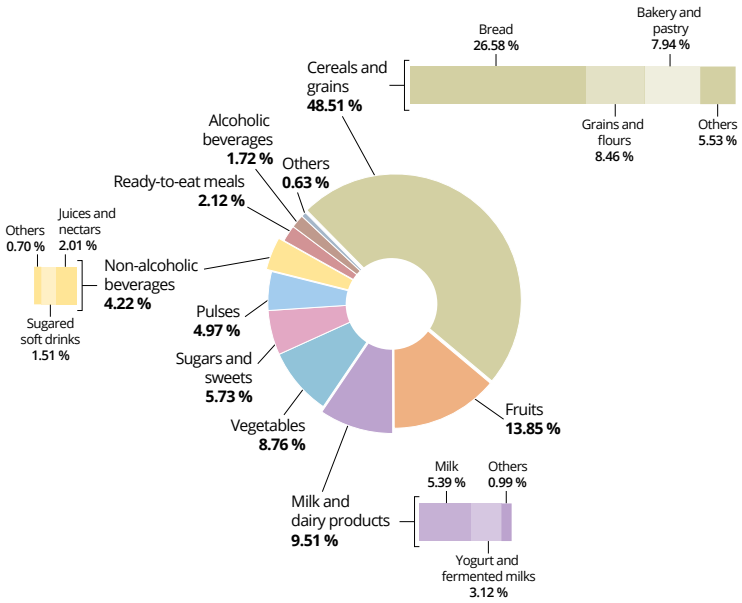

*Random sample

Dietary sources of carbohydrates (%) from food and beverage groups and subgroups.

15. ELDERLY WOMEN 65-75 YEARS

Sample: 107 individuals*

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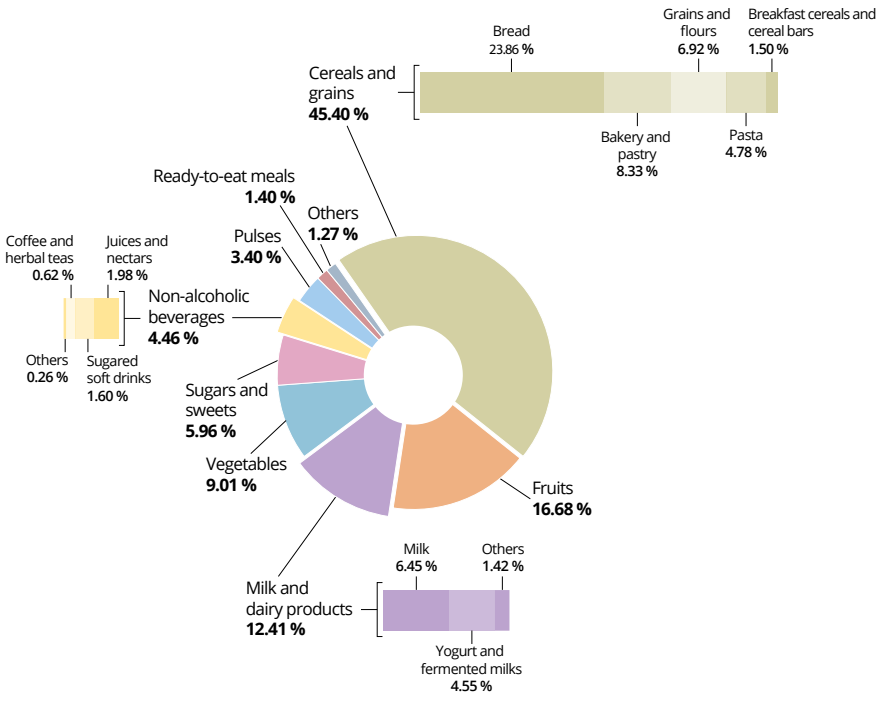
Bread	23.86
Fruits	16.68
Vegetables	9.01
Bakery and pastry	8.33
Grains and flours	6.92
Milk	6.45
Pasta	4.78
Yogurt and fermented milks	4.55
Pulses	3.40
Sugar	3.36
Jams and other	2.12
Juices and nectars	1.98
Sugared soft drinks	1.60
Breakfast cereals and cereal bars	1.50
Ready-to-eat-meals	1.40
Other dairy products	1.13
Low alcohol content beverages	0.63
Coffee and herbal teas	0.62
Chocolate	0.43
Cheese	0.29
Appetizers	0.24
Energy drinks	0.23
Sauces and condiments	0.20
Sausages and other meat products	0.13
Other sweets	0.05
Fish and Shellfish	0.04
Sports drinks	0.02
Butter, margarine and shortening	0.01
Diet soft drinks	0.01
Supplements and meal replacements	0.01
Olive oil	0.00
Other oils	0.00
Other drinks (non-alcoholic)	0.00
Meat	0.00
Viscera and offal	0.00
Eggs	0.00
High alcohol content beverages	0.00
Water	0.00



*Random sample

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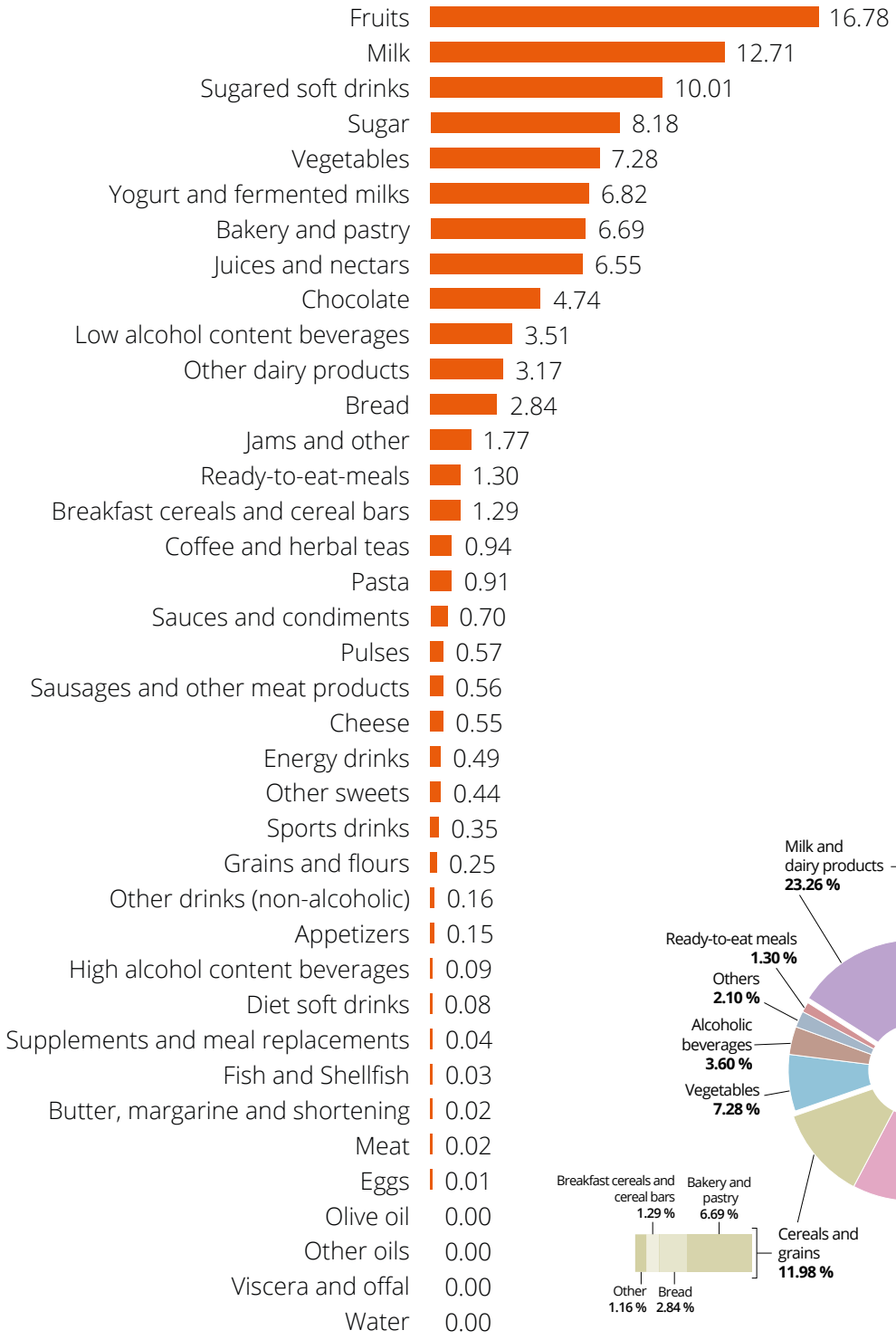
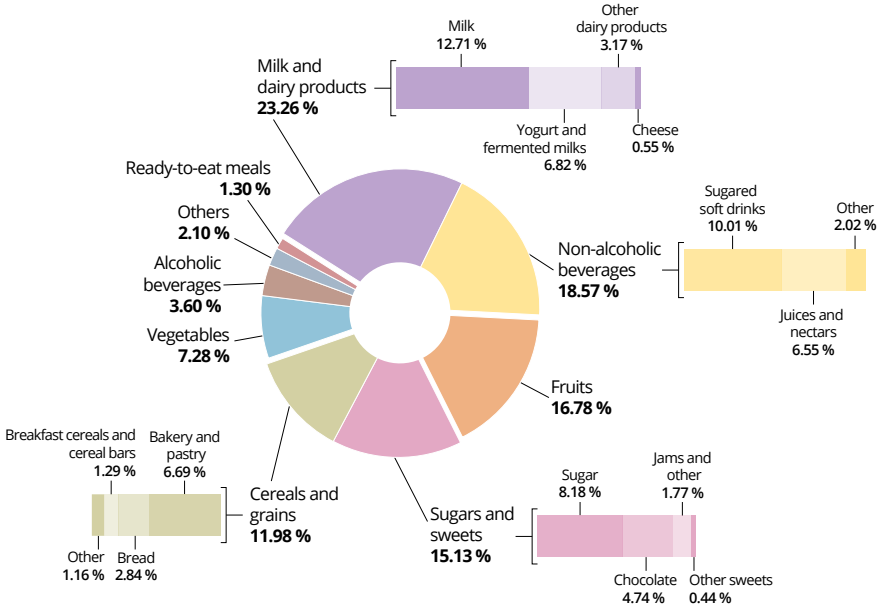
Dietary sources of **sugars** (%) from food and beverage groups and subgroups

Dietary sources of sugars (%) from food and beverage groups and subgroups.

1. GENERAL 9-75 YEARS

Sample: 2,009 individuals*





*Random sample

Dietary sources of sugars (%) from food and beverage groups and subgroups.

2. GENERAL MEN 9-75 YEARS

Sample: 1,013 individuals*

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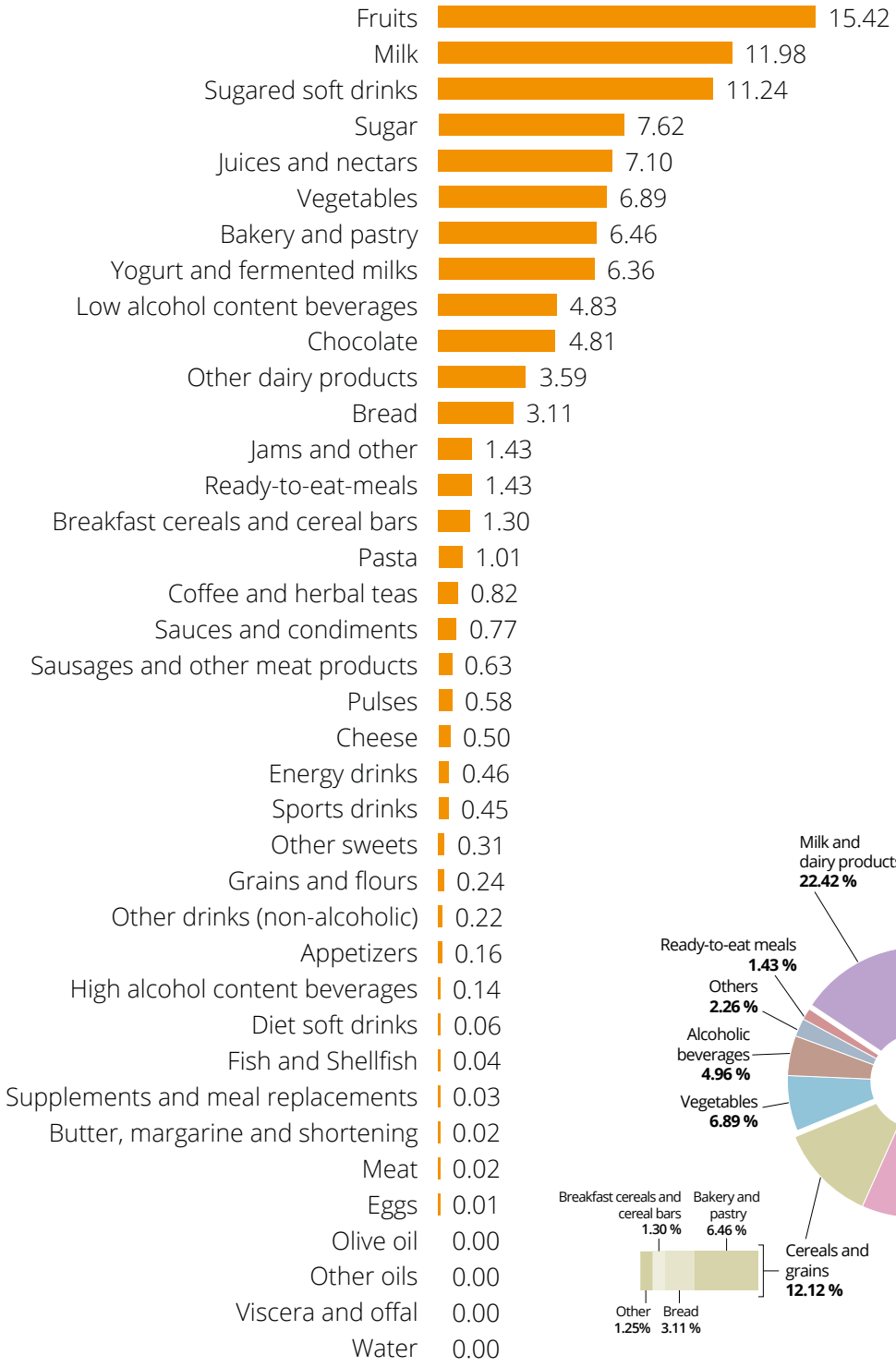

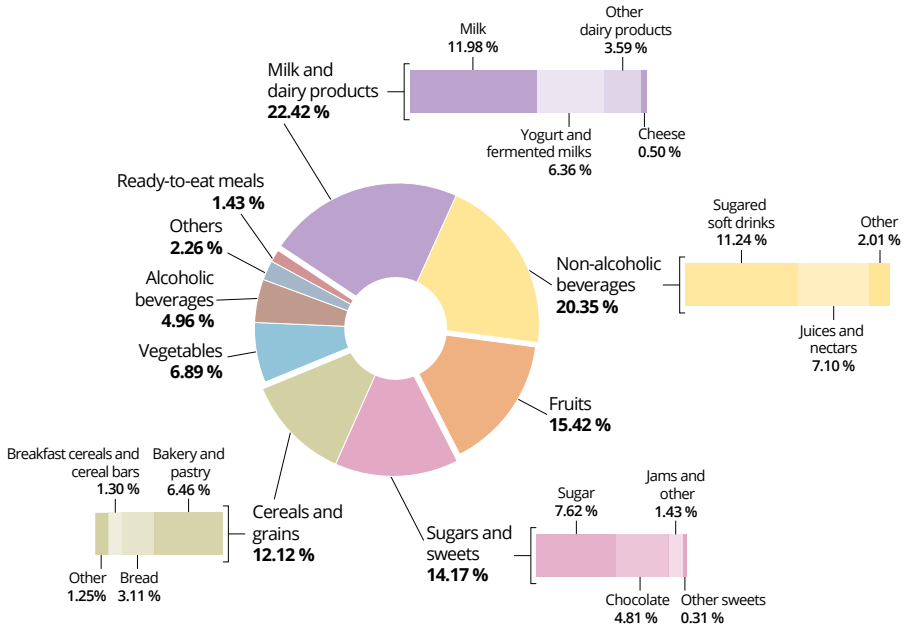

*Random sample

Dietary sources of sugars (%) from food and beverage groups and subgroups.

3. GENERAL WOMEN 9-75 YEARS

Sample: 996 individuals*

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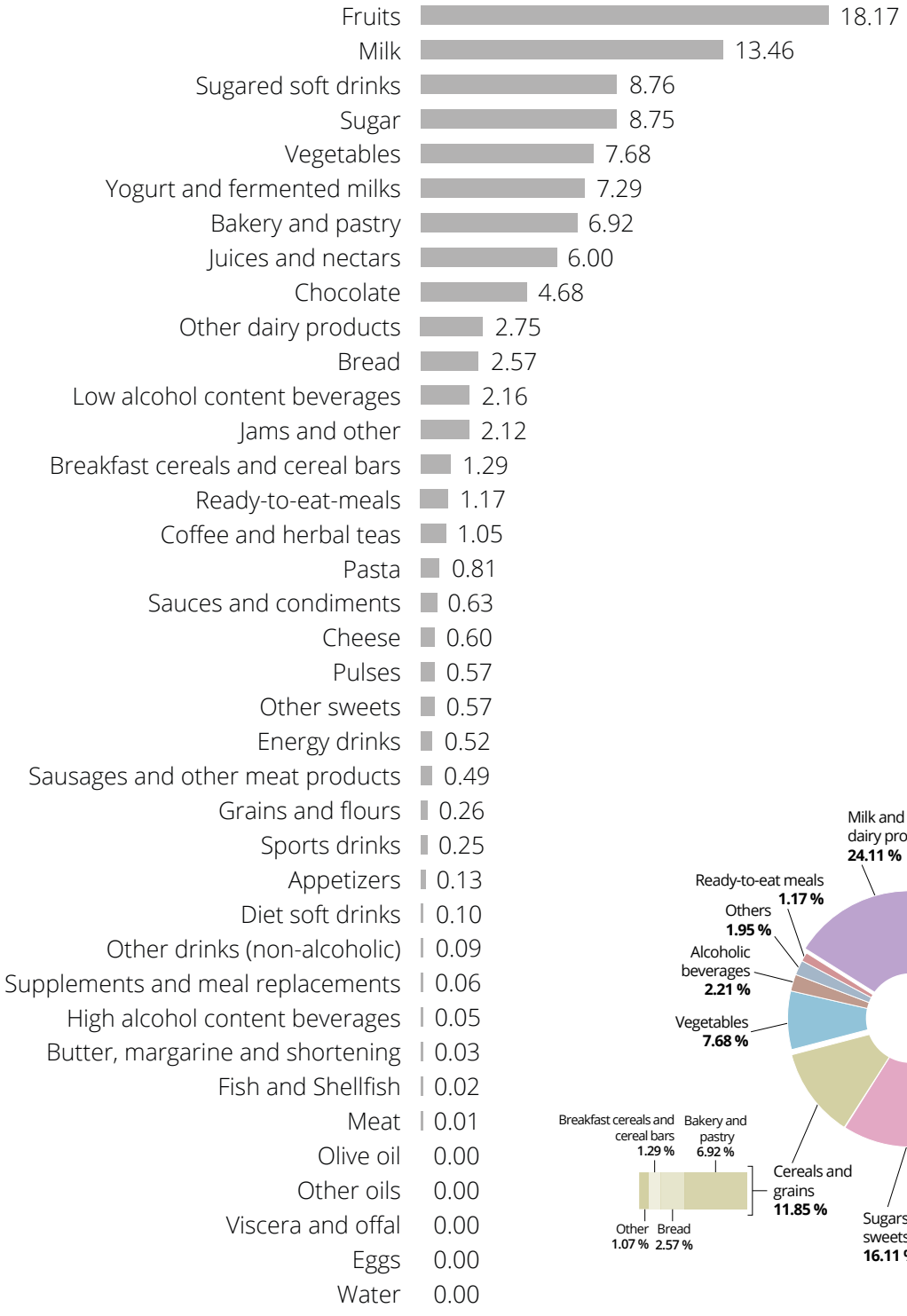

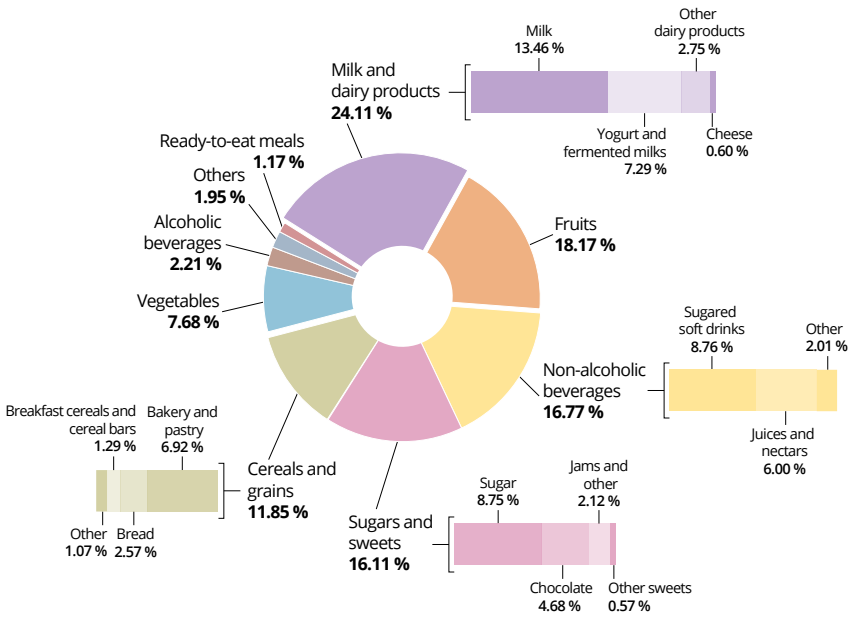

*Random sample

Dietary sources of sugars (%) from food and beverage groups and subgroups.

4. CHILDREN BOYS AND GIRLS 9-12 YEARS

Sample: 213 individuals*

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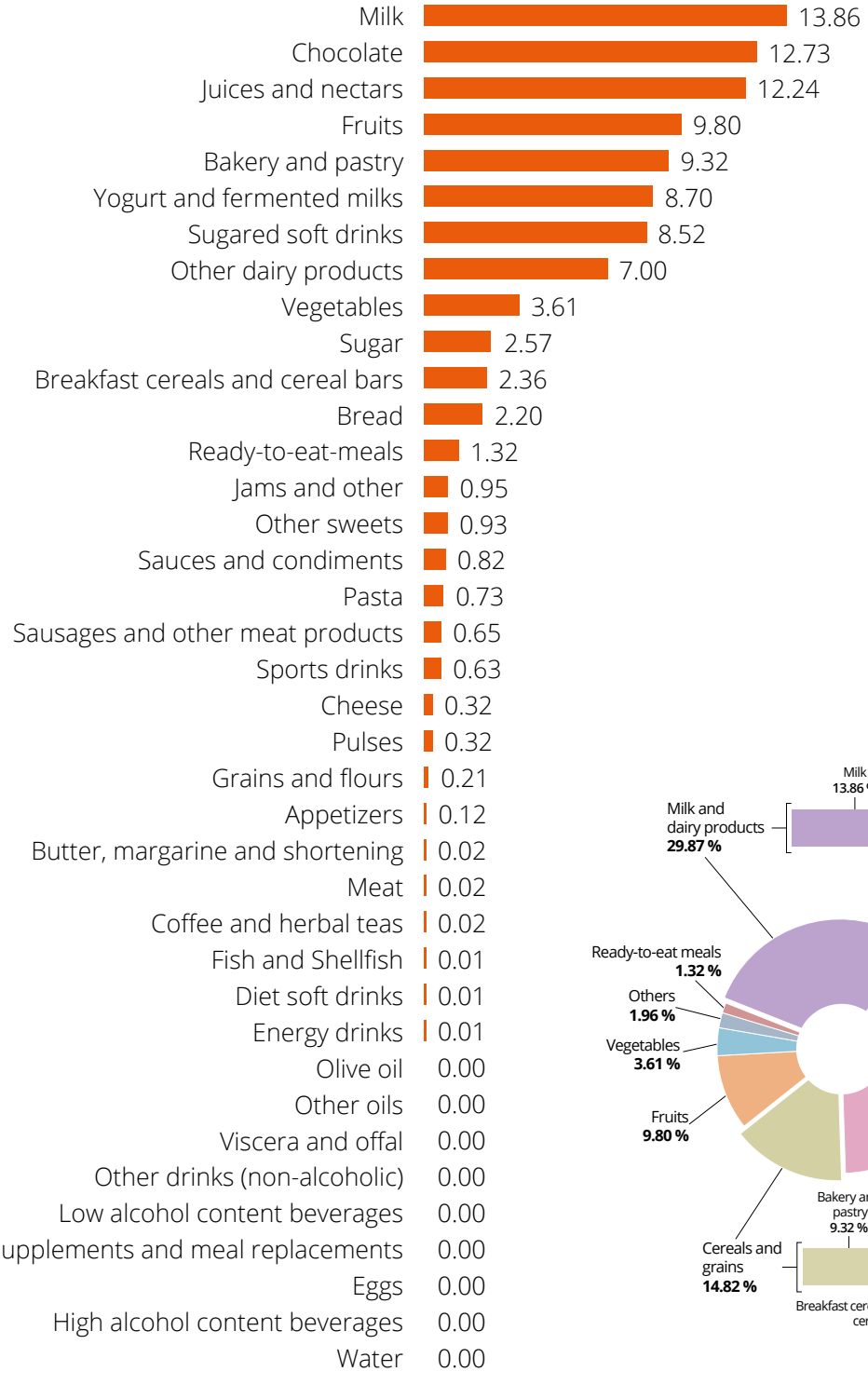

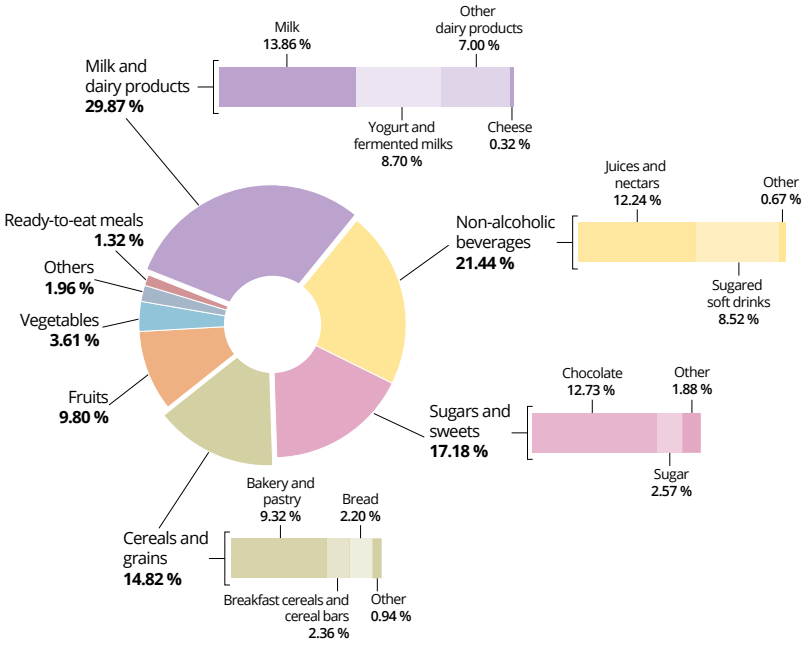

*Random sample plus boost

Dietary sources of sugars (%) from food and beverage groups and subgroups.

5. CHILDREN BOYS 9-12 YEARS

Sample: 126 individuals*

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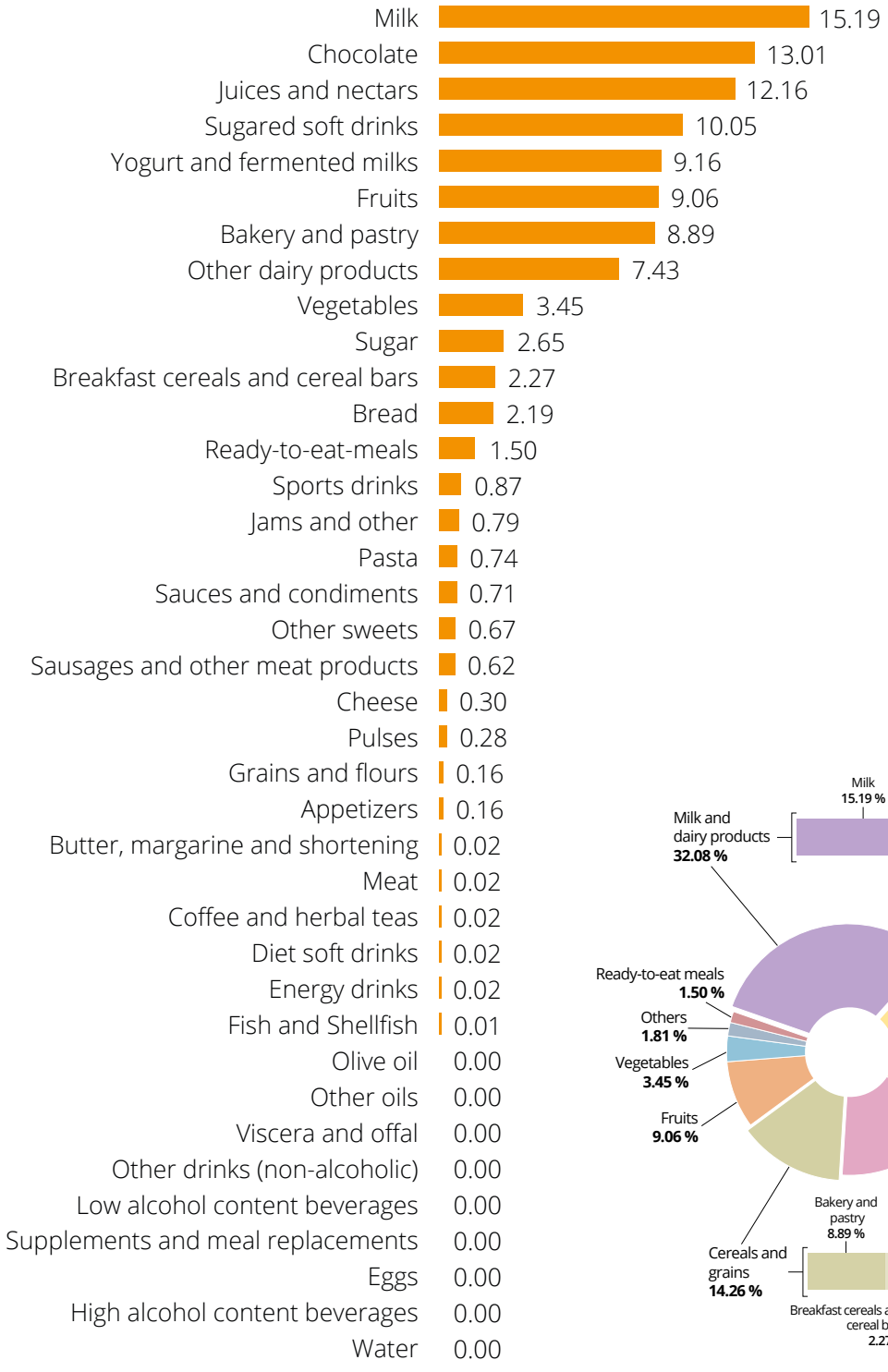

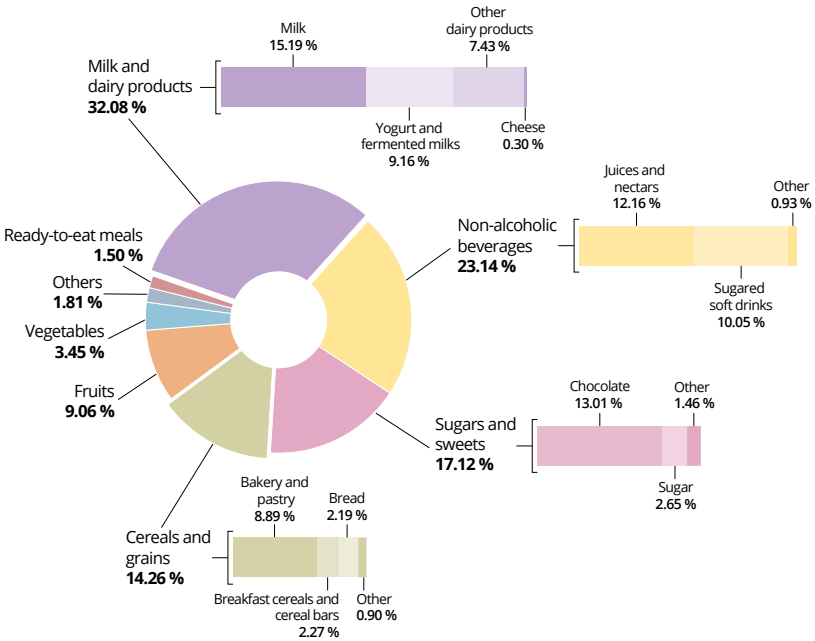

*Random sample plus boost

Dietary sources of sugars (%) from food and beverage groups and subgroups.

6. CHILDREN GIRLS 9-12 YEARS

Sample: 87 individuals*

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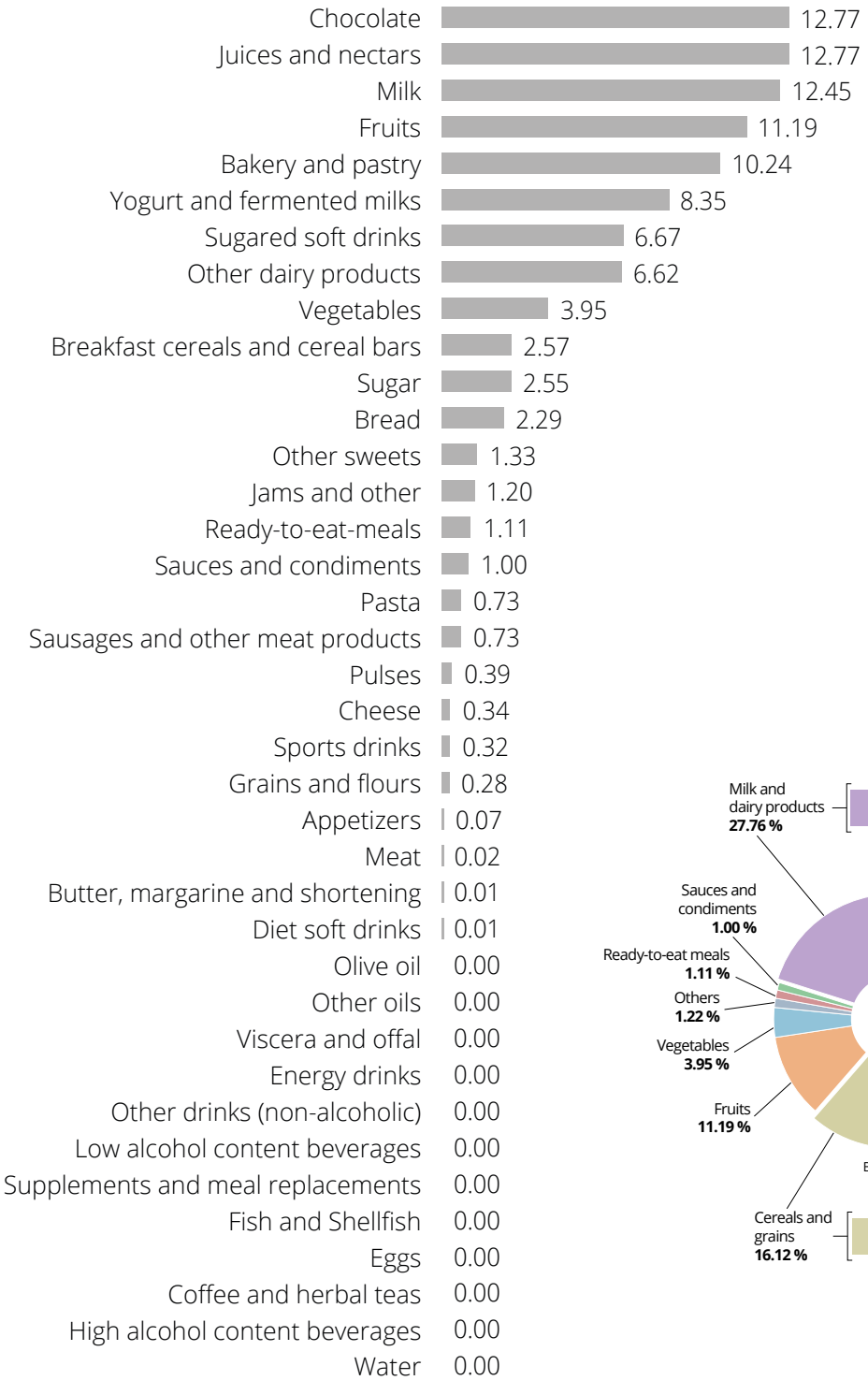
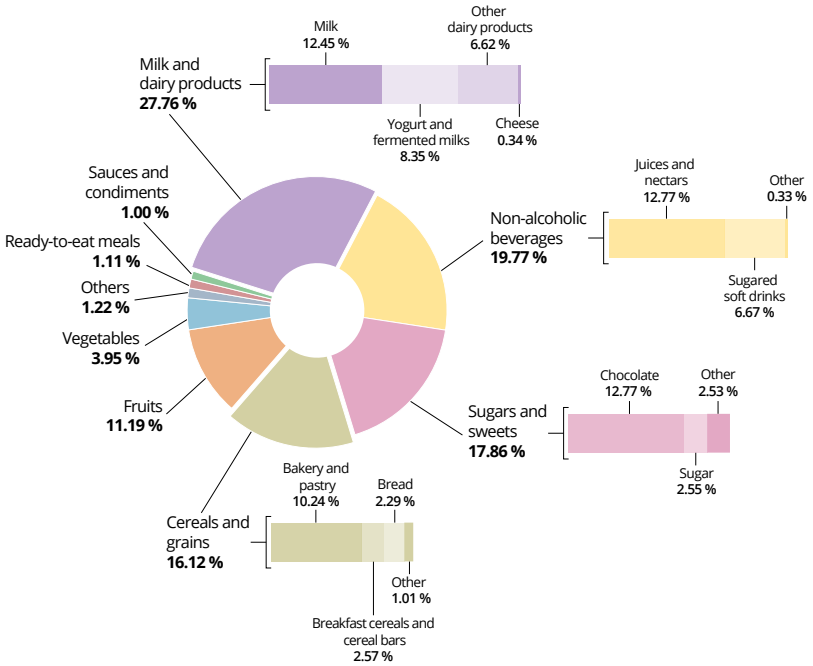


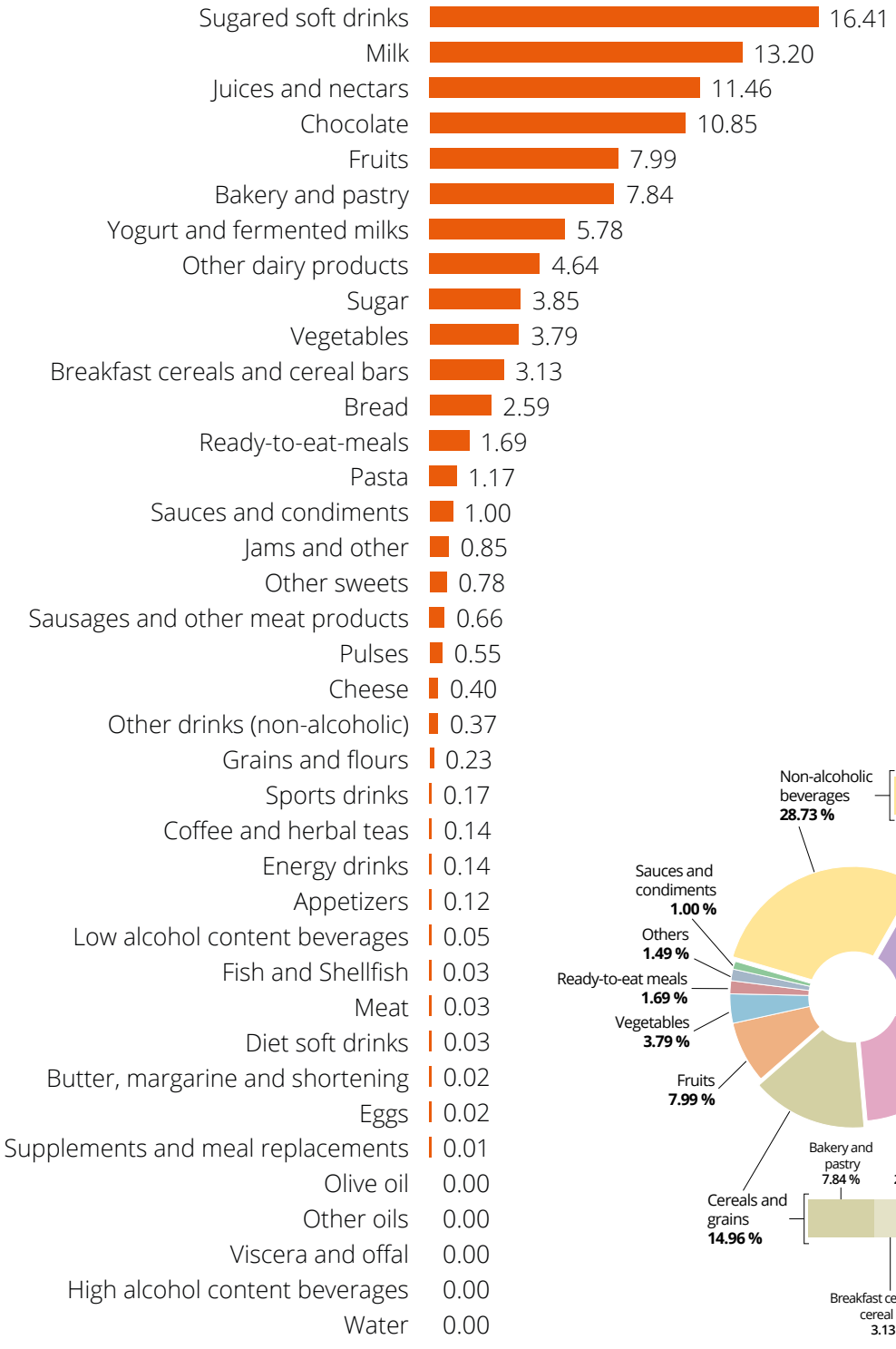


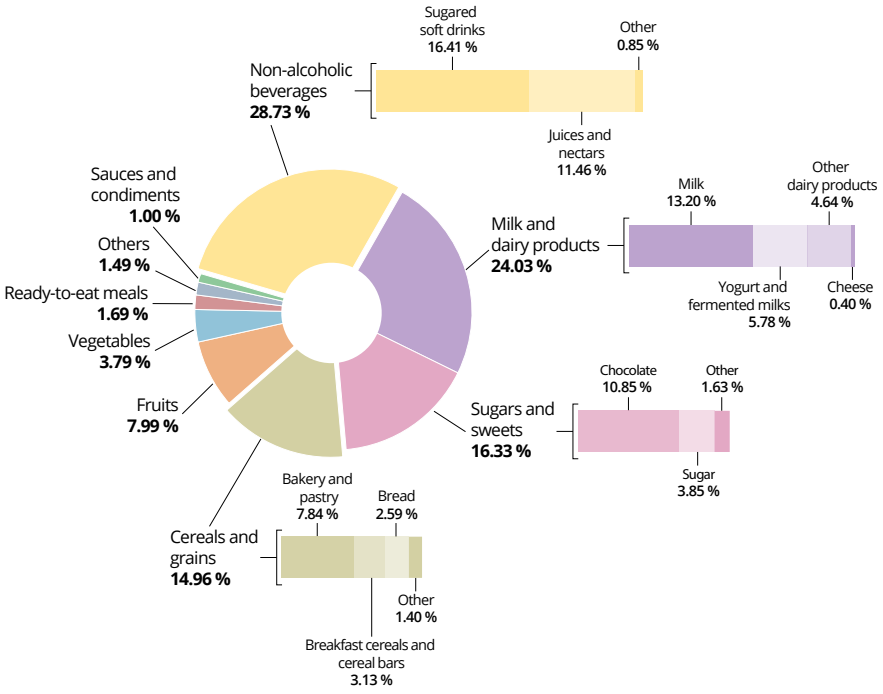
*Random sample plus boost

Dietary sources of sugars (%) from food and beverage groups and subgroups.

7. ADOLESCENTS 13-17 YEARS

Sample: 211 individuals*





*Random sample plus boost

Dietary sources of sugars (%) from food and beverage groups and subgroups.

8. ADOLESCENT BOYS 13-17 YEARS

Sample: 137 individuals*

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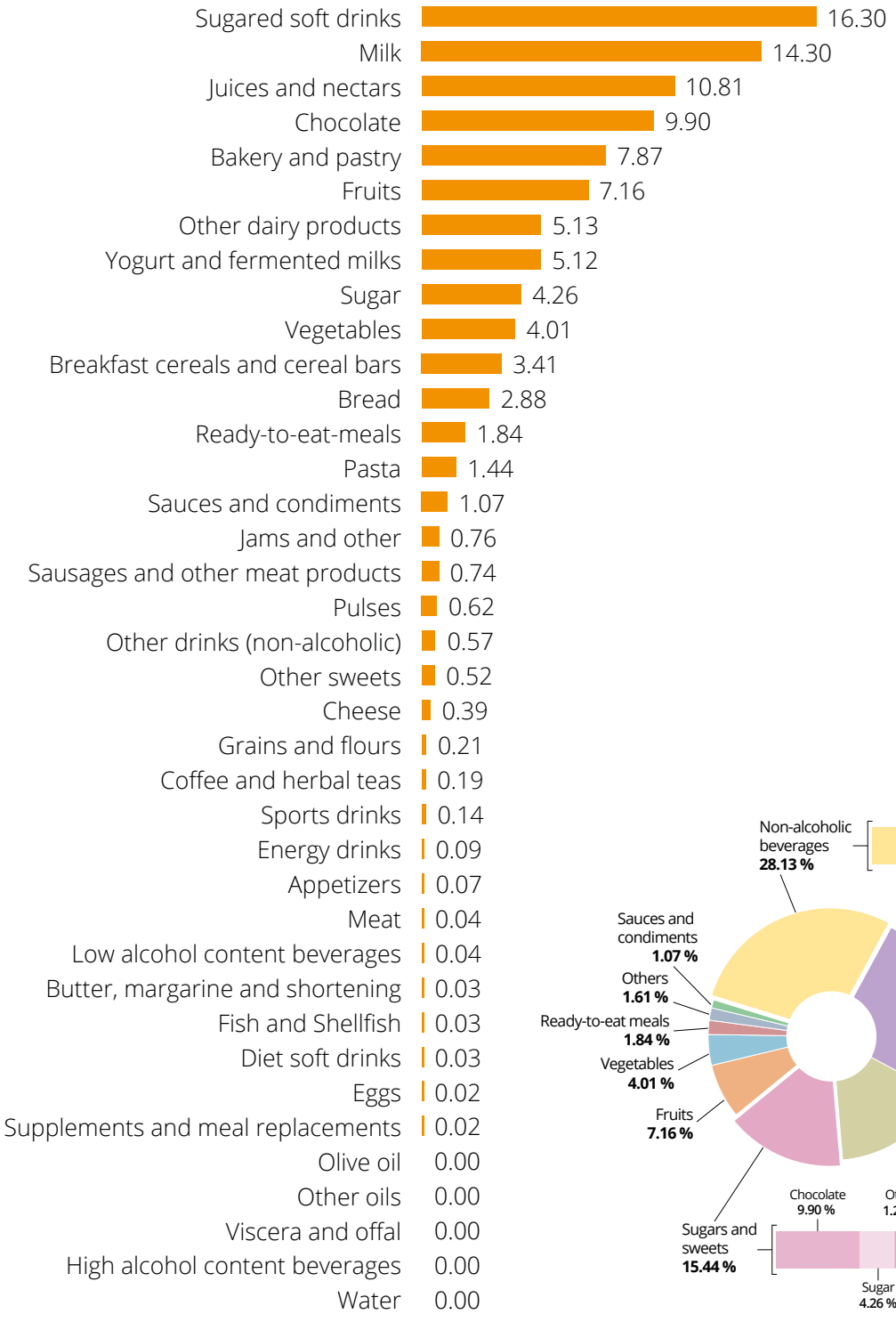

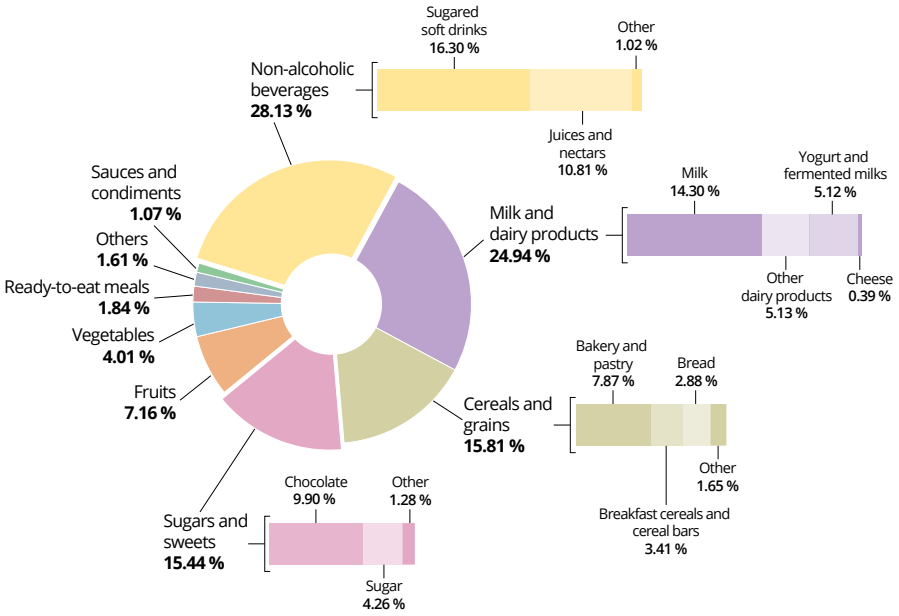

*Random sample plus boost

Dietary sources of sugars (%) from food and beverage groups and subgroups.

9. ADOLESCENT GIRLS 13-17 YEARS

Sample: 74 individuals*

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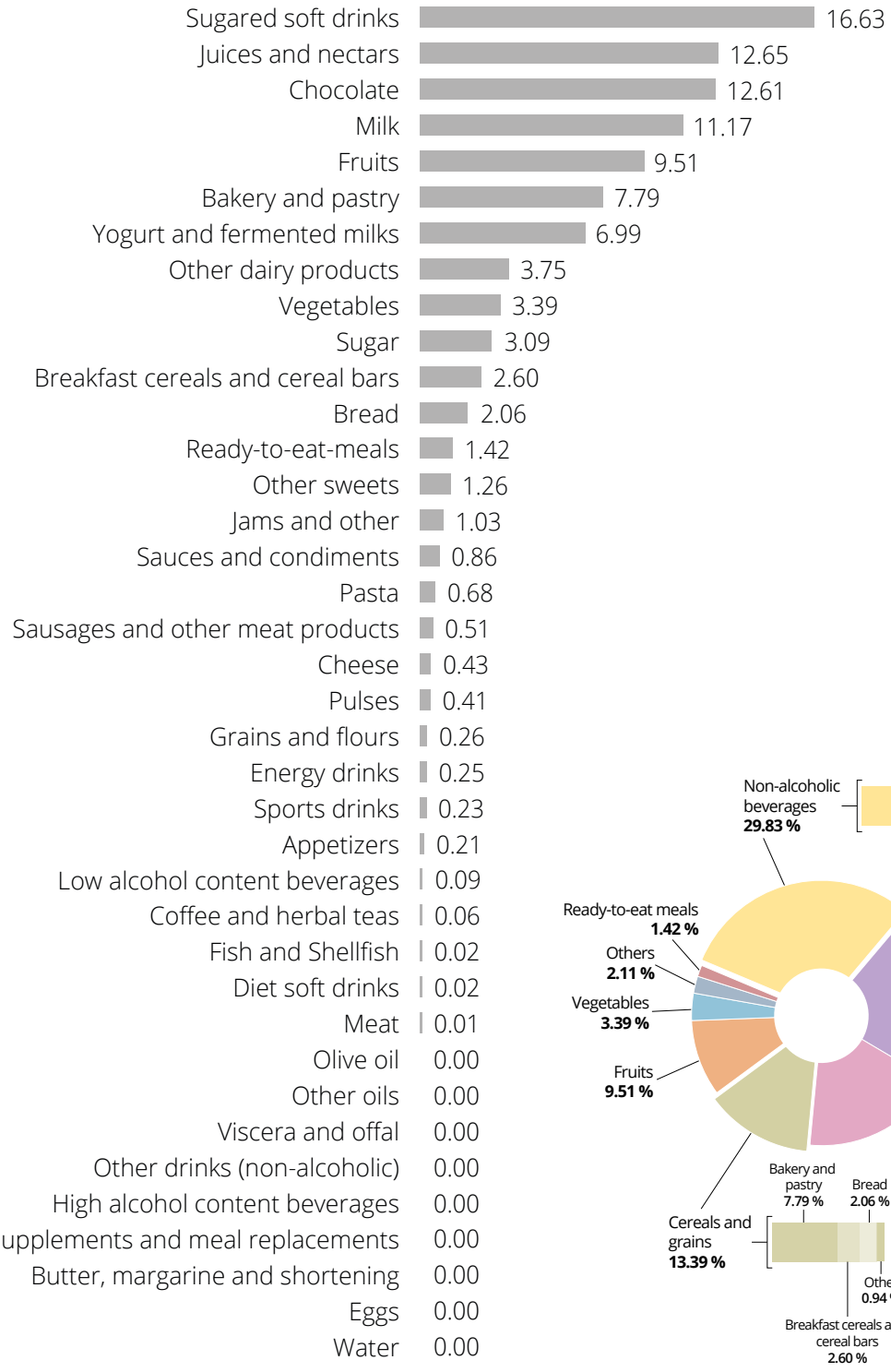

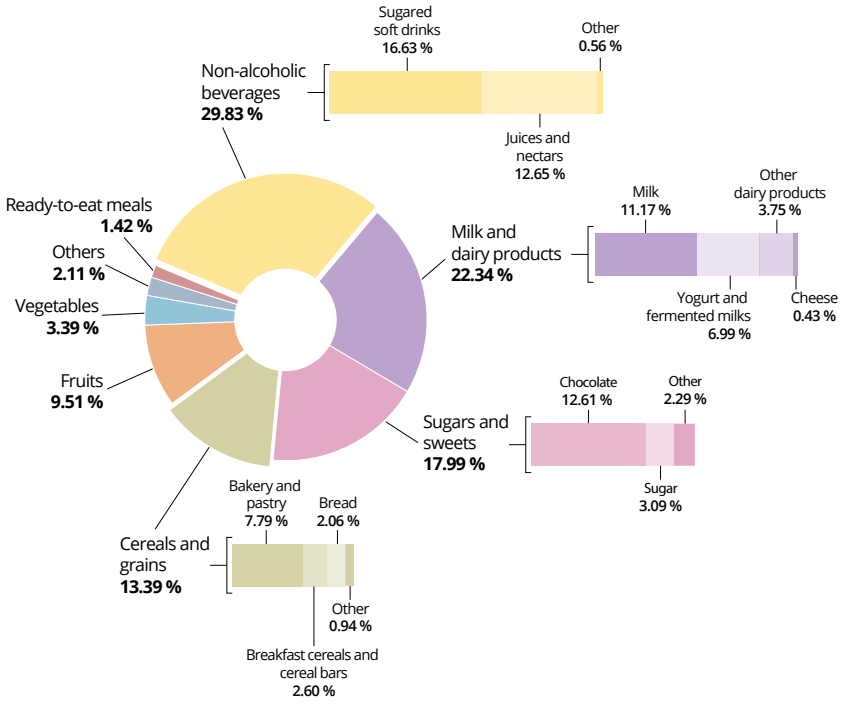

*Random sample plus boost

Dietary sources of sugars (%) from food and beverage groups and subgroups.

10. ADULTS 18-64 YEARS

Sample: 1,655 individuals*

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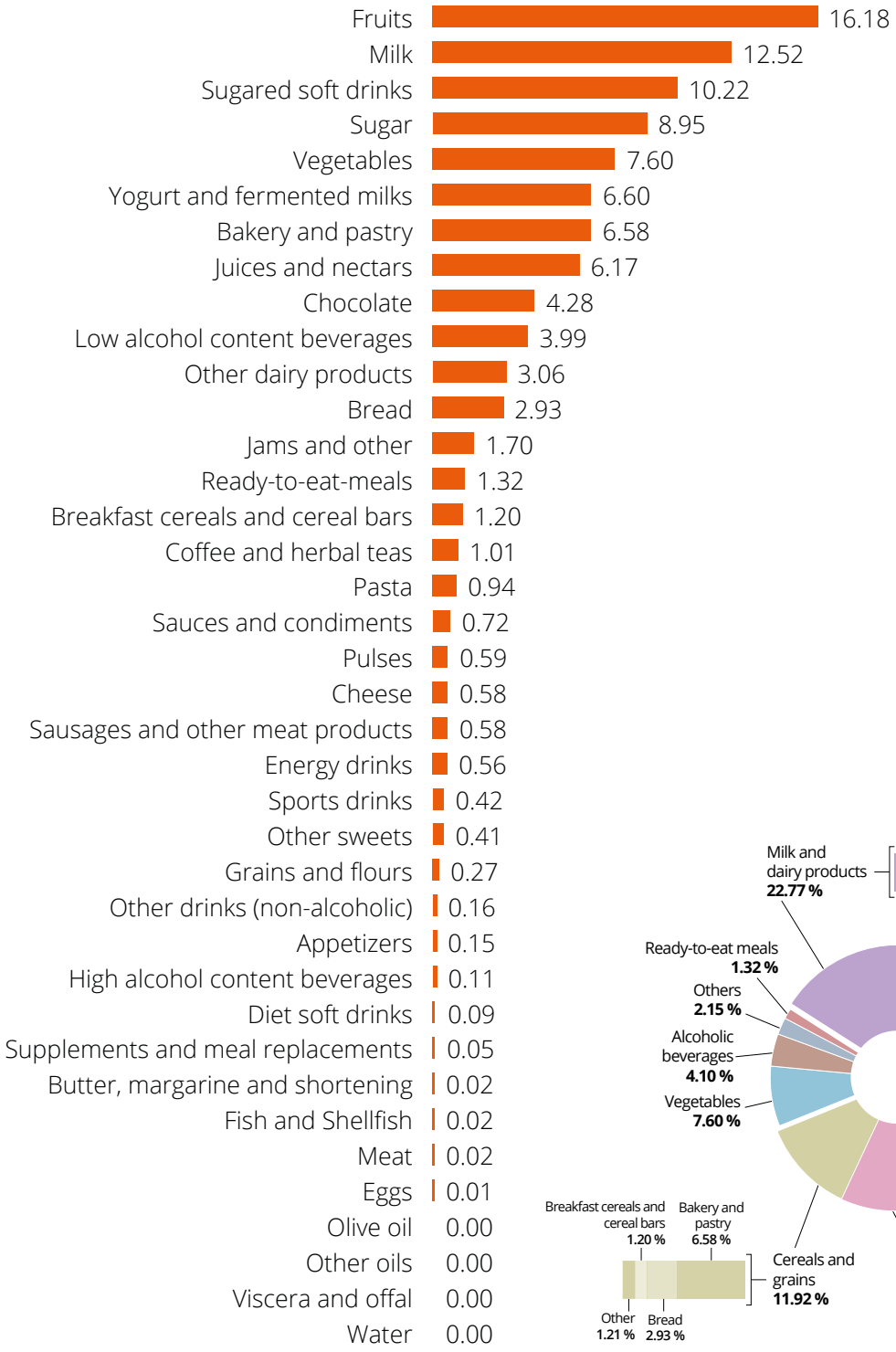

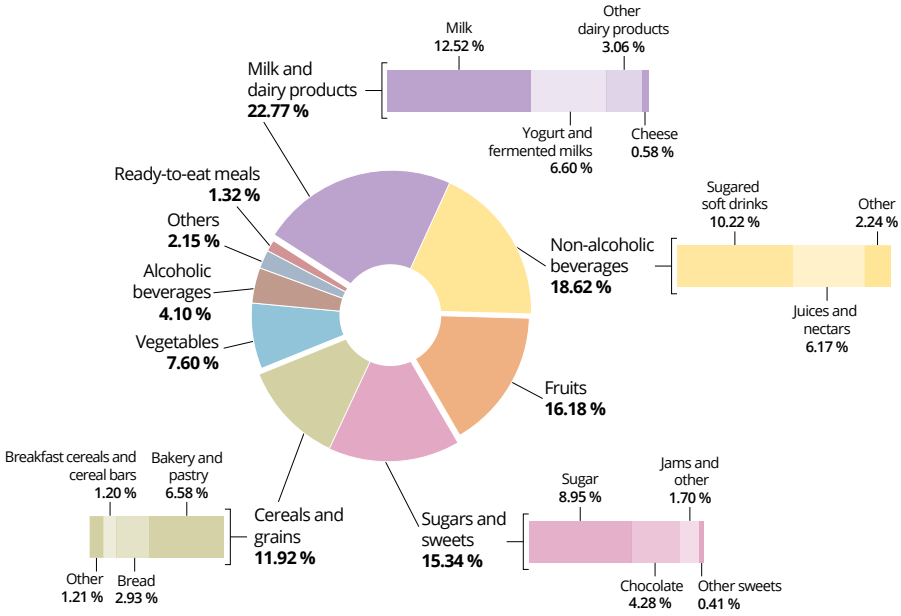

*Random sample

Dietary sources of sugars (%) from food and beverage groups and subgroups.

11. ADULT MEN 18-64 YEARS

Sample: 798 individuals*

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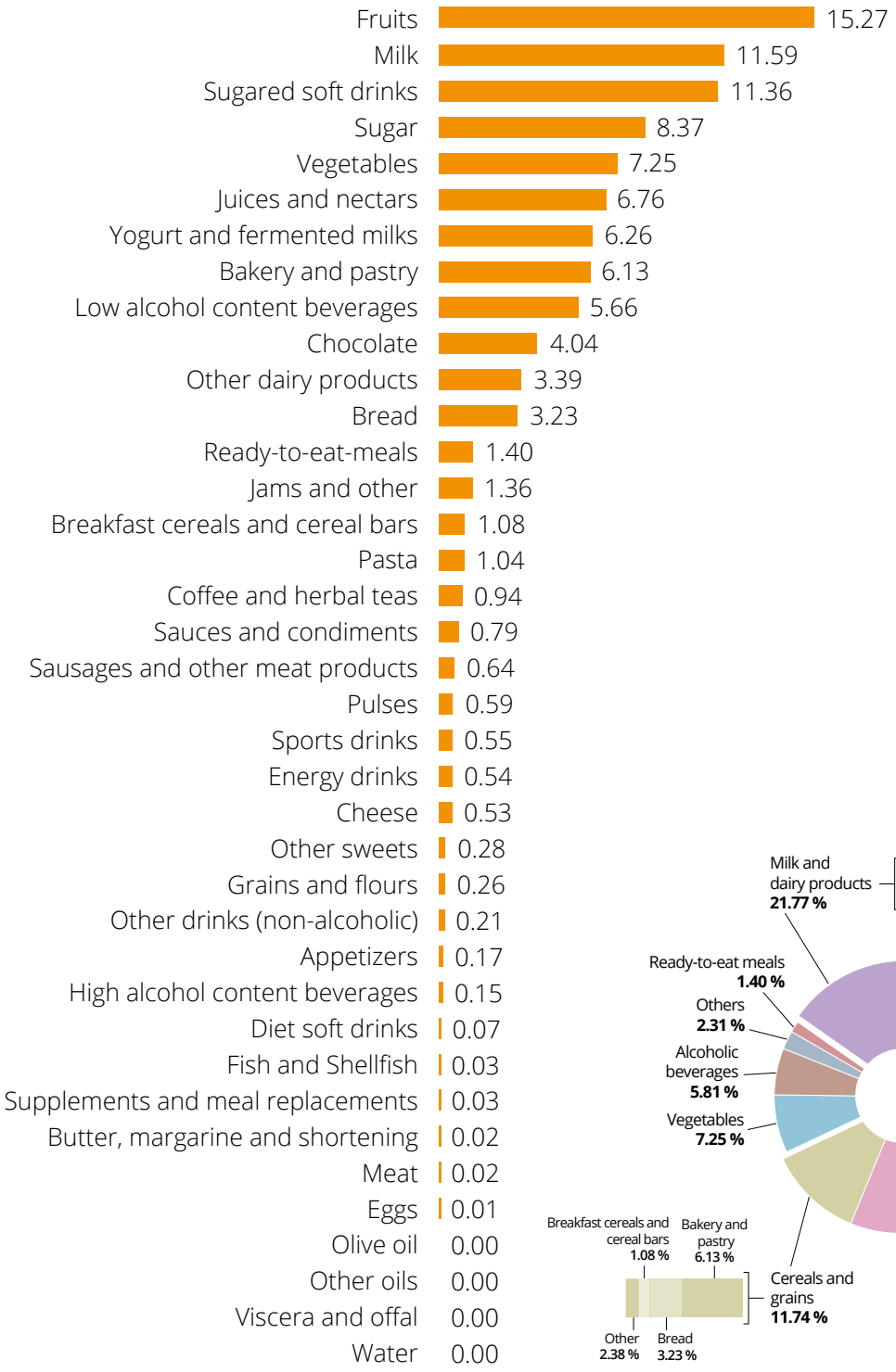

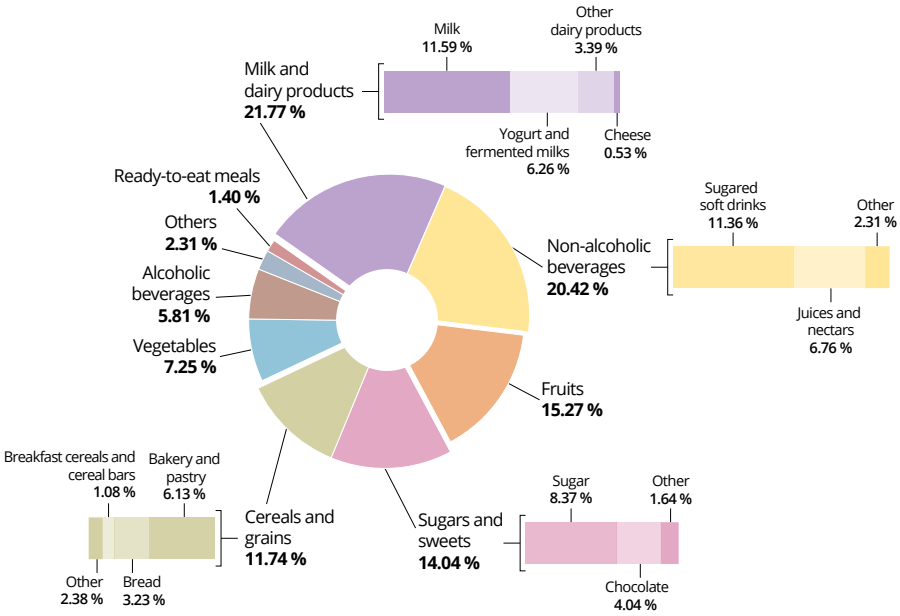

*Random sample

Dietary sources of sugars (%) from food and beverage groups and subgroups.

12. ADULT WOMEN 18-64 YEARS

Sample: 857 individuals*

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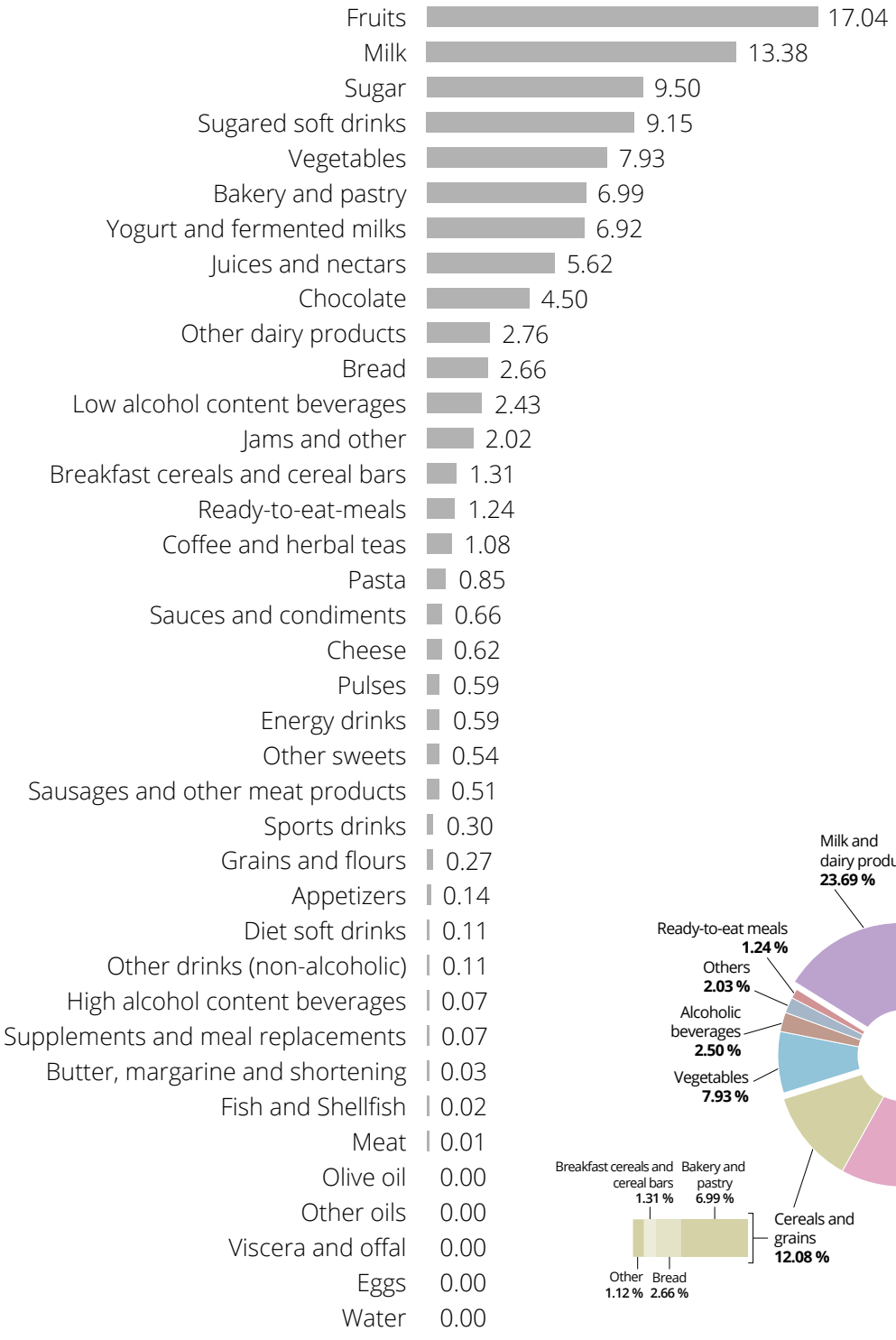

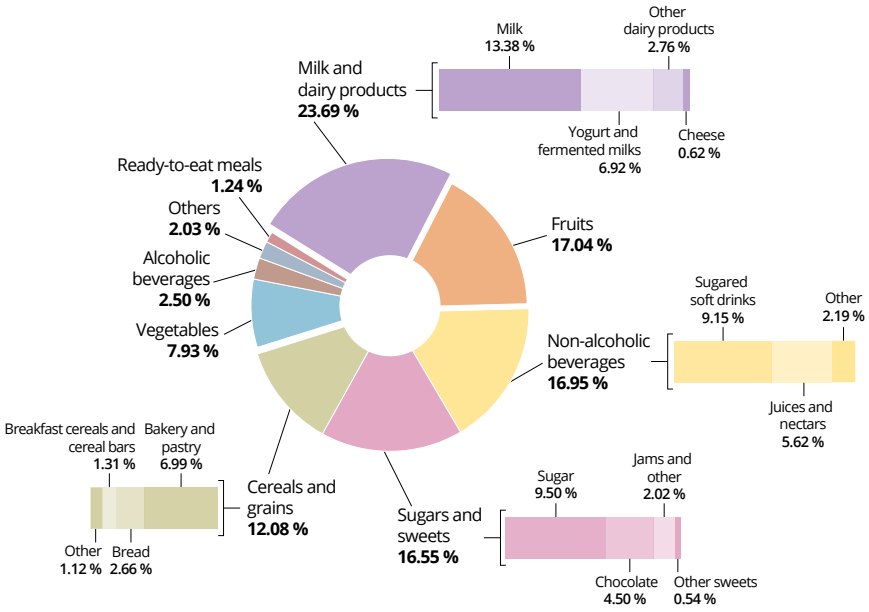

*Random sample

Dietary sources of sugars (%) from food and beverage groups and subgroups.

13. ERDERLY 65-75 YEARS

Sample: 206 individuals*

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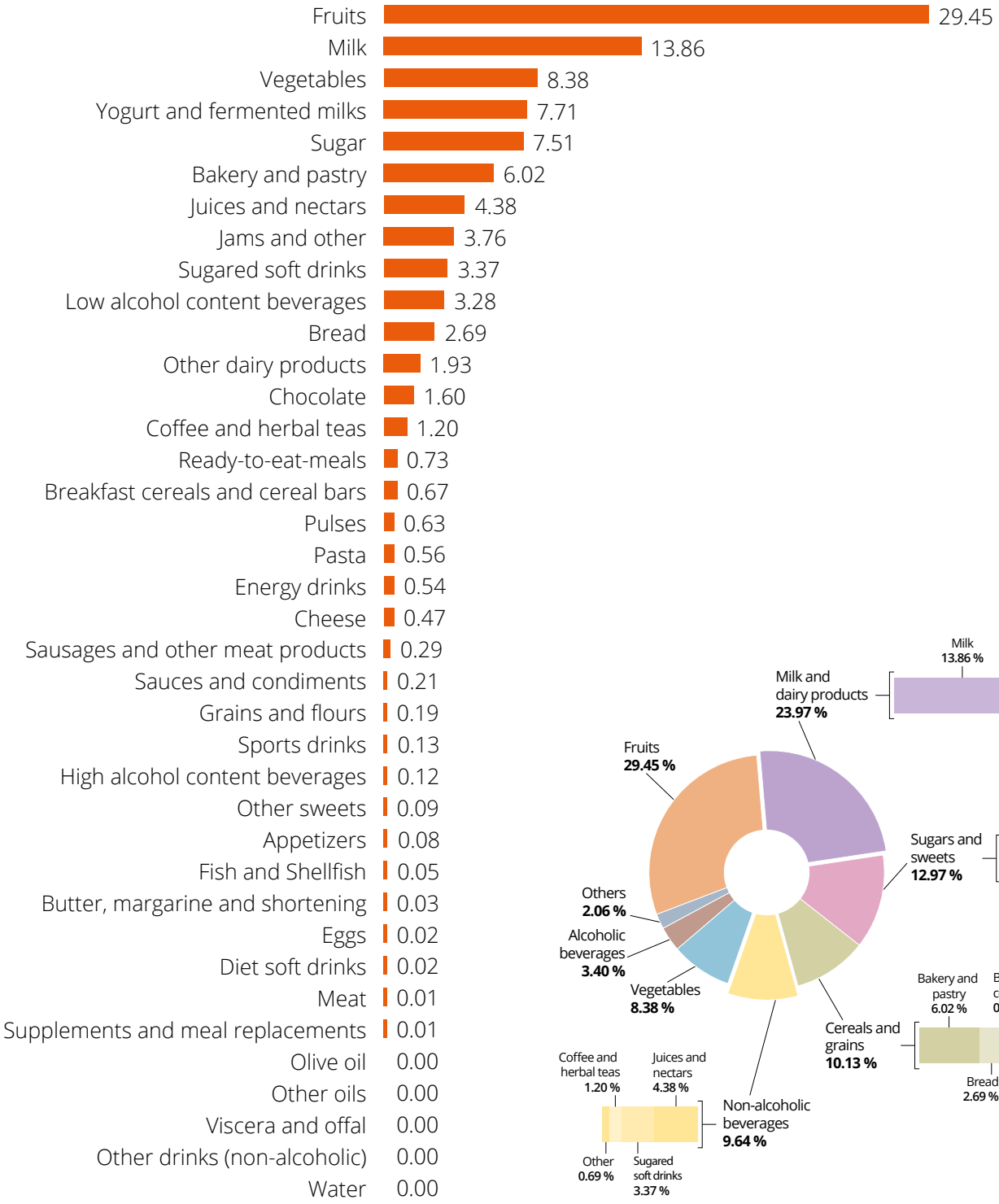

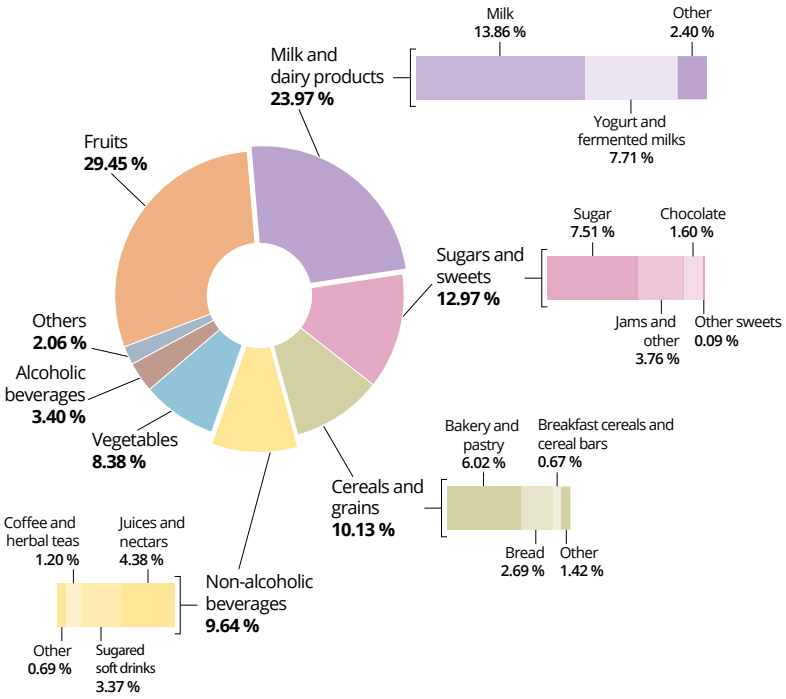

*Random sample

Dietary sources of sugars (%) from food and beverage groups and subgroups.

14. ELDERLY MEN 65-75 YEARS

Sample: 99 individuals*

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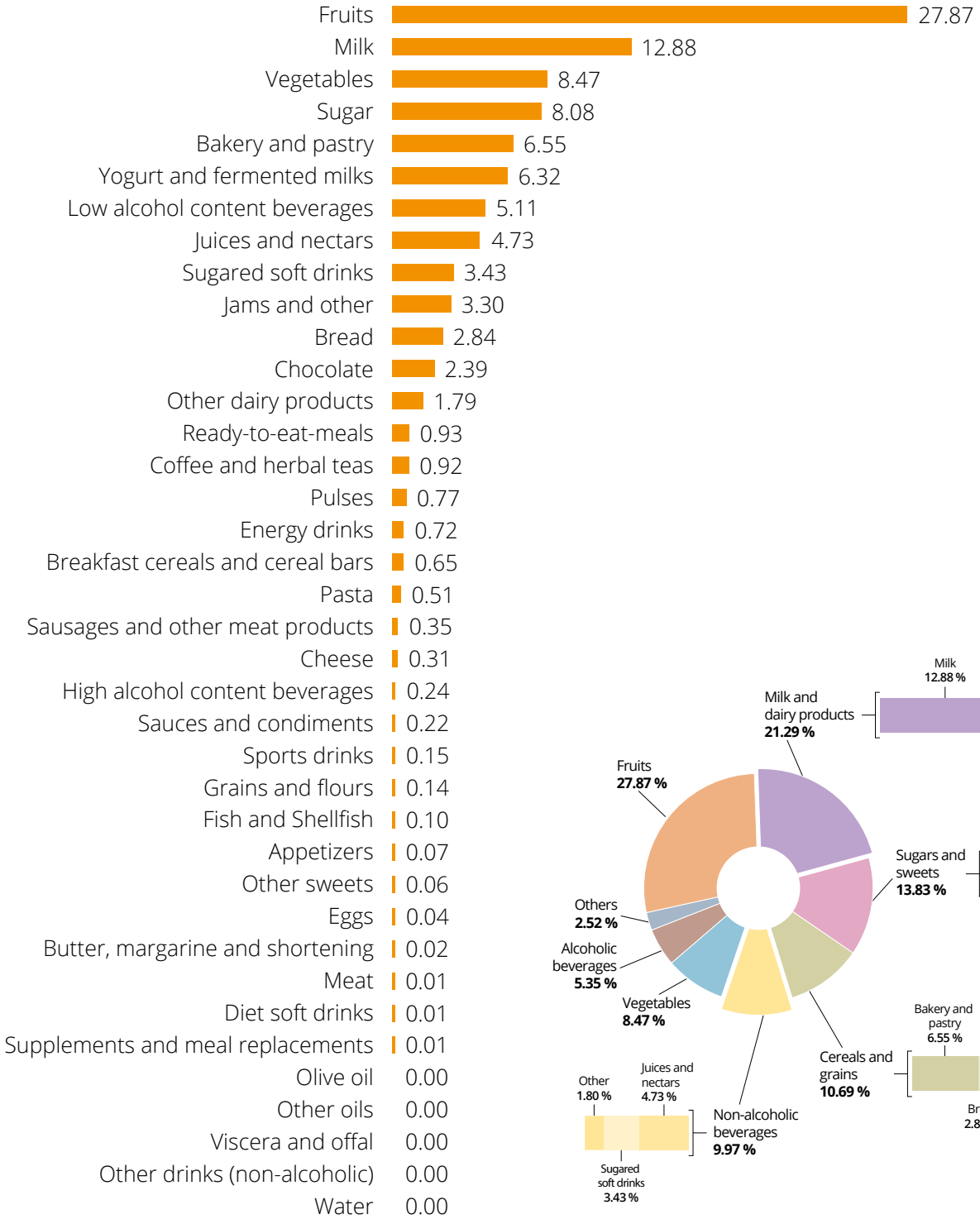

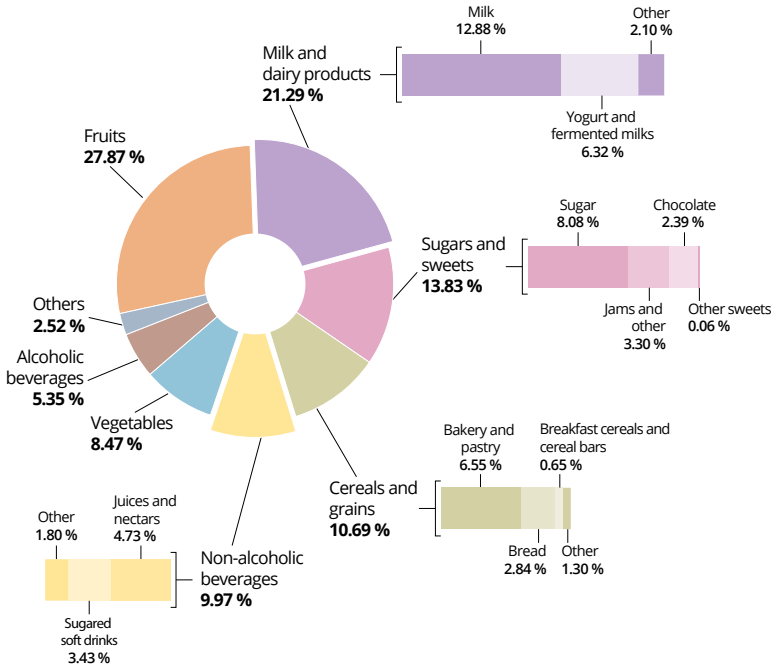

*Random sample

Dietary sources of sugars (%) from food and beverage groups and subgroups.

15. ELDERLY WOMEN 65-75 YEARS

Sample: 107 individuals*

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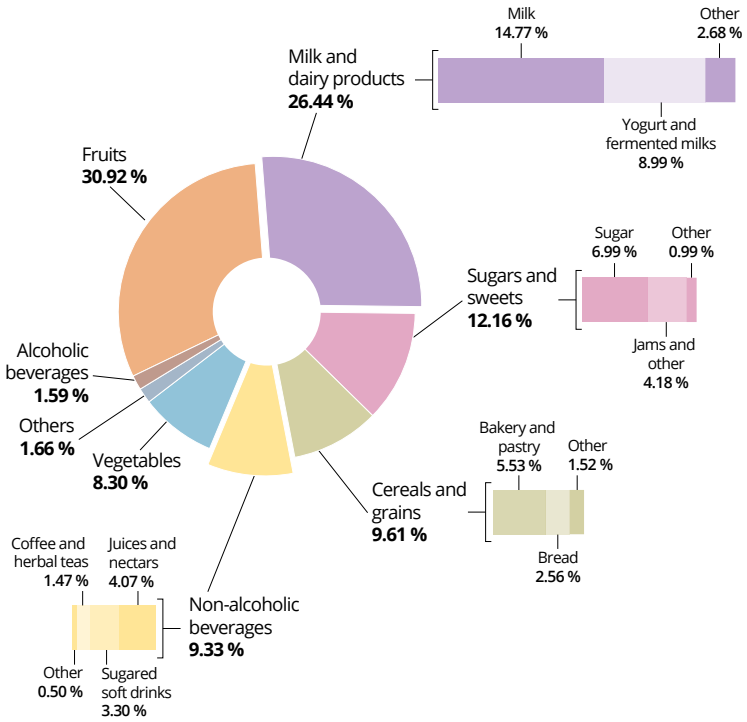
Fruits	30.92
Milk	14.77
Yogurt and fermented milks	8.99
Vegetables	8.30
Sugar	6.99
Bakery and pastry	5.53
Jams and other	4.18
Juices and nectars	4.07
Sugared soft drinks	3.30
Bread	2.56
Other dairy products	2.06
Low alcohol content beverages	1.59
Coffee and herbal teas	1.47
Chocolate	0.87
Breakfast cereals and cereal bars	0.69
Cheese	0.62
Pasta	0.60
Ready-to-eat-meals	0.55
Pulses	0.51
Energy drinks	0.36
Grains and flours	0.23
Sausages and other meat products	0.23
Sauces and condiments	0.20
Other sweets	0.12
Sports drinks	0.11
Appetizers	0.09
Butter, margarine and shortening	0.04
Diet soft drinks	0.03
Fish and Shellfish	0.02
Meat	0.01
Olive oil	0.00
Other oils	0.00
Viscera and offal	0.00
Other drinks (non-alcoholic)	0.00
Eggs	0.00
High alcohol content beverages	0.00
Supplements and meal replacements	0.00
Water	0.00



*Random sample

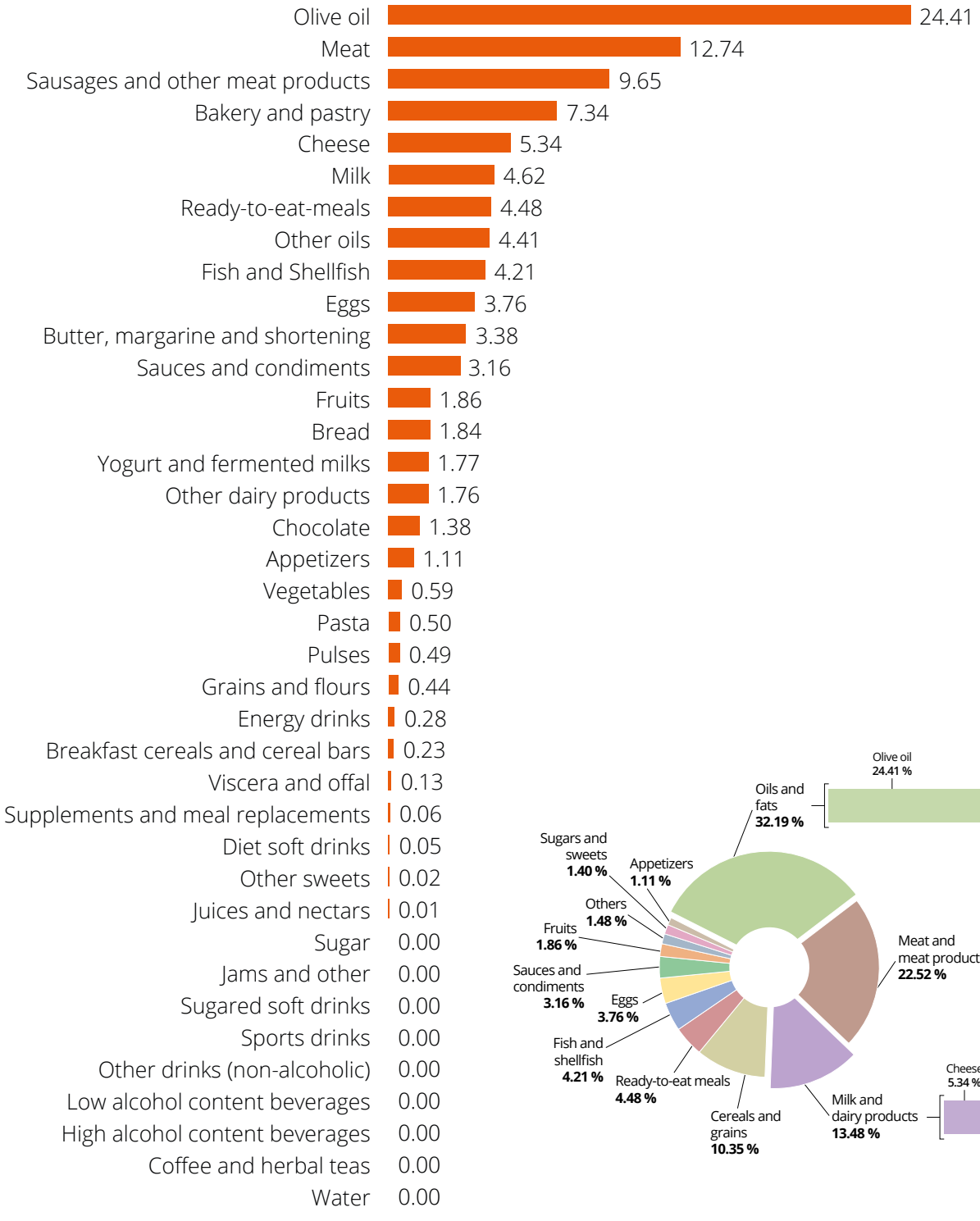
Back to index

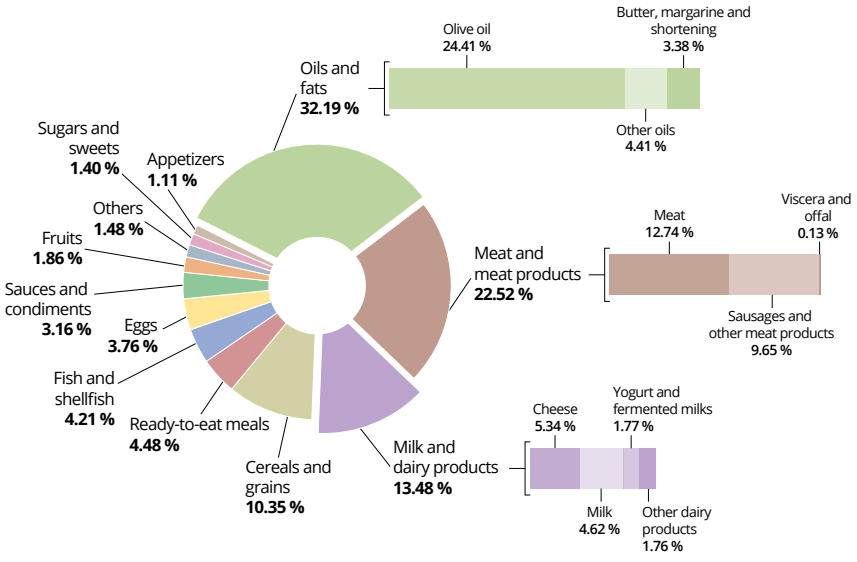
Dietary sources of **lipids** (%) from food and beverage groups and subgroups

Dietary sources of lipids (%) from food and beverage groups and subgroups.

1. GENERAL 9-75 YEARS

Sample: 2,009 individuals*





*Random sample

Dietary sources of lipids (%) from food and beverage groups and subgroups.

2. GENERAL MEN 9-75 YEARS

Sample: 1,013 individuals*

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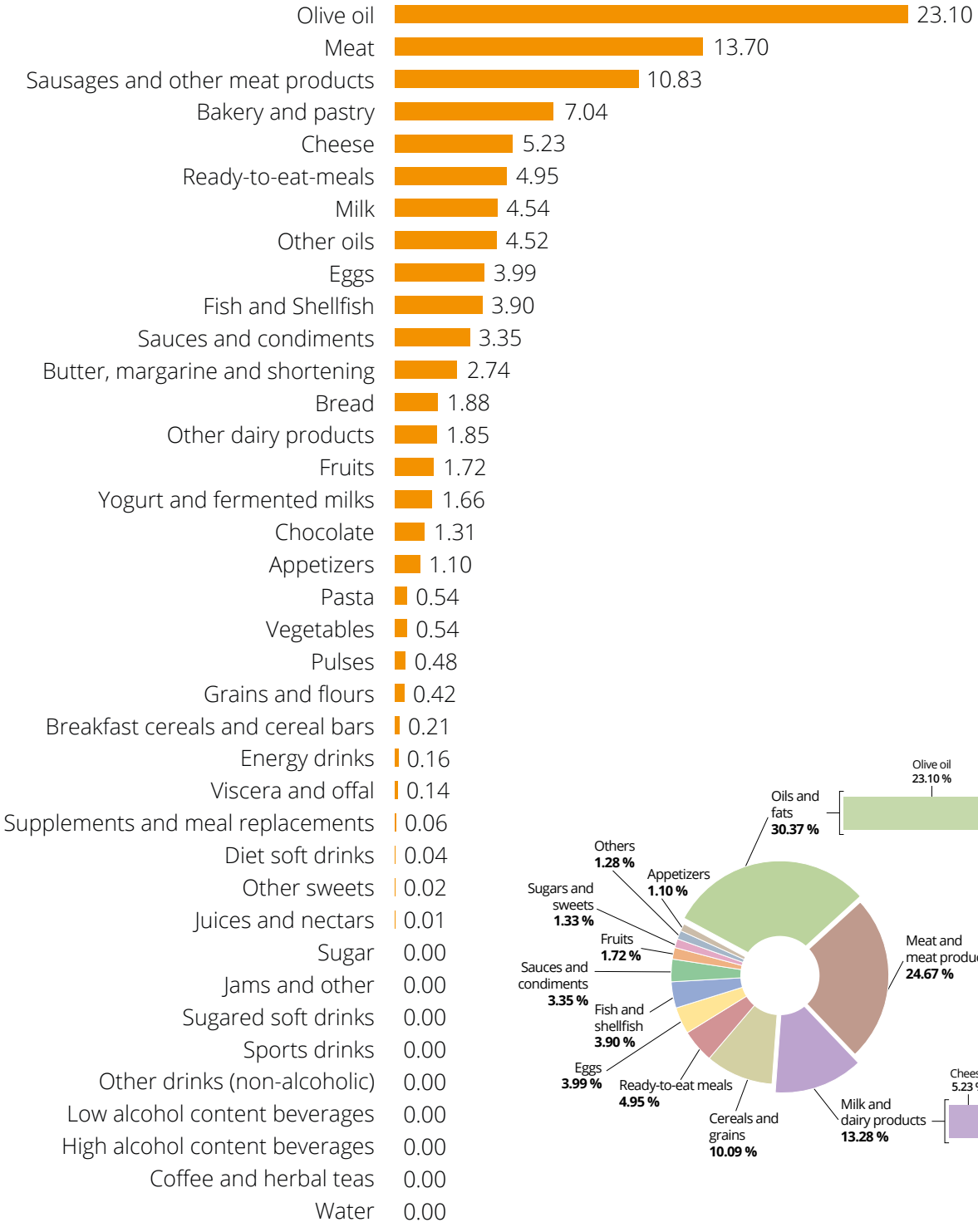

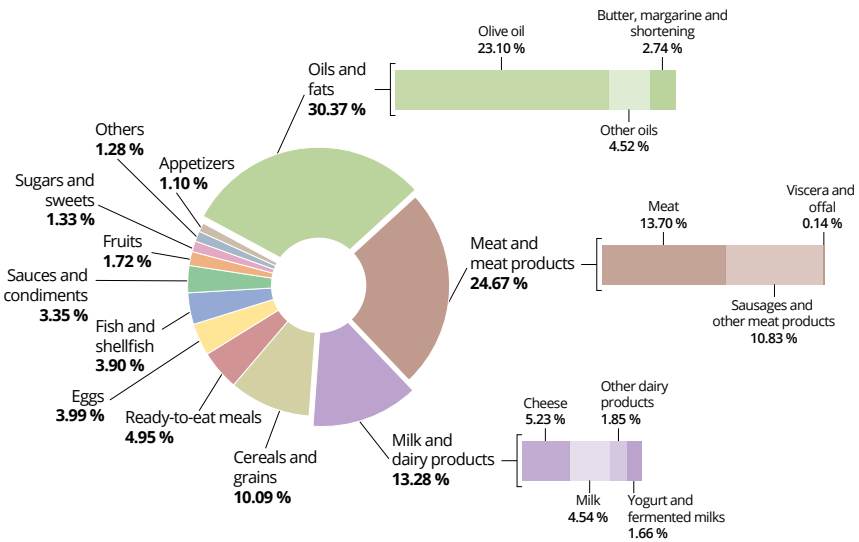

*Random sample

Dietary sources of lipids (%) from food and beverage groups and subgroups.

3. GENERAL WOMEN 9-75 YEARS

Sample: 996 individuals*

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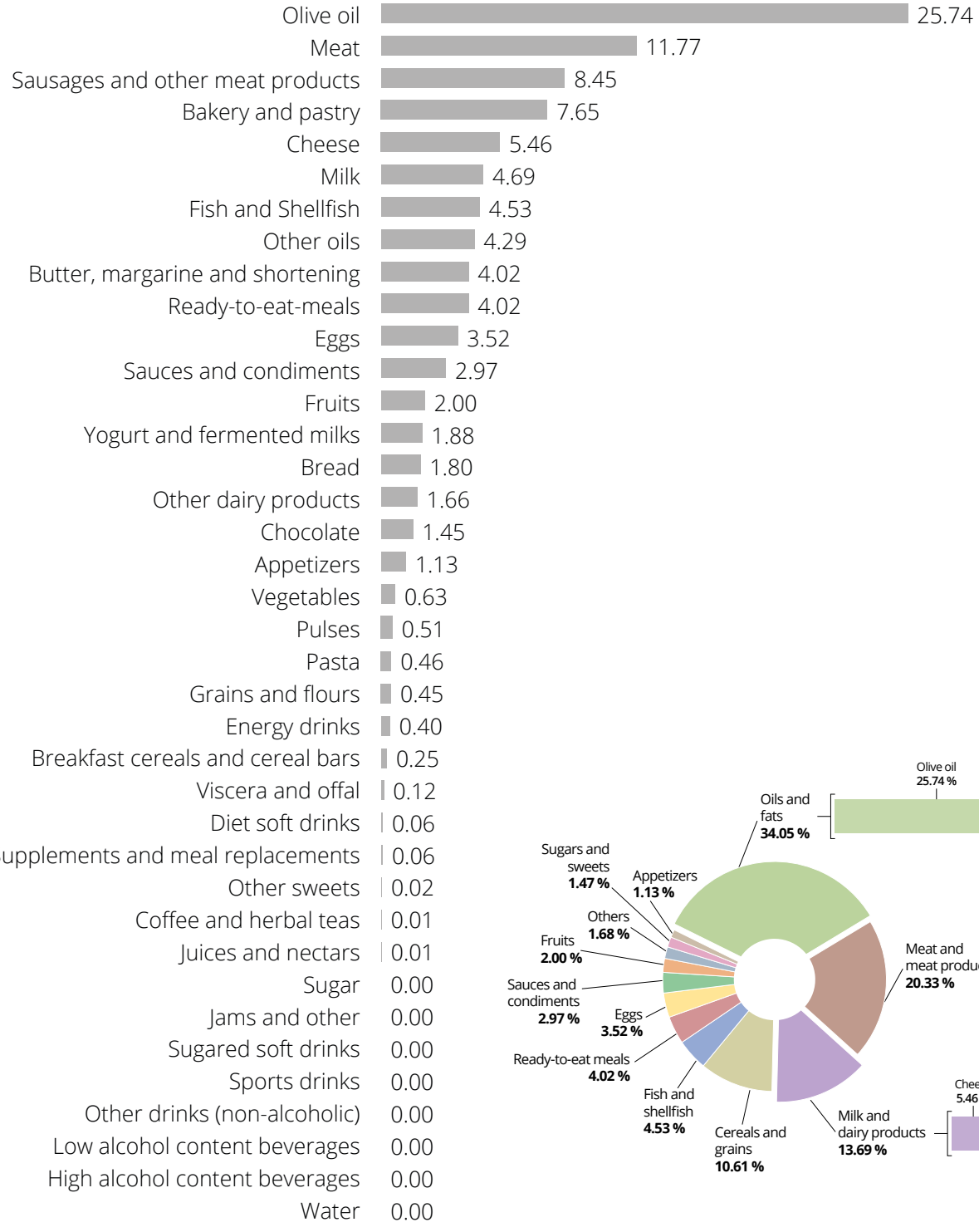
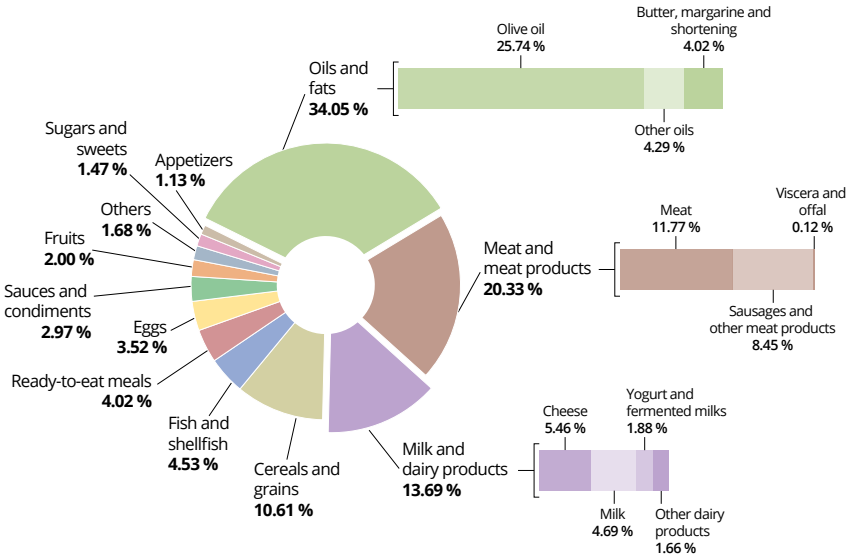




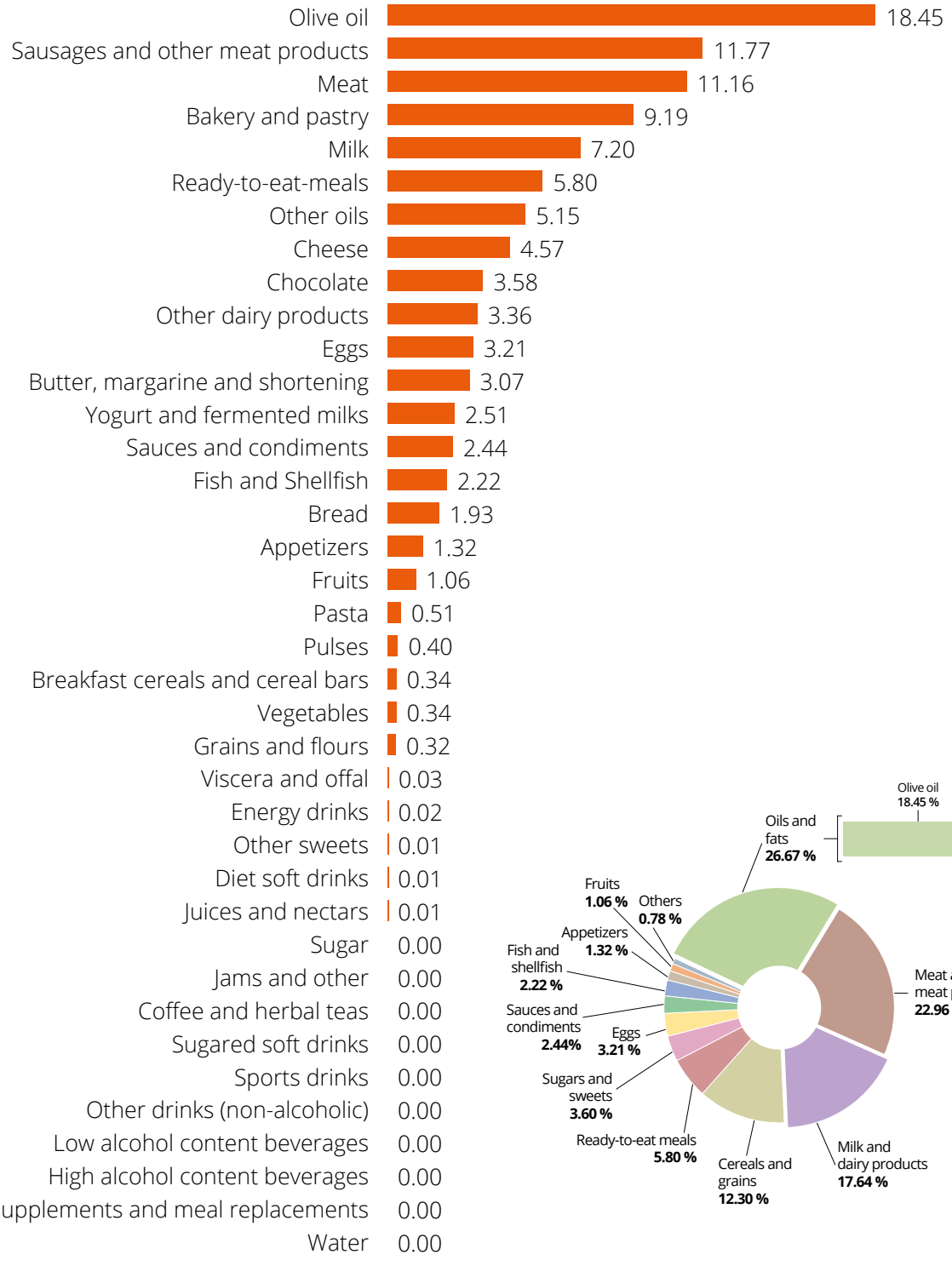
*Random sample

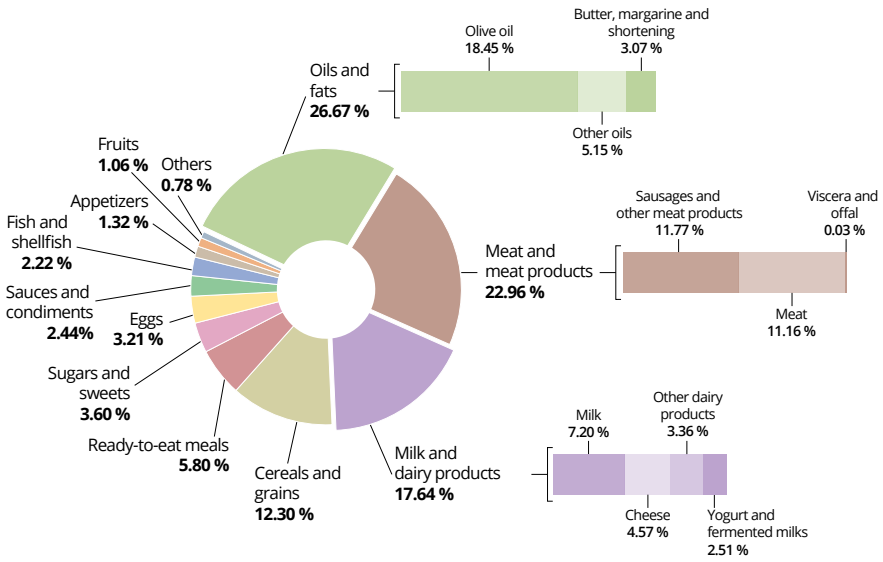
Dietary sources of lipids (%) from food and beverage groups and subgroups.

4. CHILDREN BOYS AND GIRLS 9-12 YEARS

Sample: 213 individuals*

Back to index





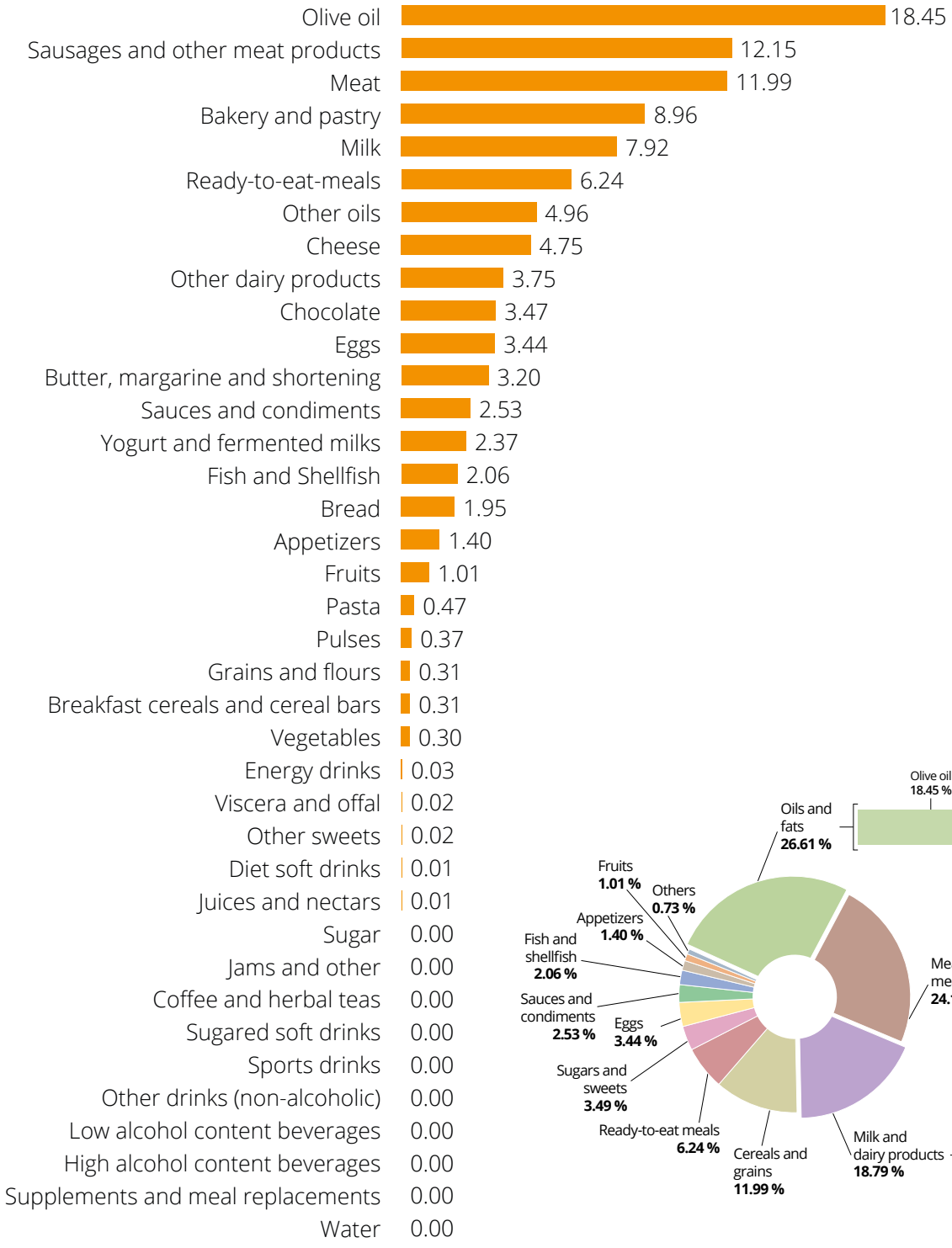
*Random sample plus boost

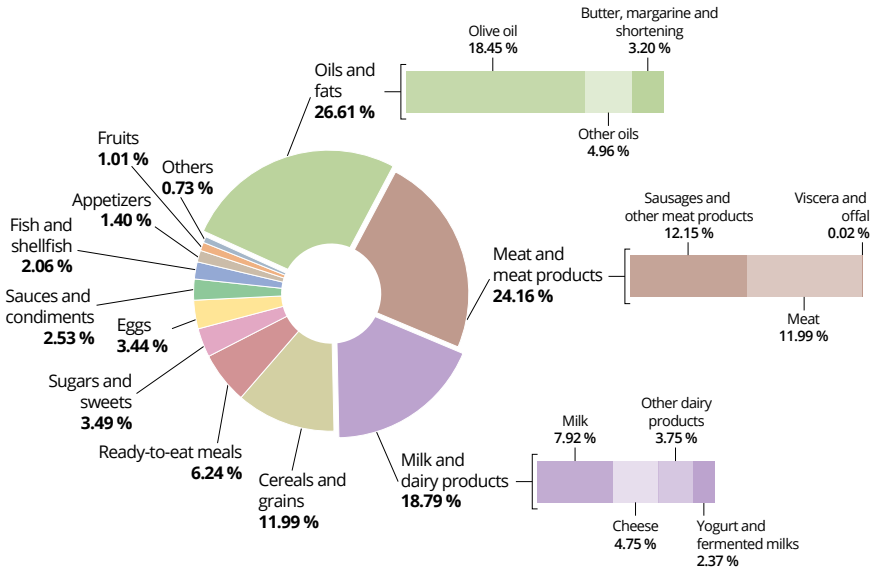
Dietary sources of lipids (%) from food and beverage groups and subgroups.

5. CHILDREN BOYS 9-12 YEARS

Sample: 126 individuals*

Back to index





*Random sample plus boost

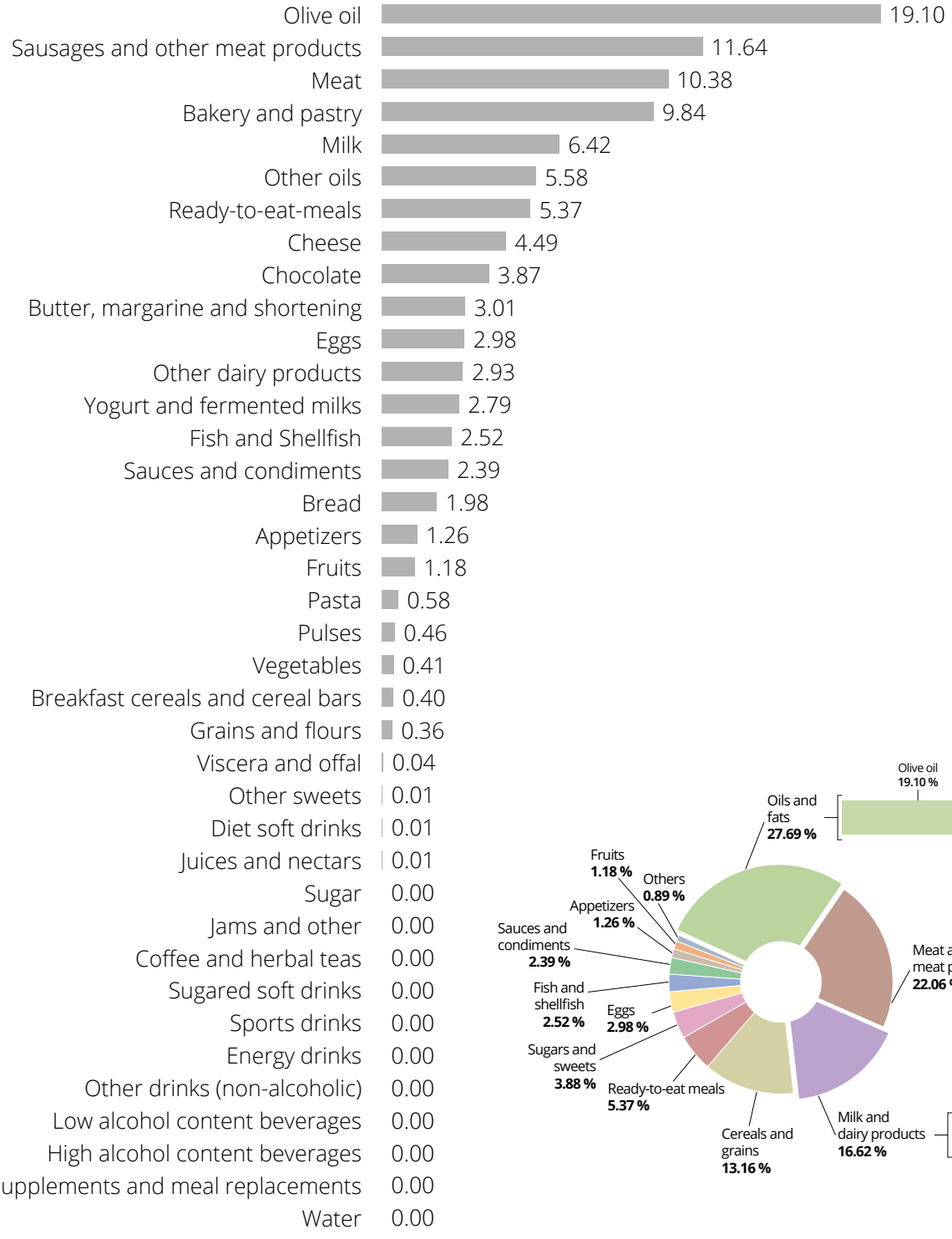
LIPIDS

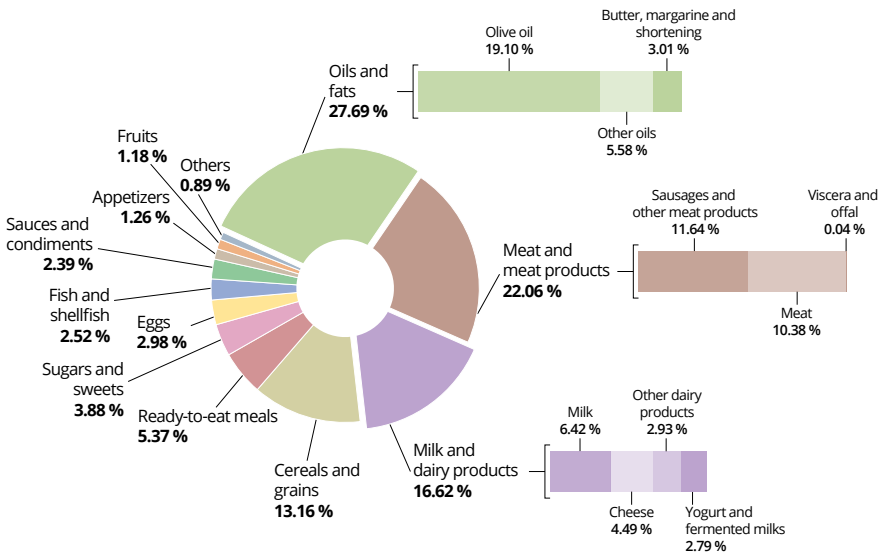
Dietary sources of lipids (%) from food and beverage groups and subgroups.

6. CHILDREN GIRLS 9-12 YEARS

Sample: 87 individuals*

Back to index





*Random sample plus boost

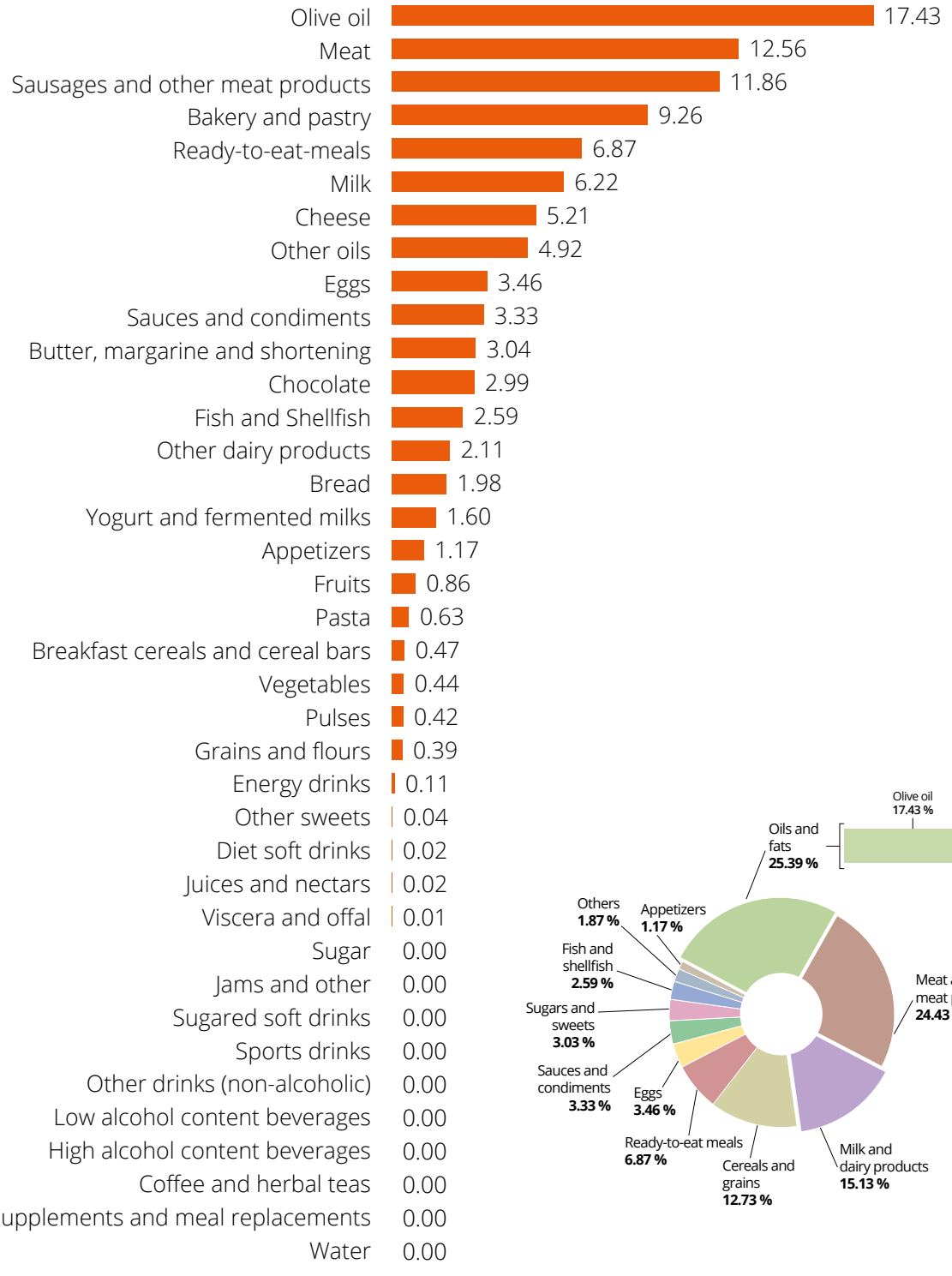
LIPIDS

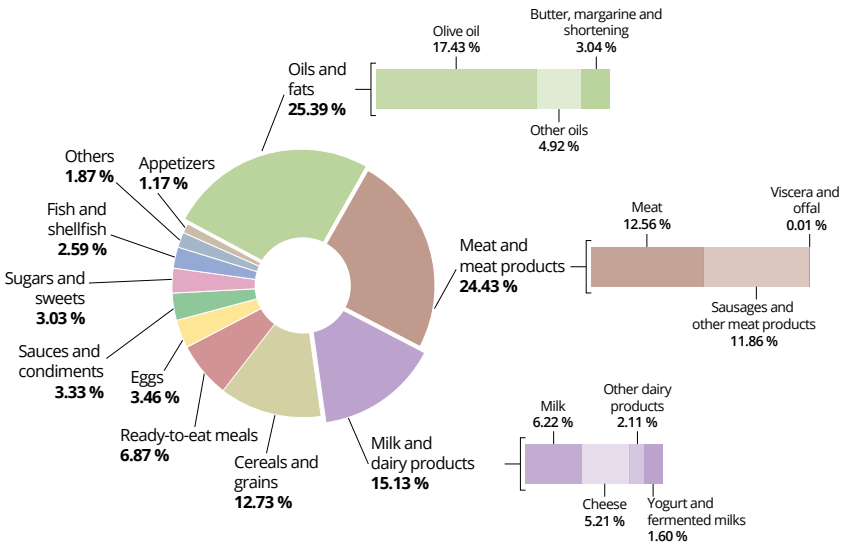
Dietary sources of lipids (%) from food and beverage groups and subgroups.

7. ADOLESCENTS 13-17 YEARS

Sample: 211 individuals*

Back to index





*Random sample plus boost

Dietary sources of lipids (%) from food and beverage groups and subgroups.

8. ADOLESCENT BOYS 13-17 YEARS

Sample: 137 individuals*

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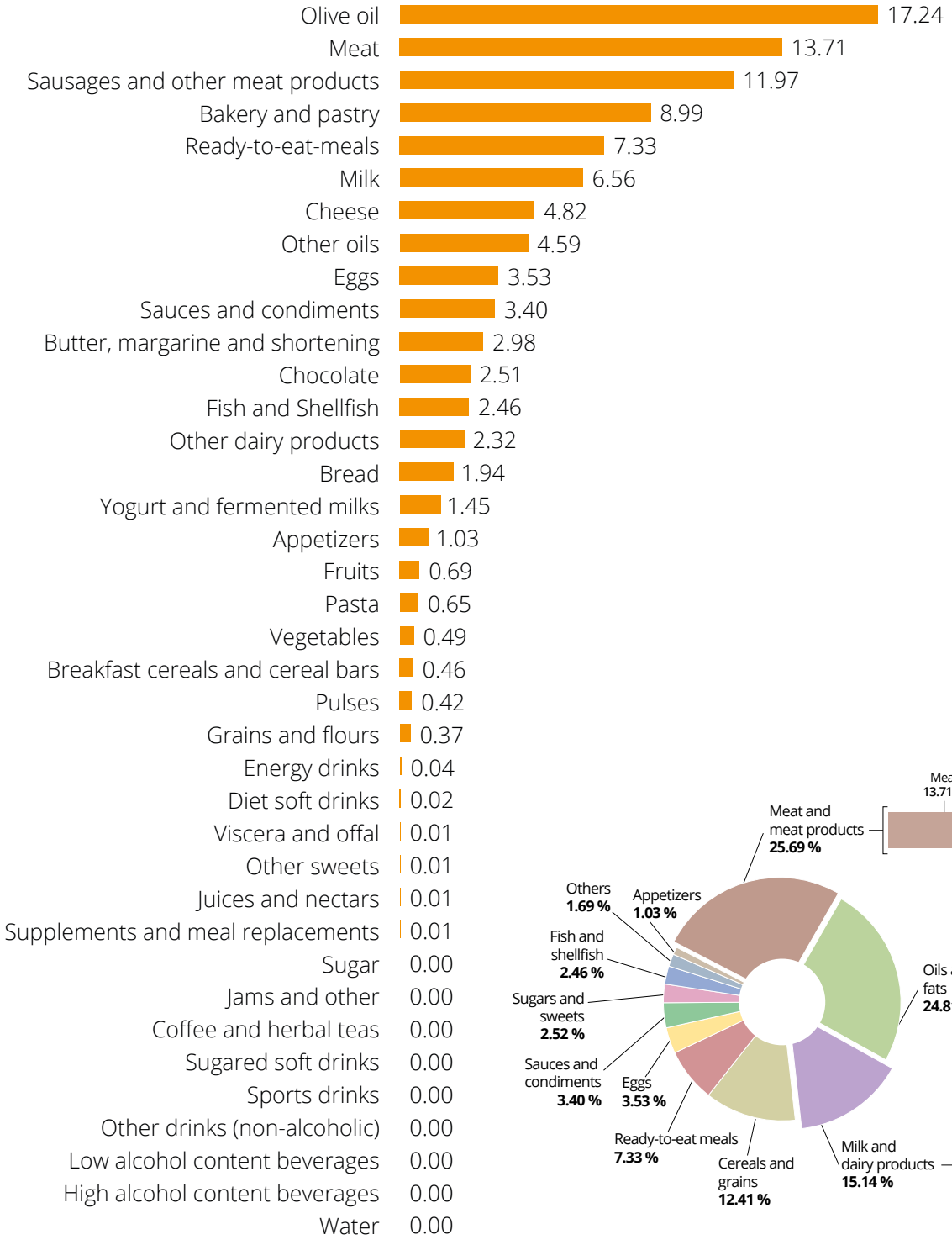

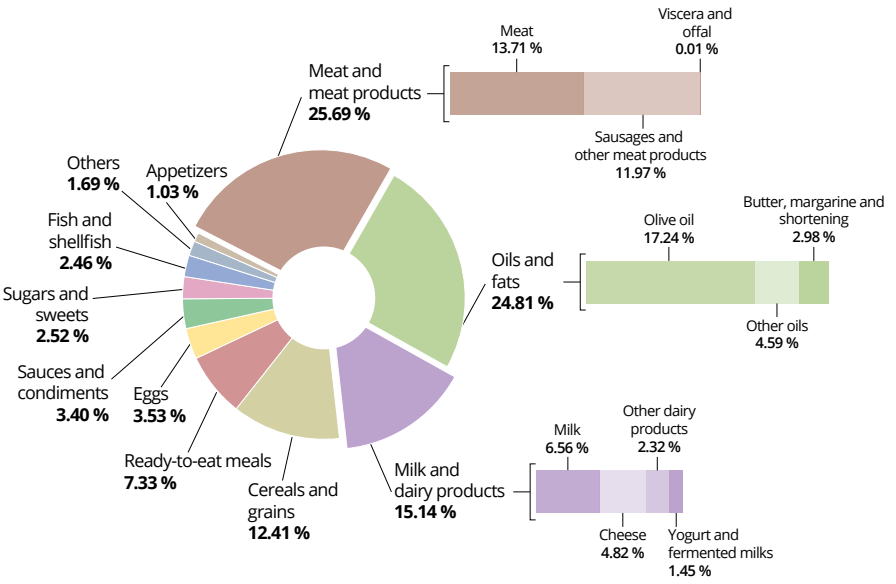

*Random sample plus boost

Dietary sources of lipids (%) from food and beverage groups and subgroups.

9. ADOLESCENT GIRLS 13-17 YEARS

Sample: 74 individuals*

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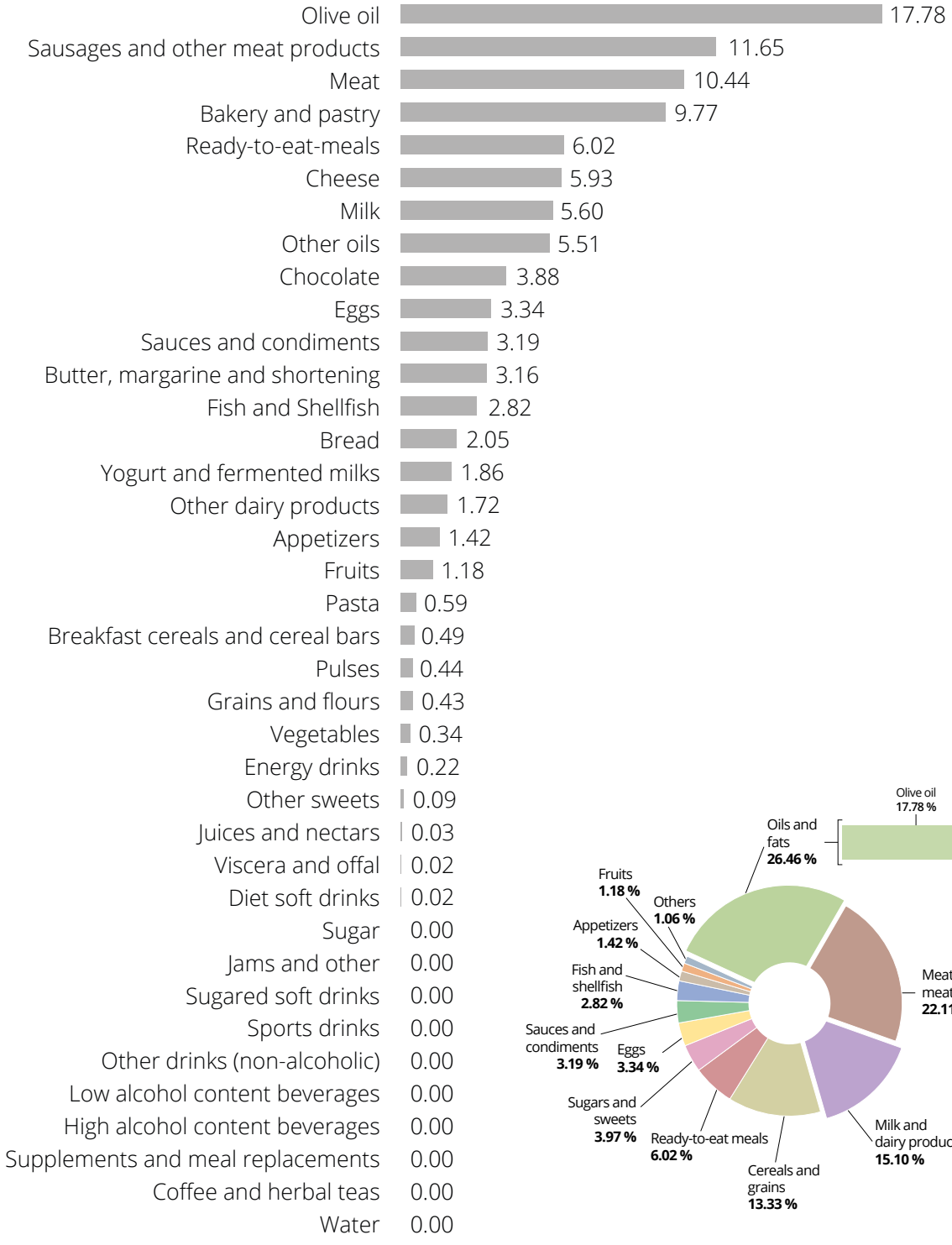

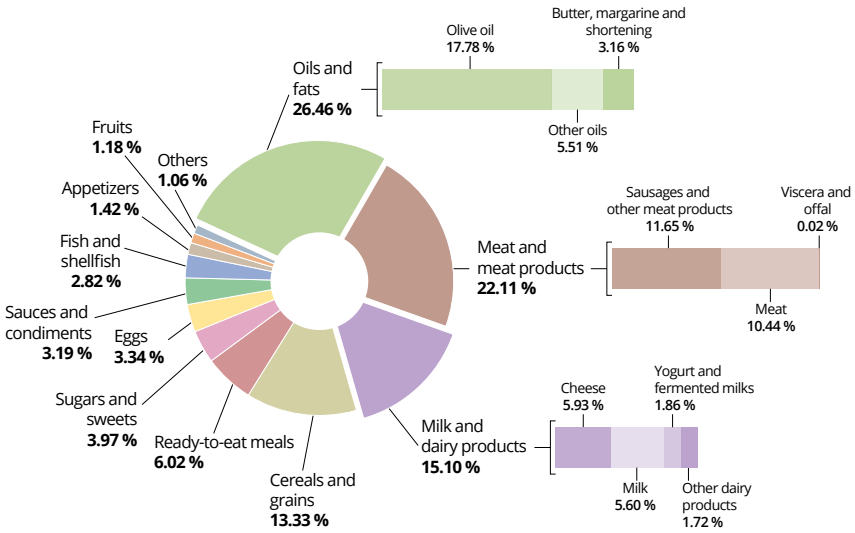

*Random sample plus boost

Dietary sources of lipids (%) from food and beverage groups and subgroups.

10. ADULTS 18-64 YEARS

Sample: 1,655 individuals*

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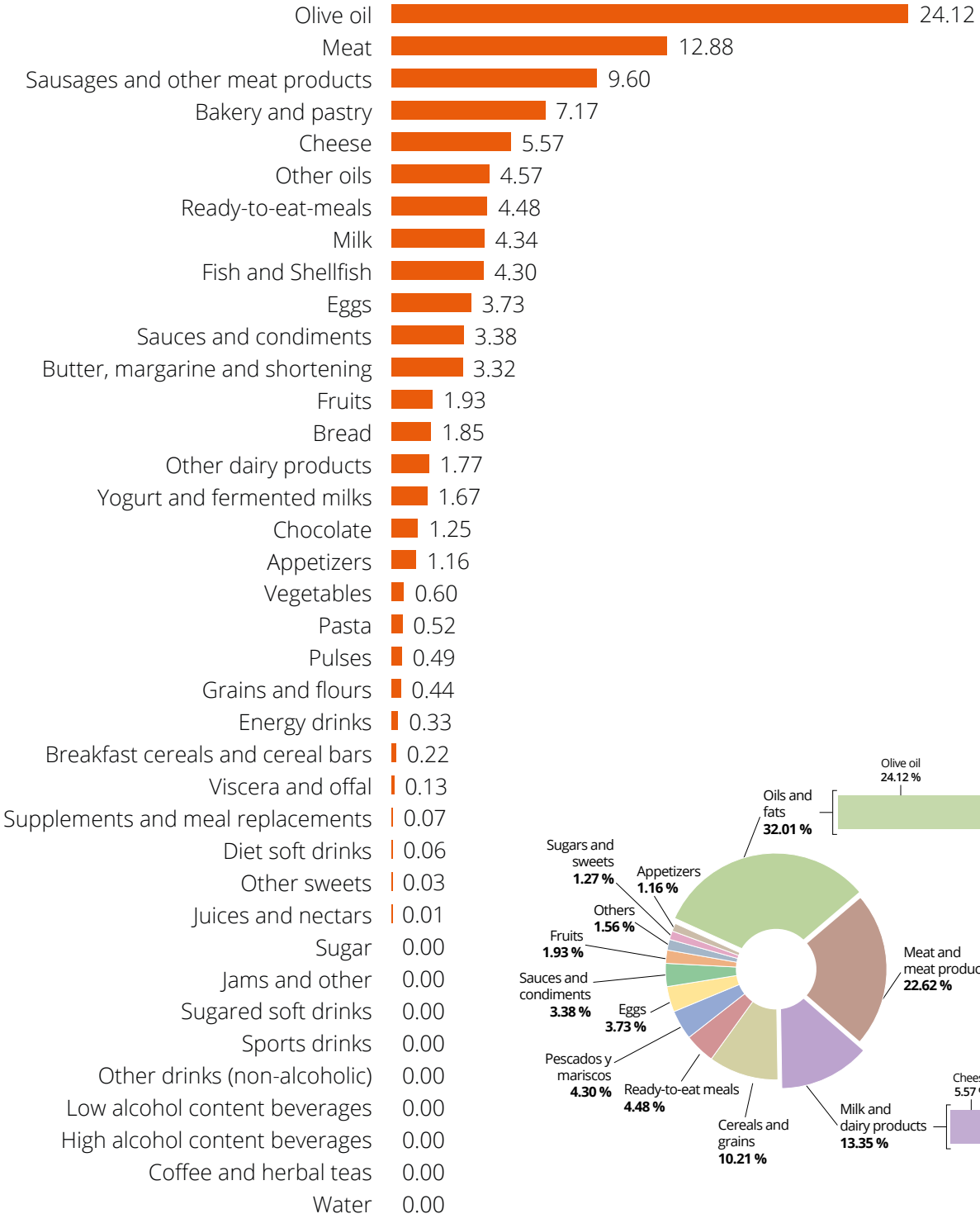

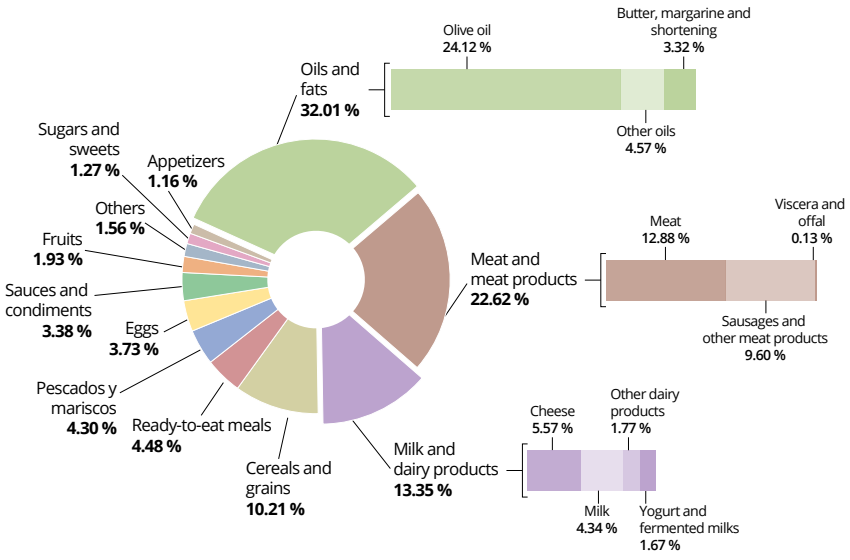

*Random sample

LIPIDS

Dietary sources of lipids (%) from food and beverage groups and subgroups.

11. ADULT MEN 18-64 YEARS

Sample: 798 individuals*

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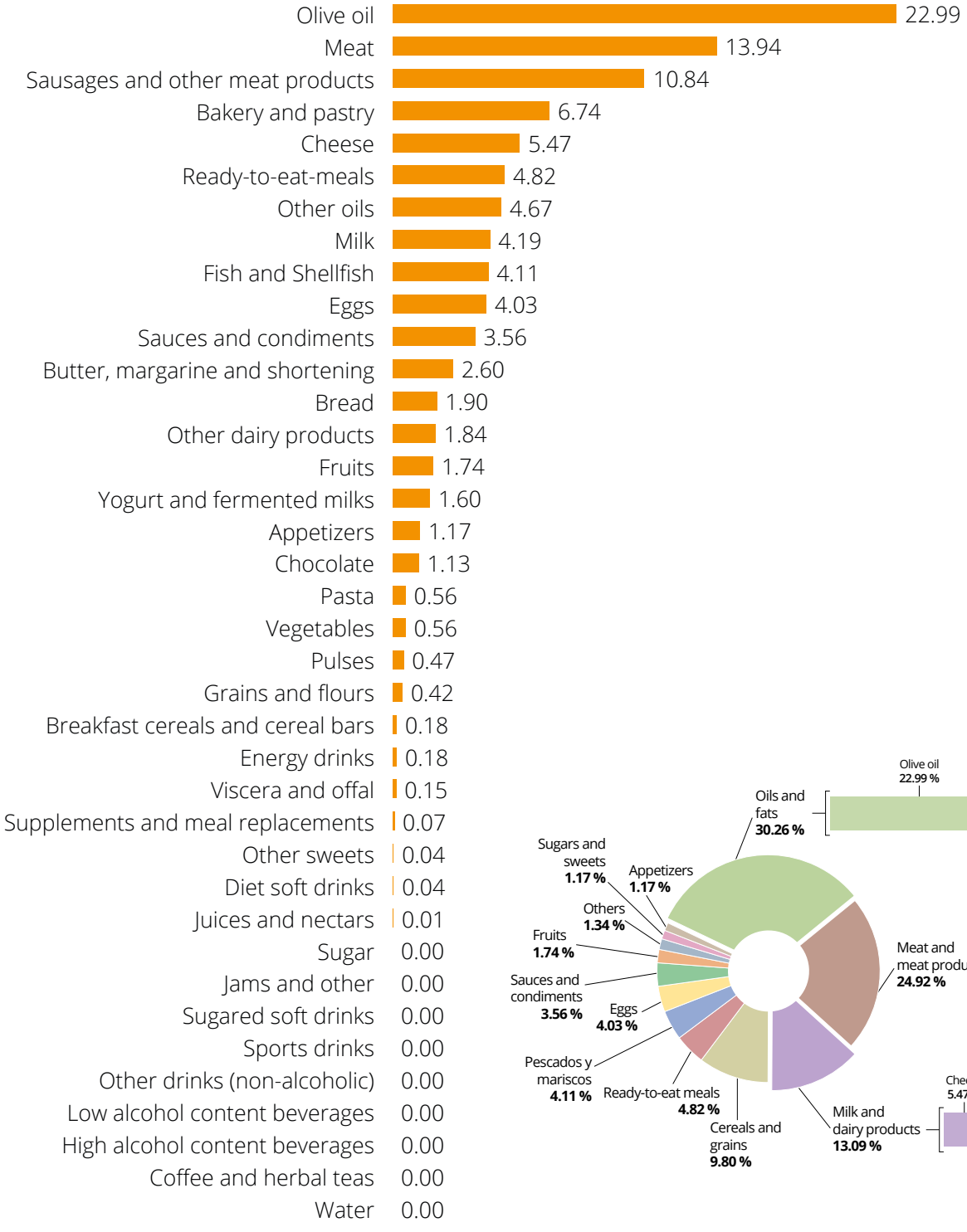

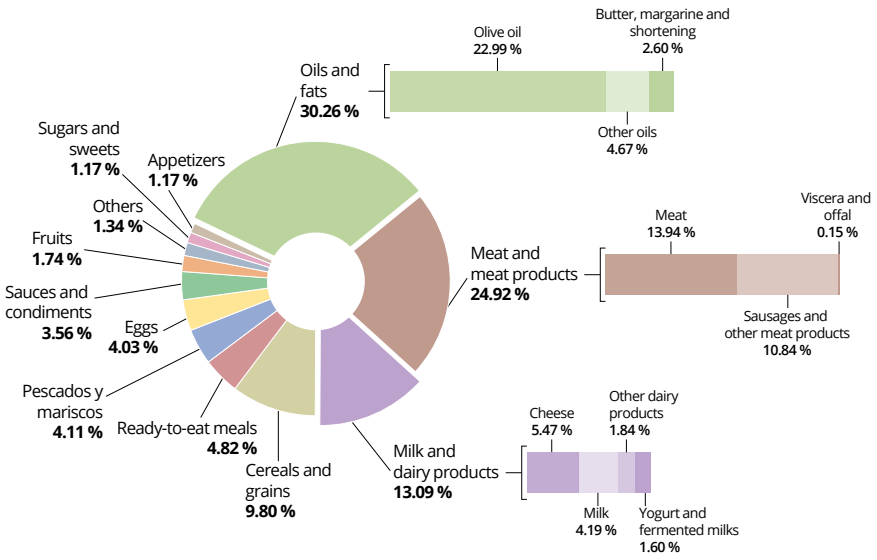

*Random sample

Dietary sources of lipids (%) from food and beverage groups and subgroups.

12. ADULT WOMEN 18-64 YEARS

Sample: 857 individuals*

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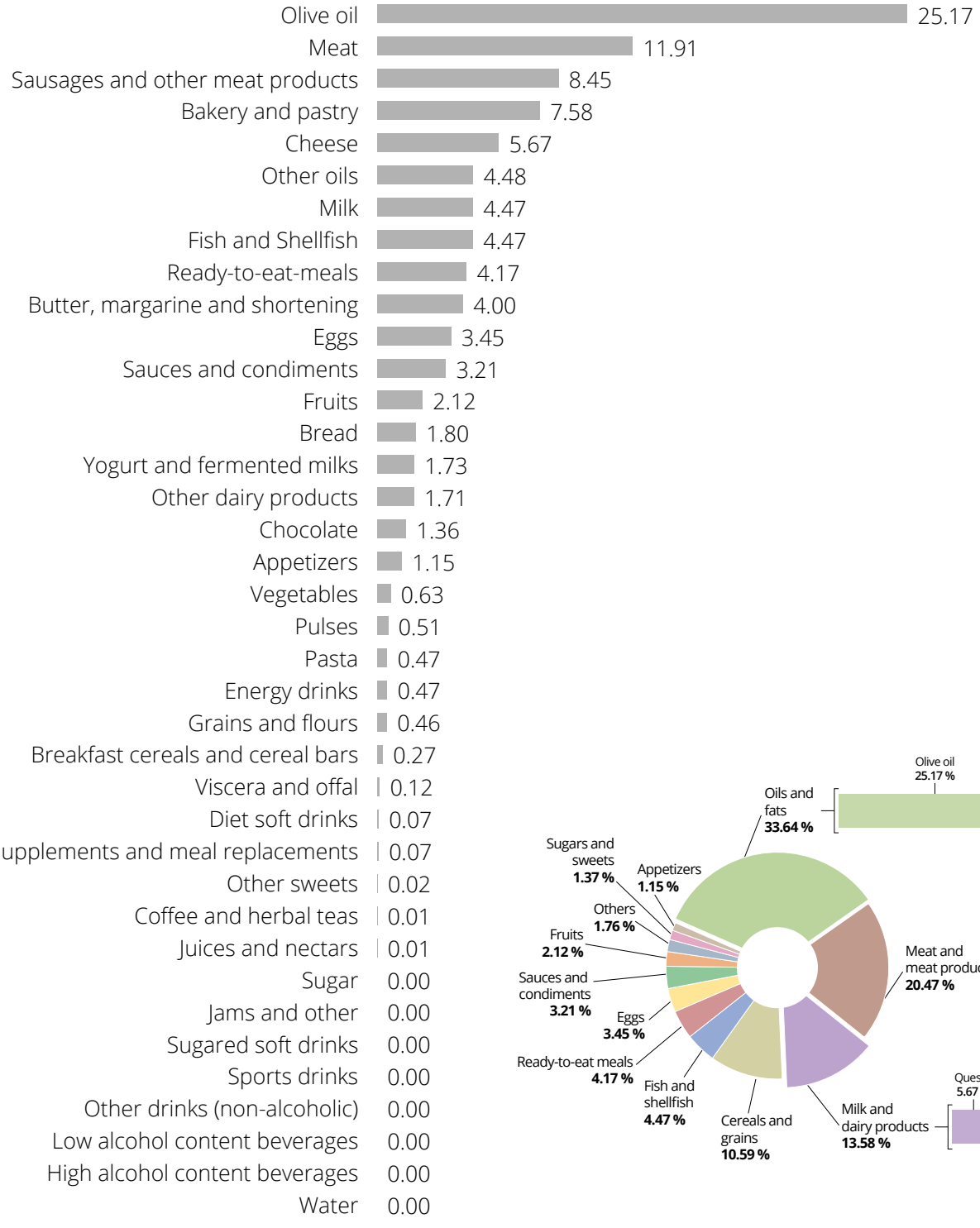

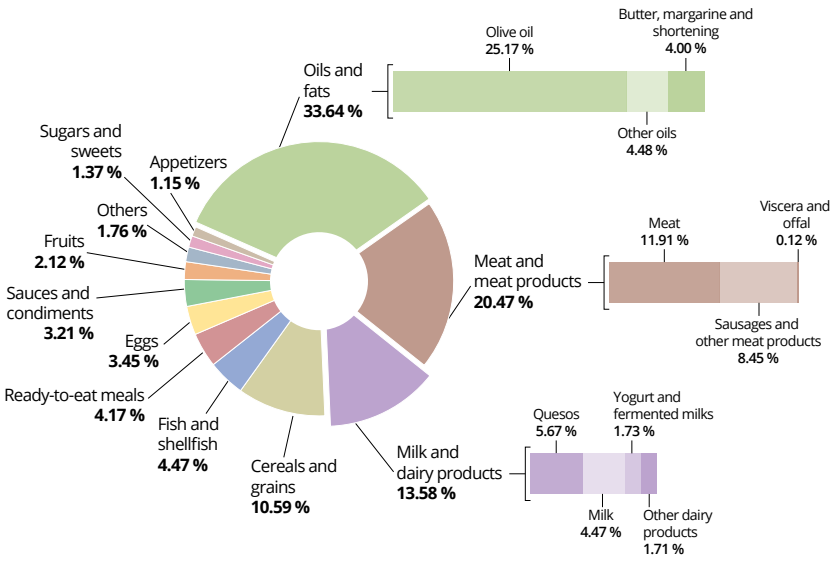

*Random sample

Dietary sources of lipids (%) from food and beverage groups and subgroups.

13. ERDERLY 65-75 YEARS

Sample: 206 individuals*

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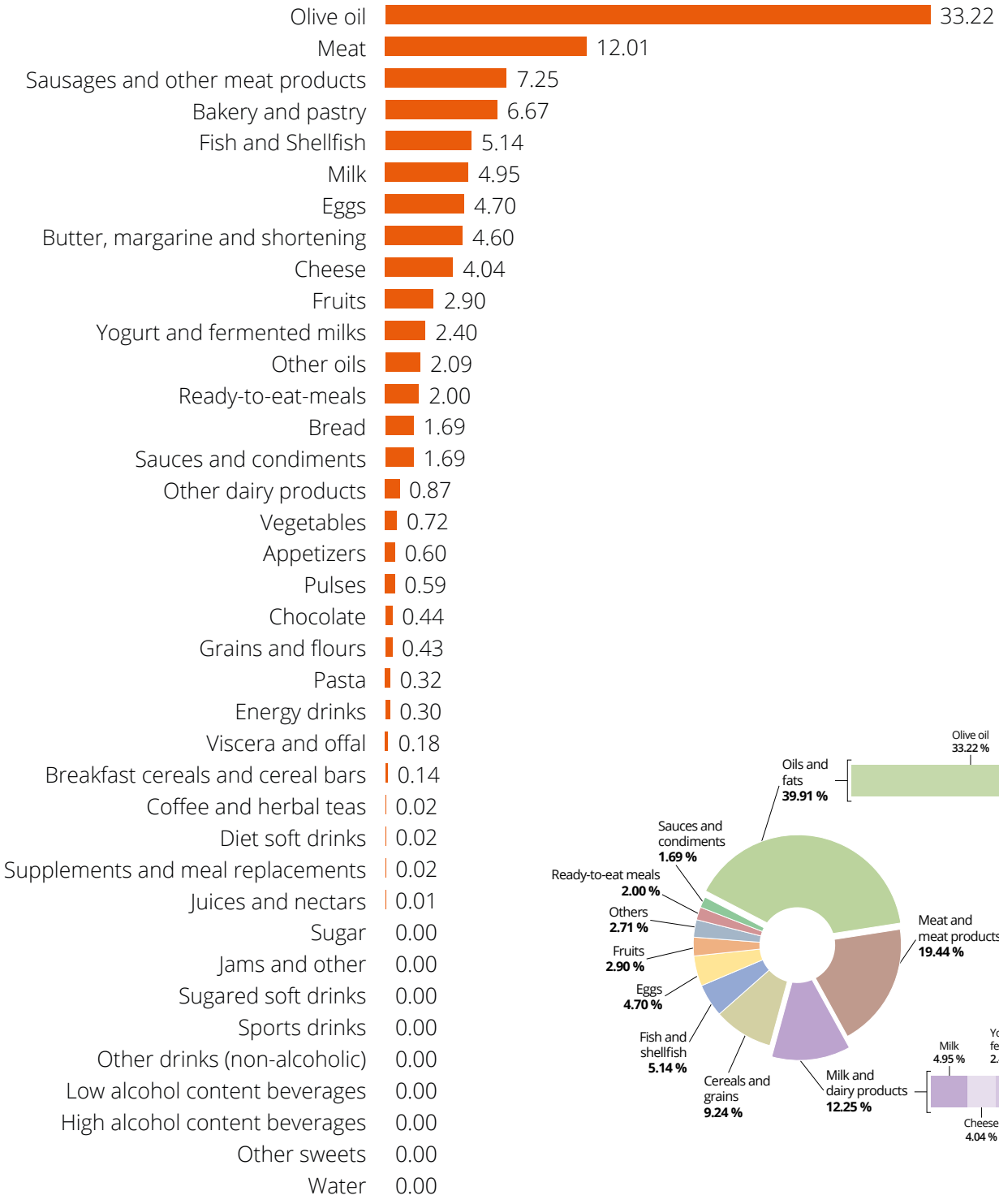

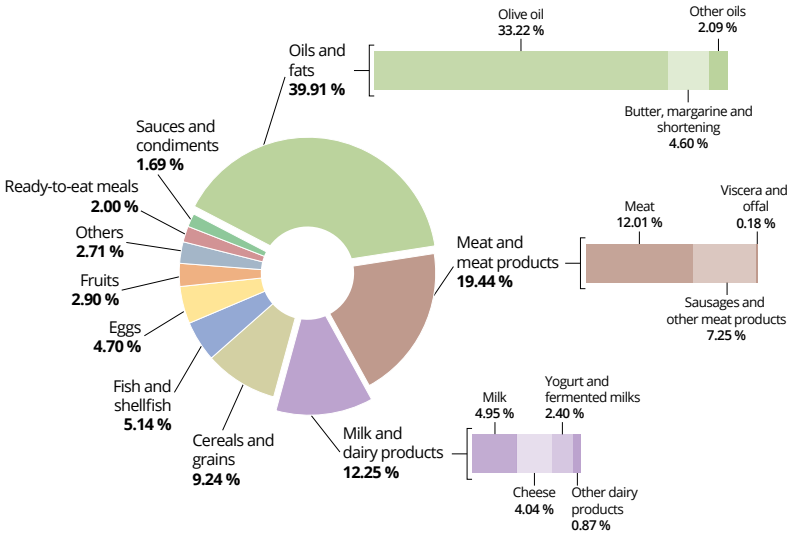

*Random sample

Dietary sources of lipids (%) from food and beverage groups and subgroups.

14. ELDERLY MEN 65-75 YEARS

Sample: 99 individuals*

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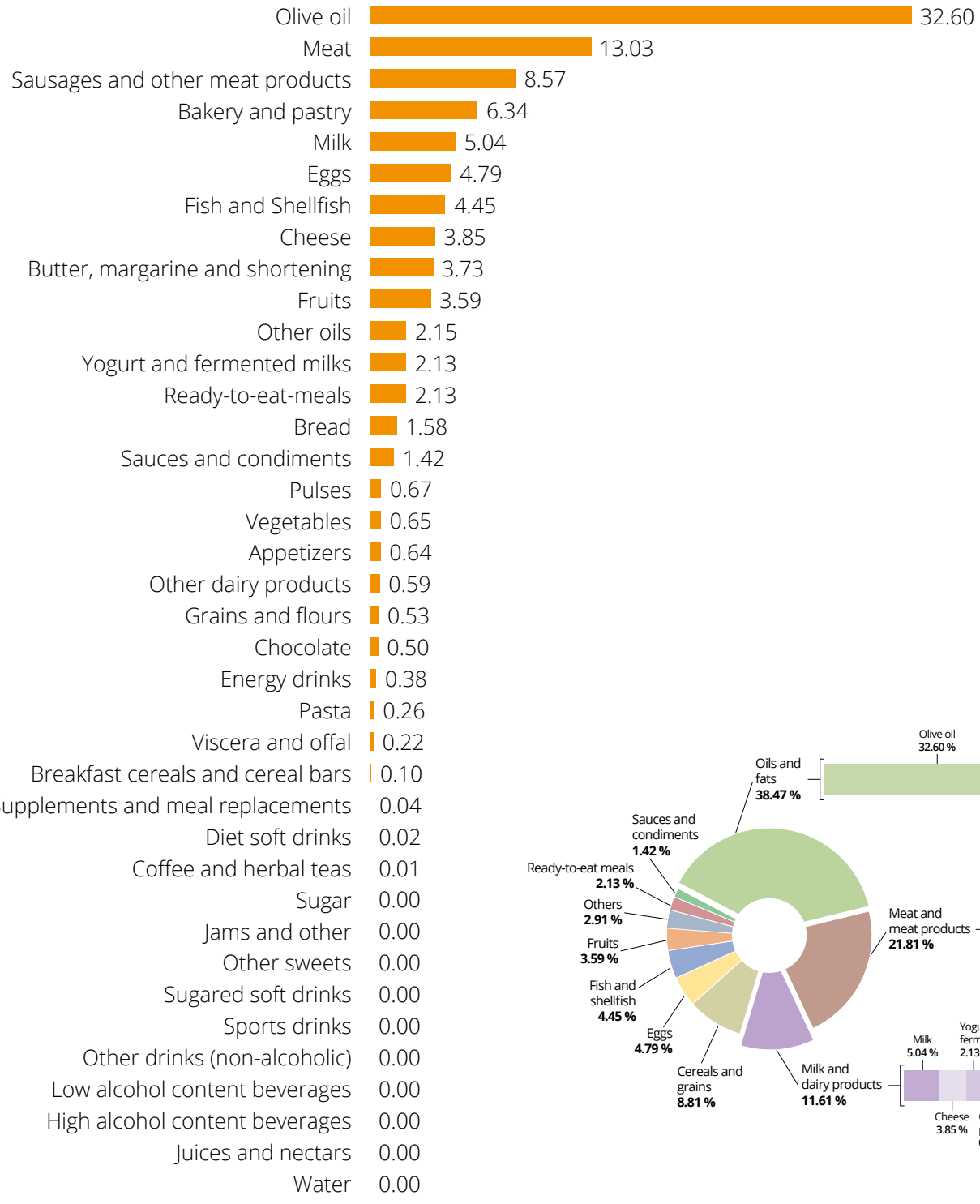

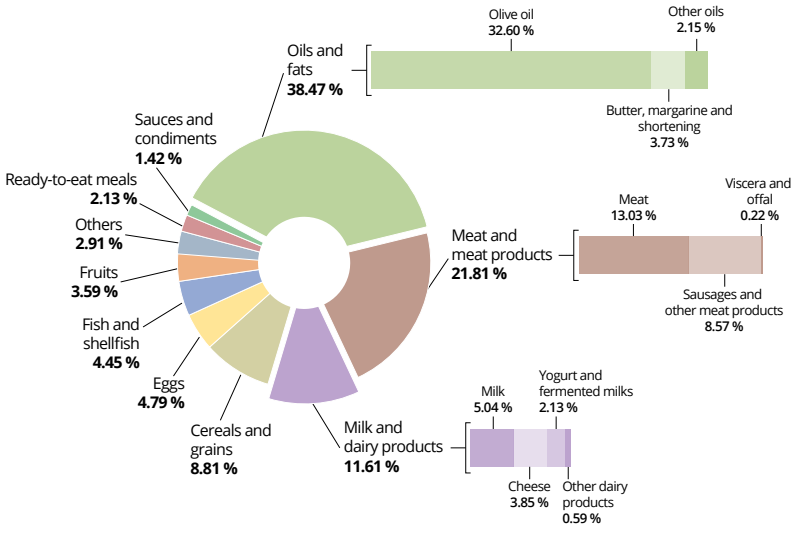

*Random sample

Dietary sources of lipids (%) from food and beverage groups and subgroups.

15. ELDERLY WOMEN 65-75 YEARS

Sample: 107 individuals*

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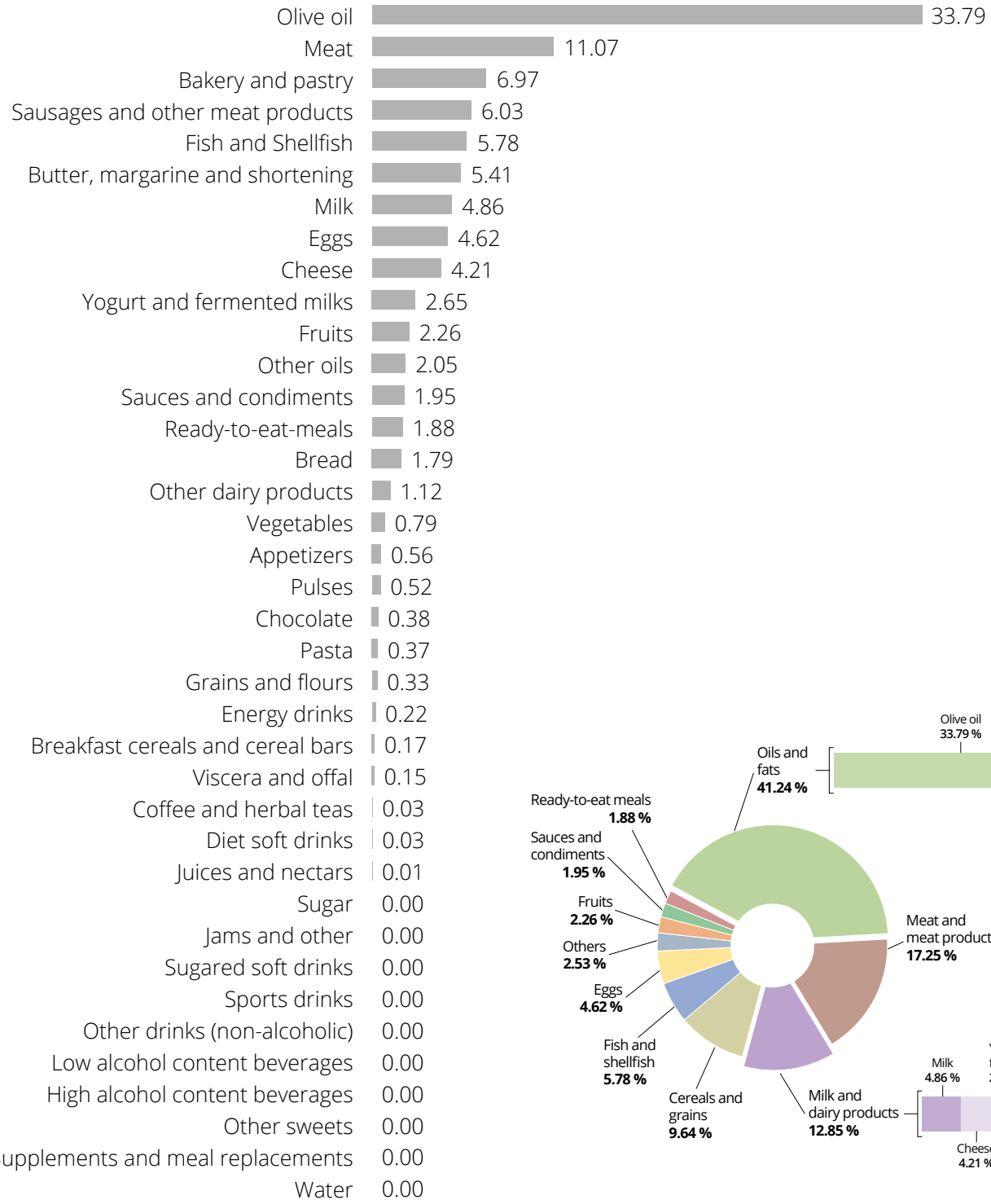

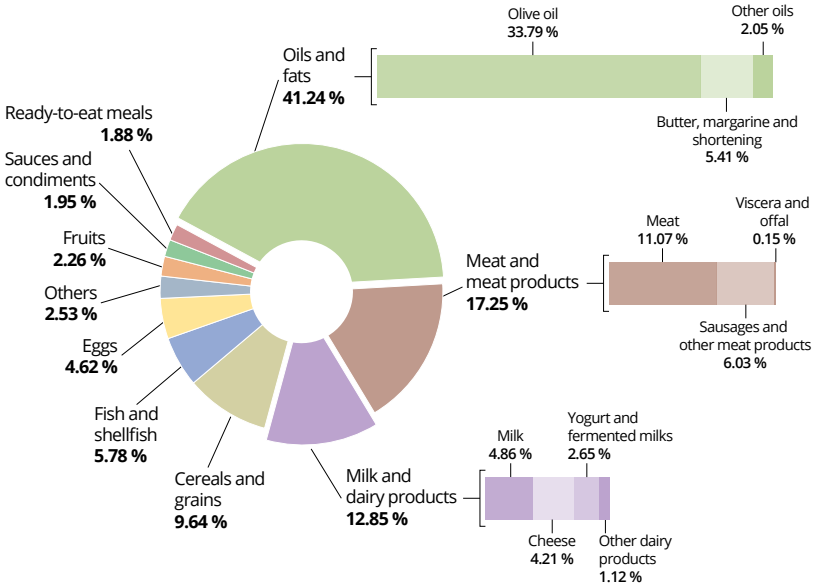

*Random sample

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Dietary sources of **saturated fatty acids (SFA)** (%) from food and beverage groups and subgroups

SFA

Dietary sources of saturated fatty acids (SFA) (%) from food and beverage groups and subgroups.

1. GENERAL 9-75 YEARS

Sample: 2,009 individuals*

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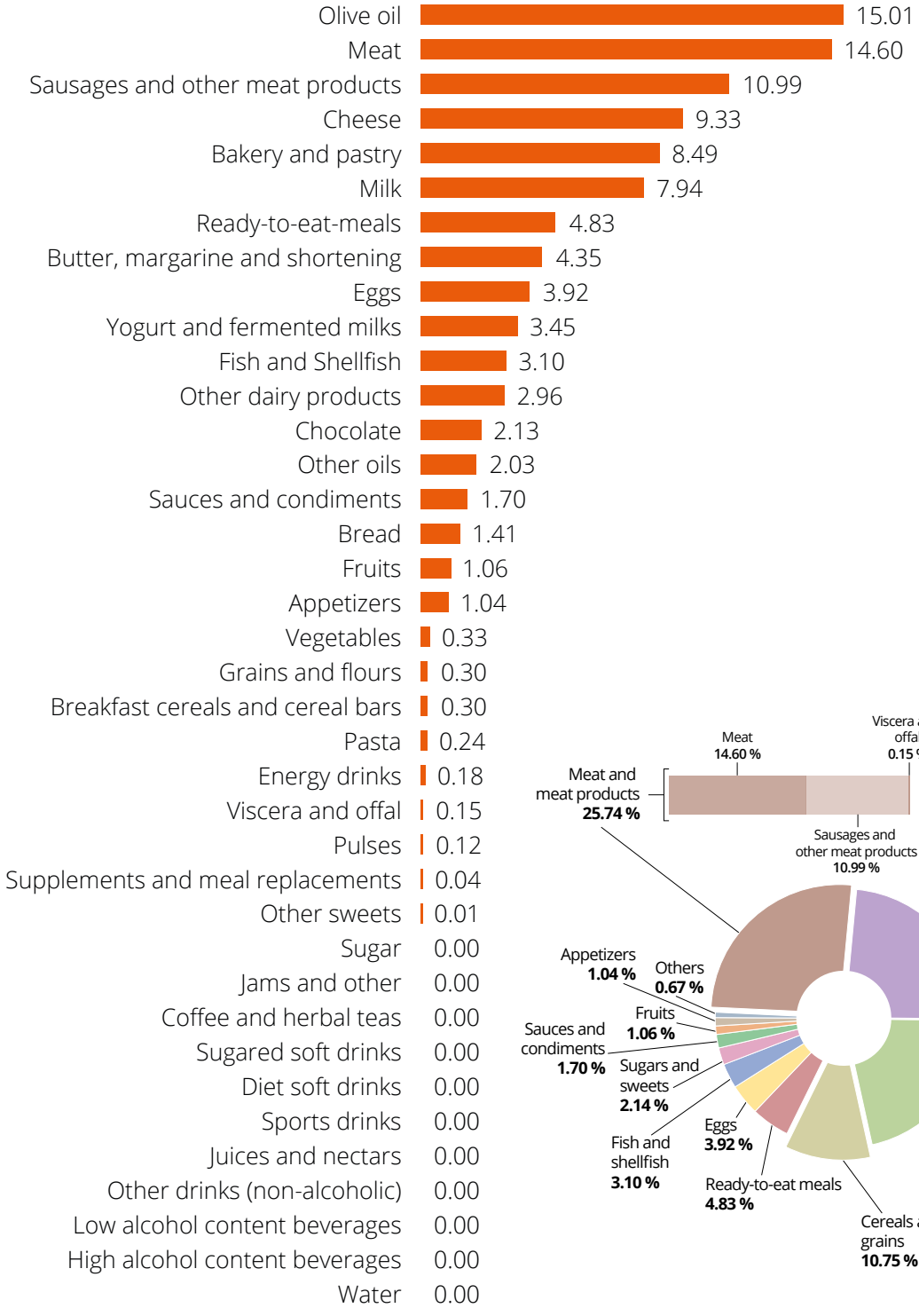

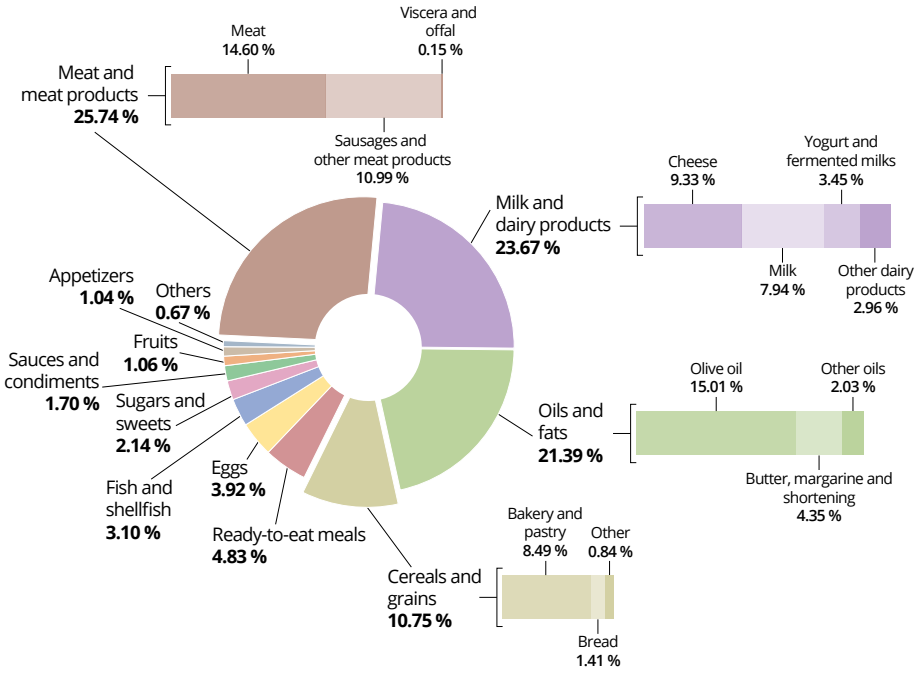

*Random sample

ANIBES

SFA

Dietary sources of saturated fatty acids (SFA) (%) from food and beverage groups and subgroups.

2. GENERAL MEN 9-75 YEARS

Sample: 1,013 individuals*

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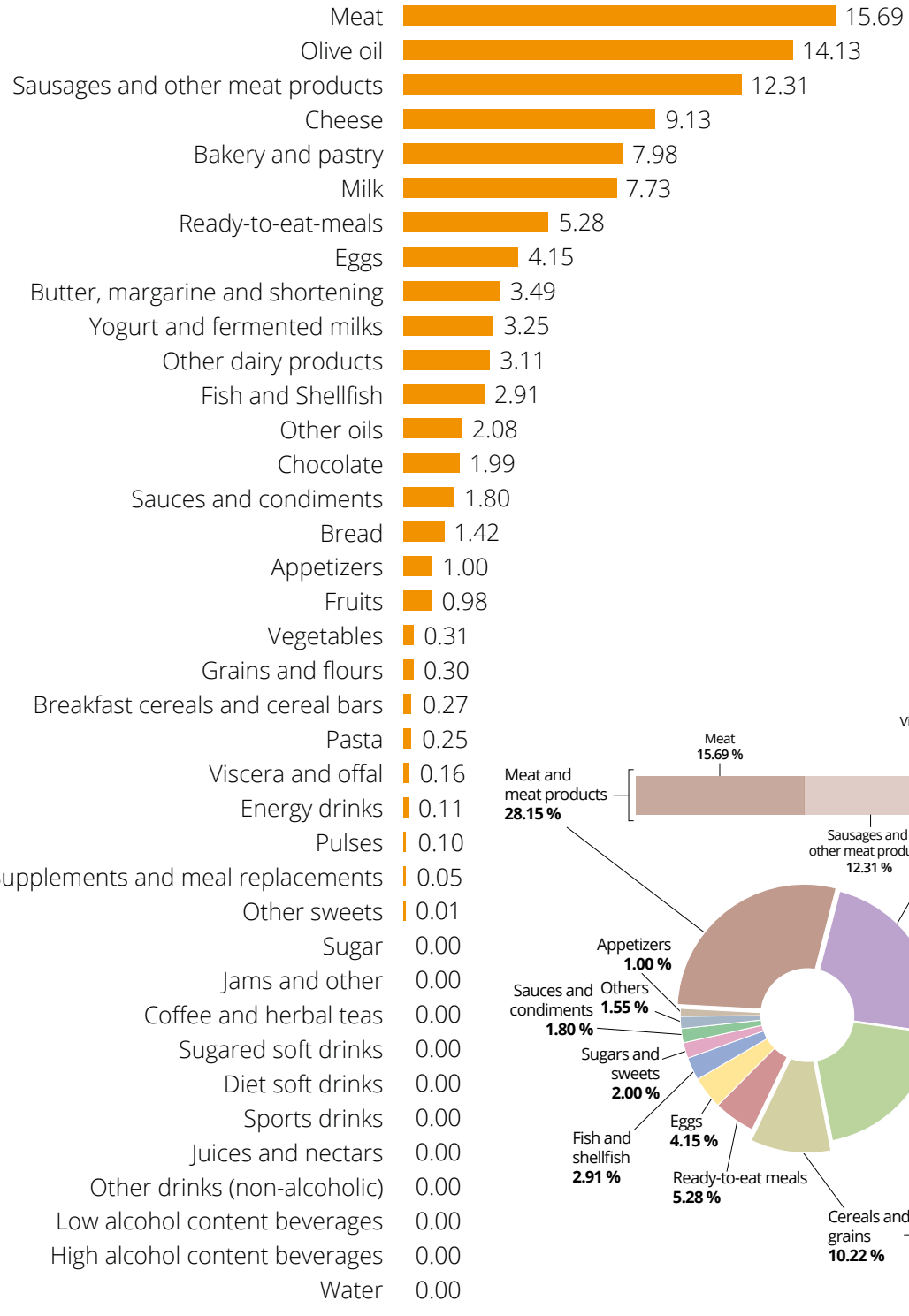

*Random sample

Dietary sources of saturated fatty acids (SFA) (%) from food and beverage groups and subgroups.

SFA

3. GENERAL WOMEN 9-75 YEARS

Sample: 996 individuals*

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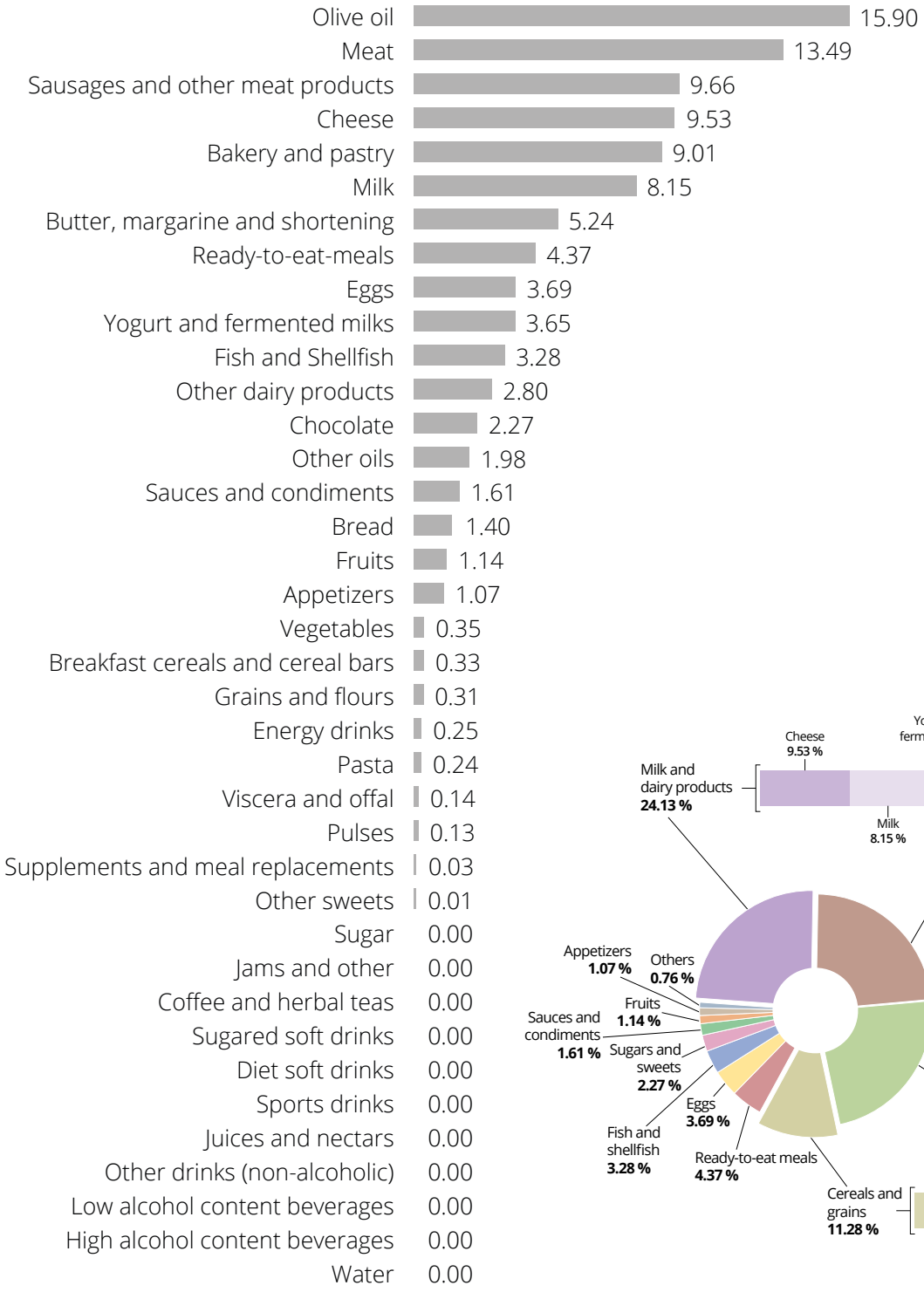

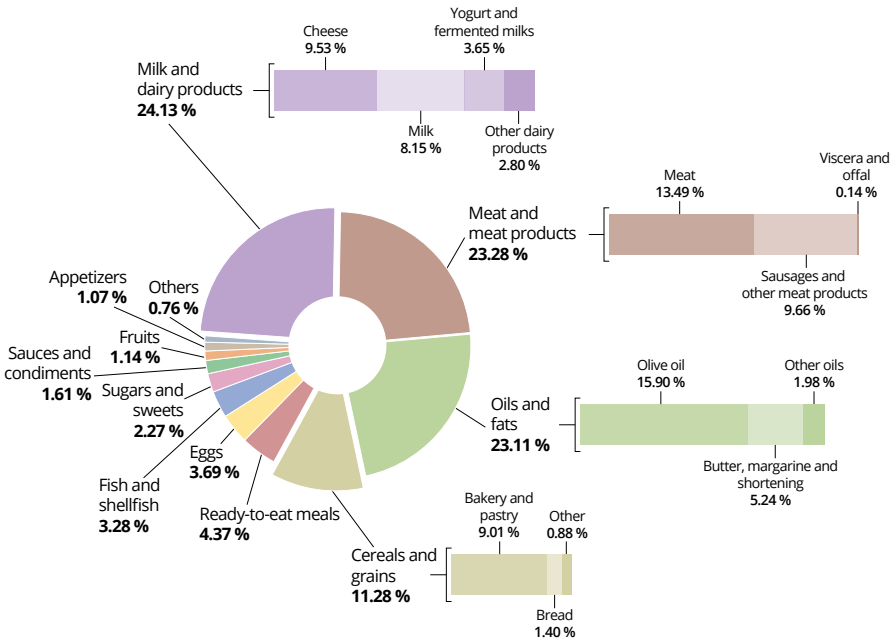

*Random sample

ANIBES

SFA

Dietary sources of saturated fatty acids (SFA) (%) from food and beverage groups and subgroups.

4. CHILDREN BOYS AND GIRLS 9-12 YEARS

Sample: 213 individuals*

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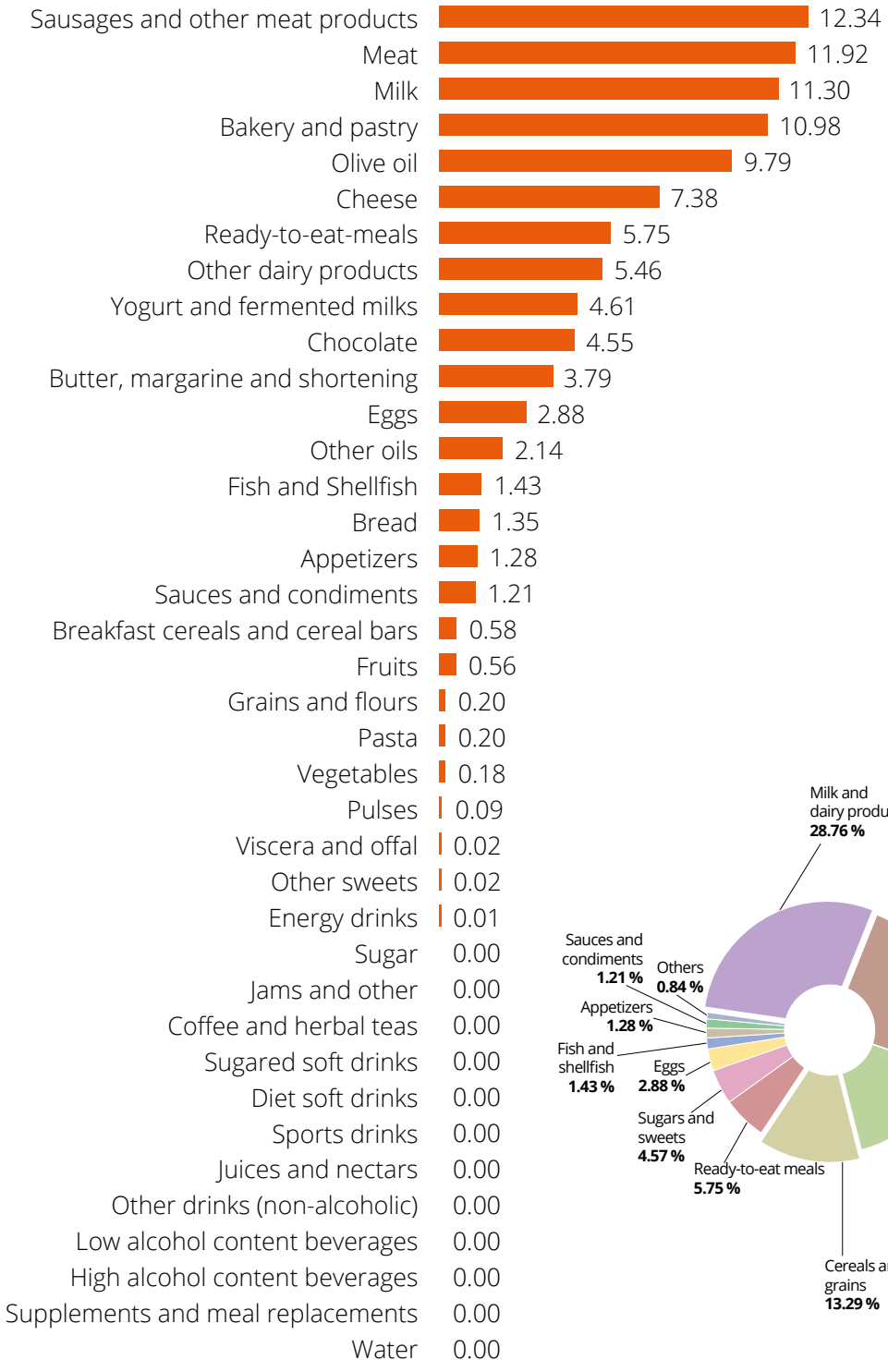

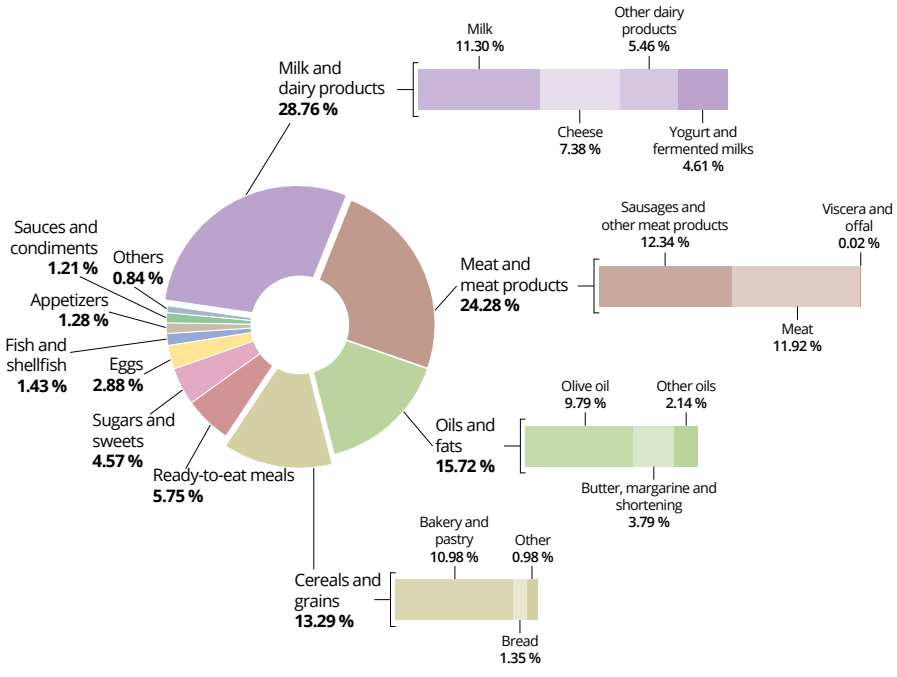

*Random sample plus boost

ANIBES

SFA

Dietary sources of saturated fatty acids (SFA) (%) from food and beverage groups and subgroups.

5. CHILDREN BOYS 9-12 YEARS

Sample: 126 individuals*

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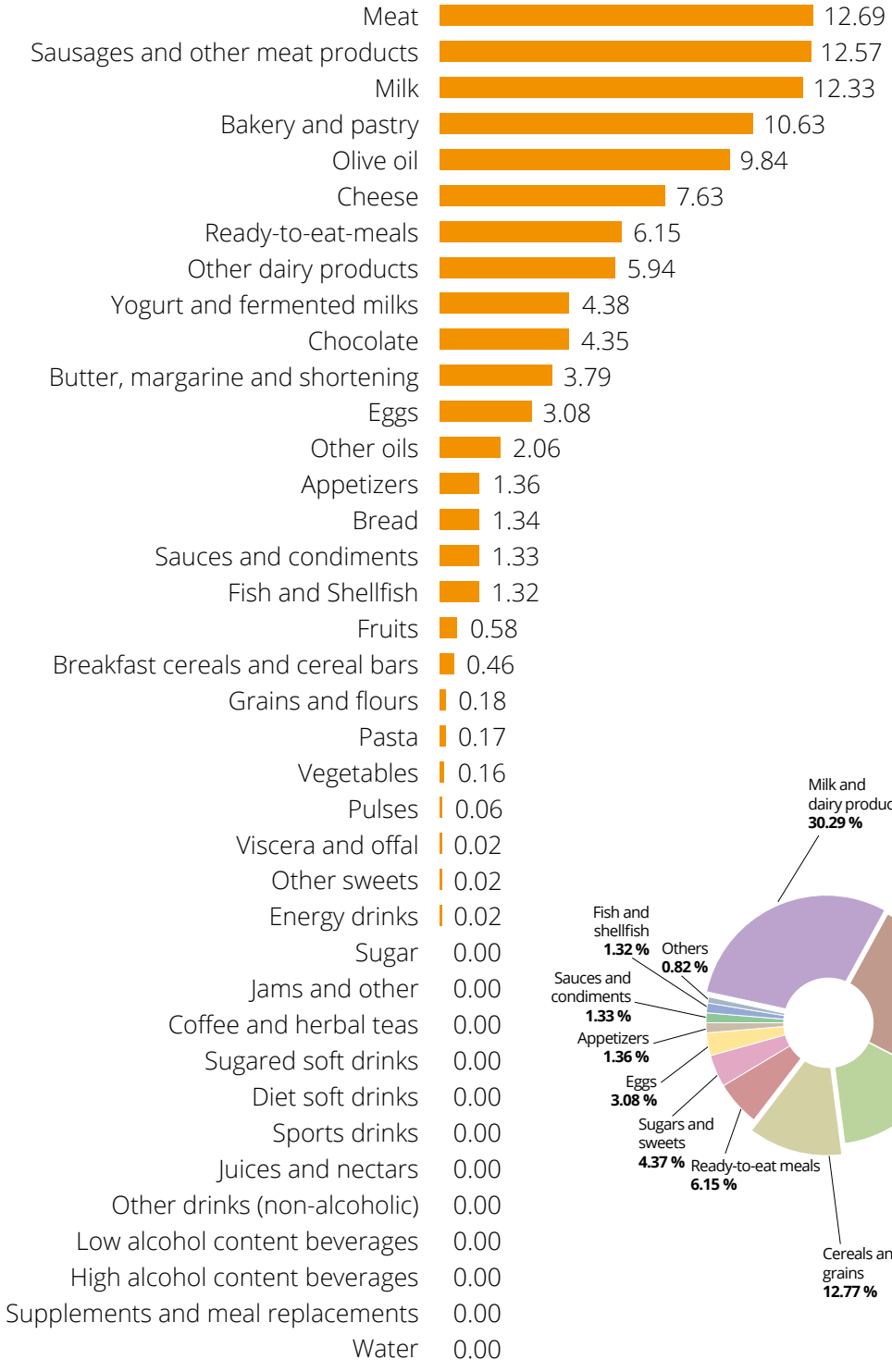

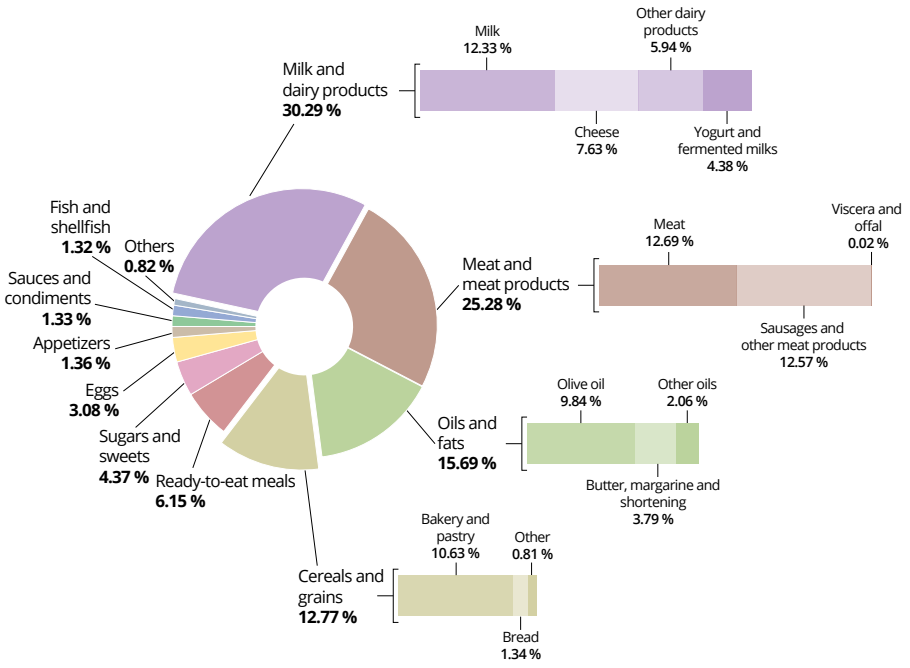

*Random sample plus boost

Dietary sources of saturated fatty acids (SFA) (%) from food and beverage groups and subgroups.

SFA

6. CHILDREN GIRLS 9-12 YEARS

Sample: 87 individuals*

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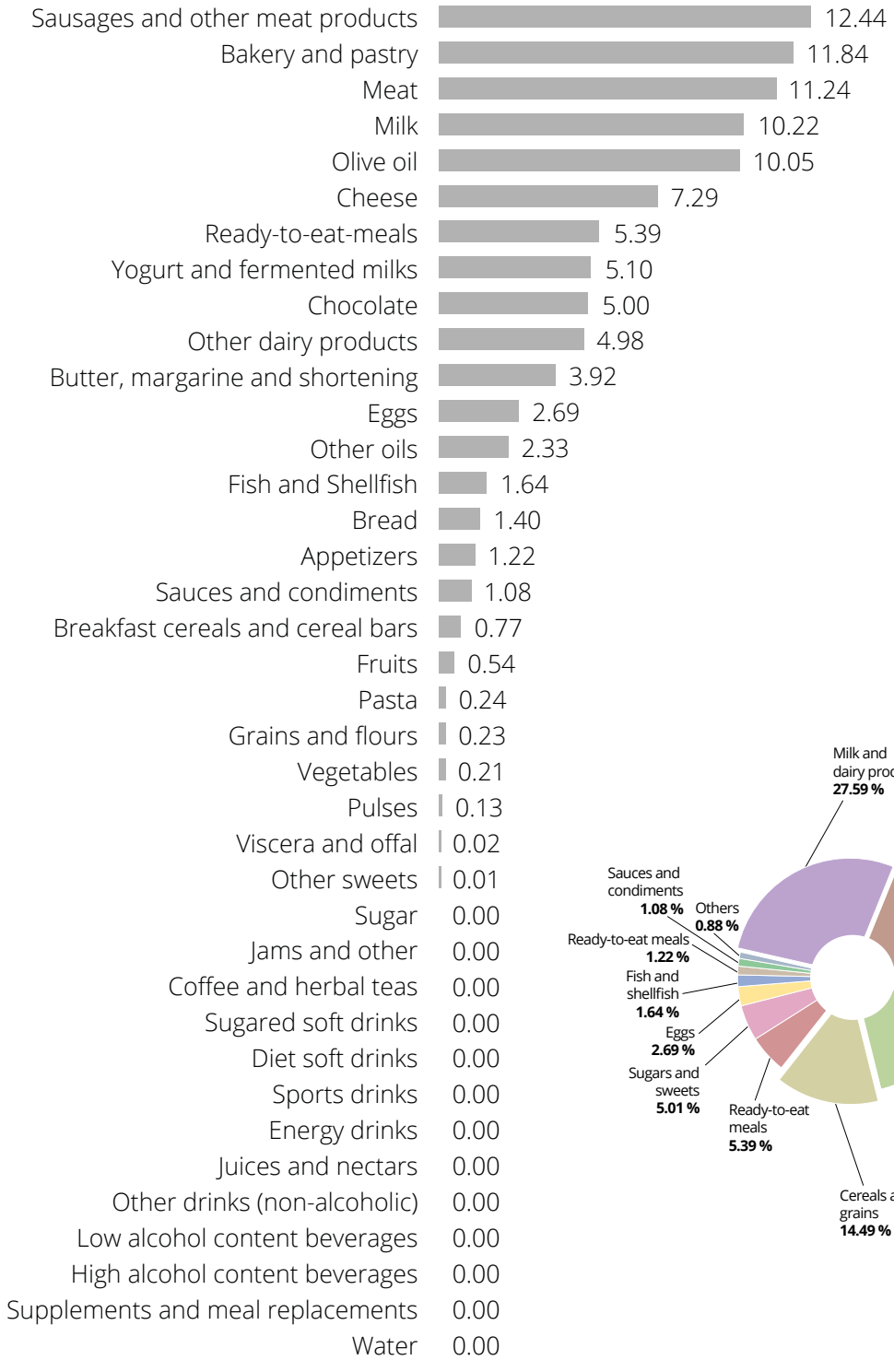

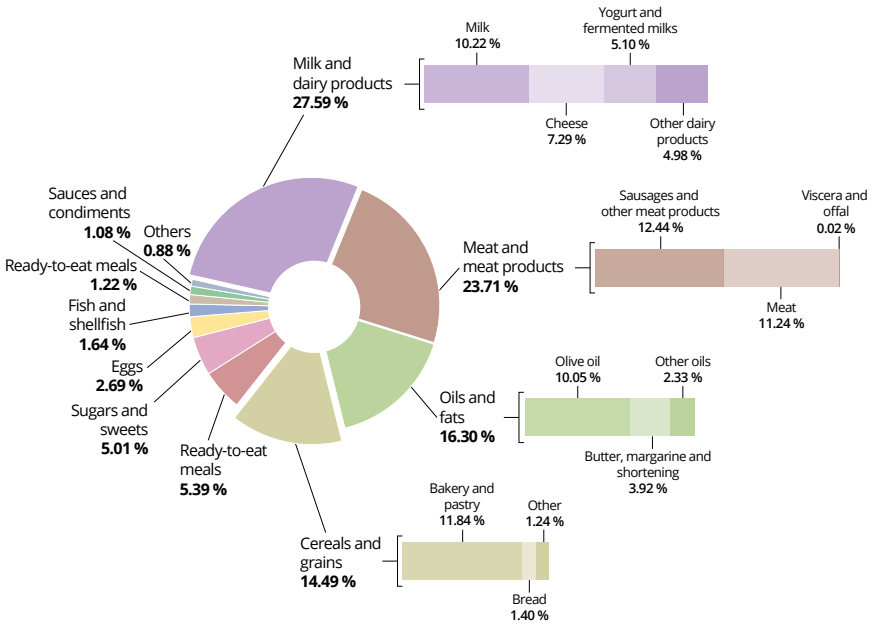

*Random sample plus boost

Dietary sources of saturated fatty acids (SFA) (%) from food and beverage groups and subgroups.

7. ADOLESCENTS 13-17 YEARS

SFA

Sample: 211 individuals*

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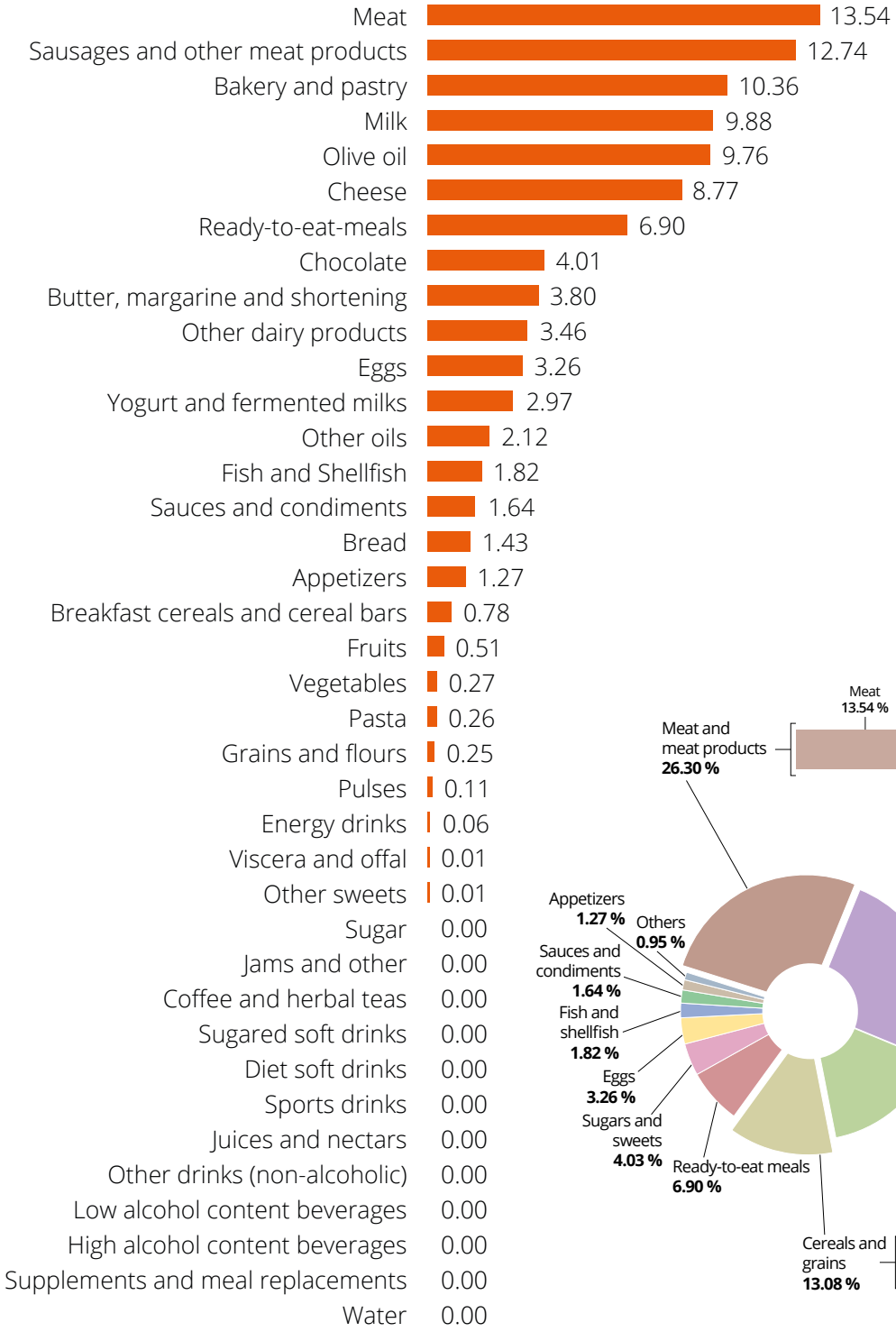

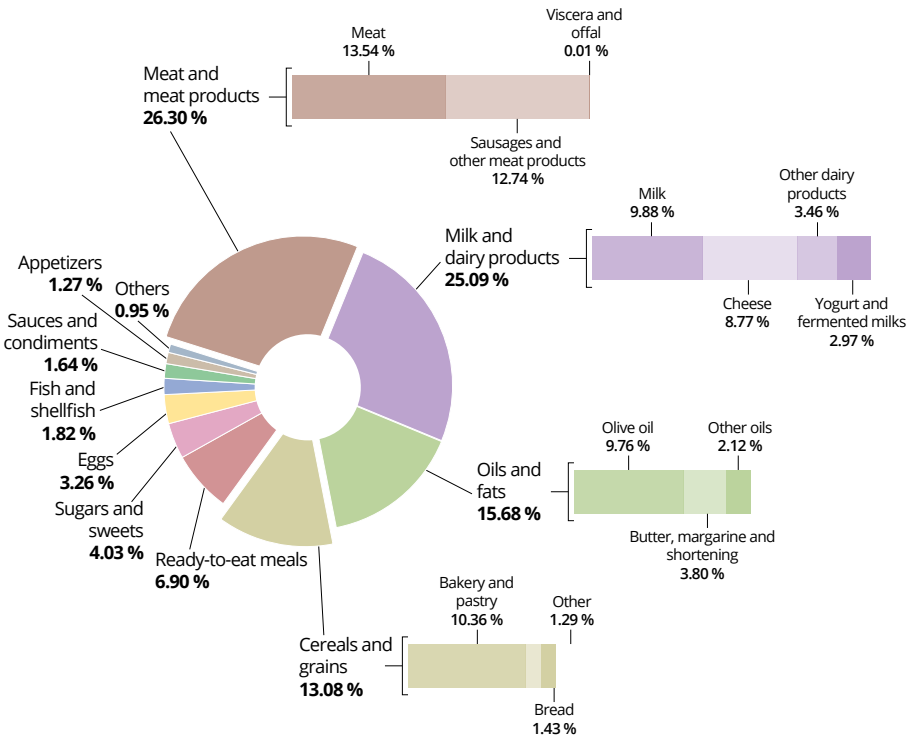

*Random sample plus boost

ANIBES

SFA

Dietary sources of saturated fatty acids (SFA) (%) from food and beverage groups and subgroups.

8. ADOLESCENT BOYS 13-17 YEARS

Sample: 137 individuals*

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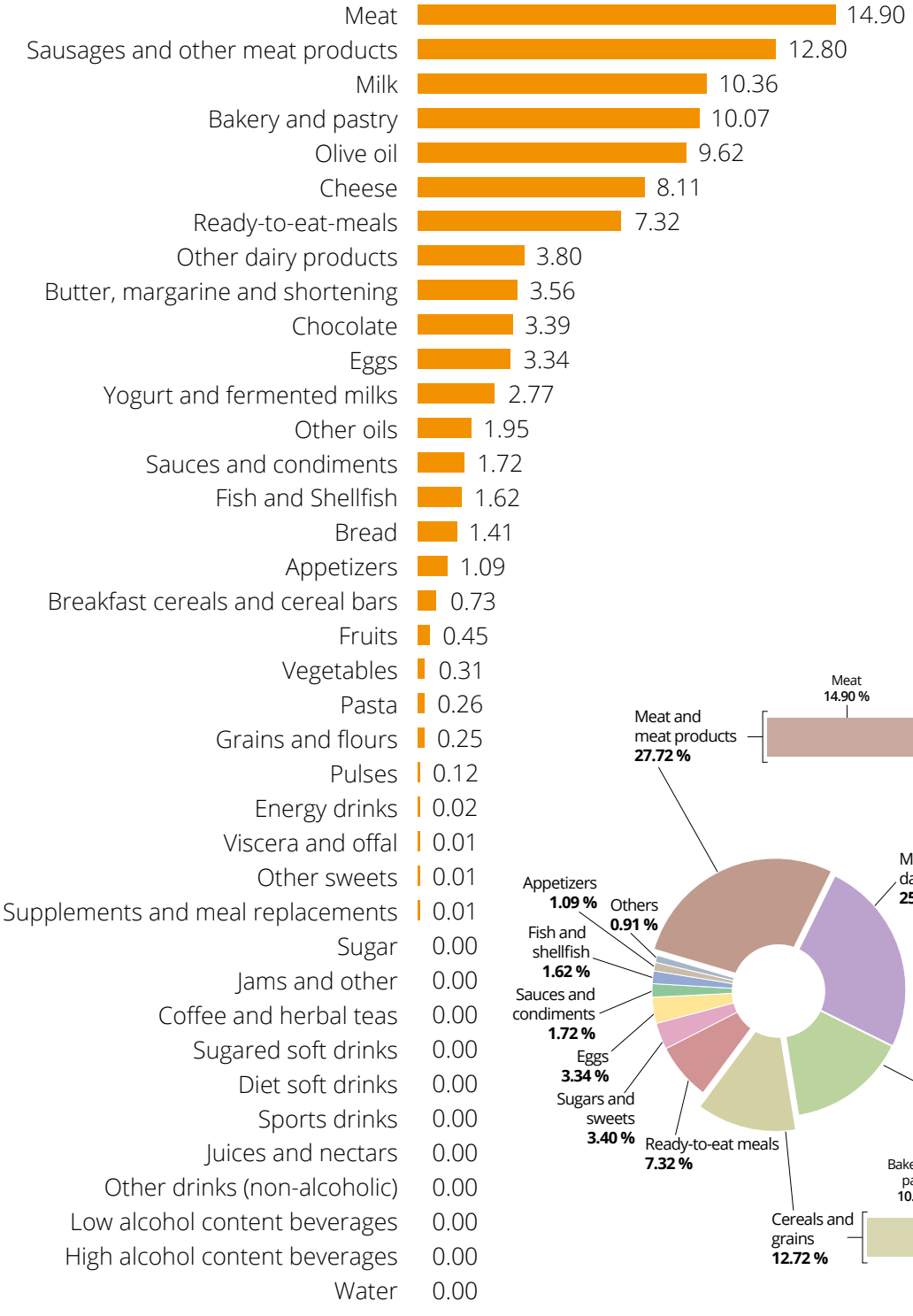

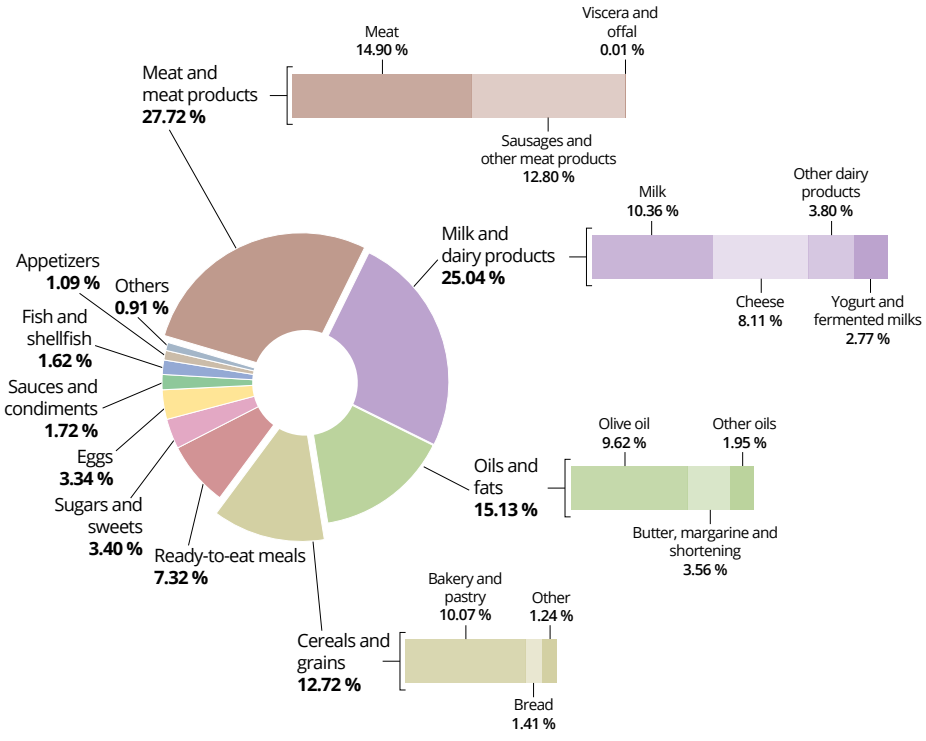

*Random sample plus boost

ANIBES

SFA

Dietary sources of saturated fatty acids (SFA) (%) from food and beverage groups and subgroups.

9. ADOLESCENT GIRLS 13-17 YEARS

Sample: 74 individuals*

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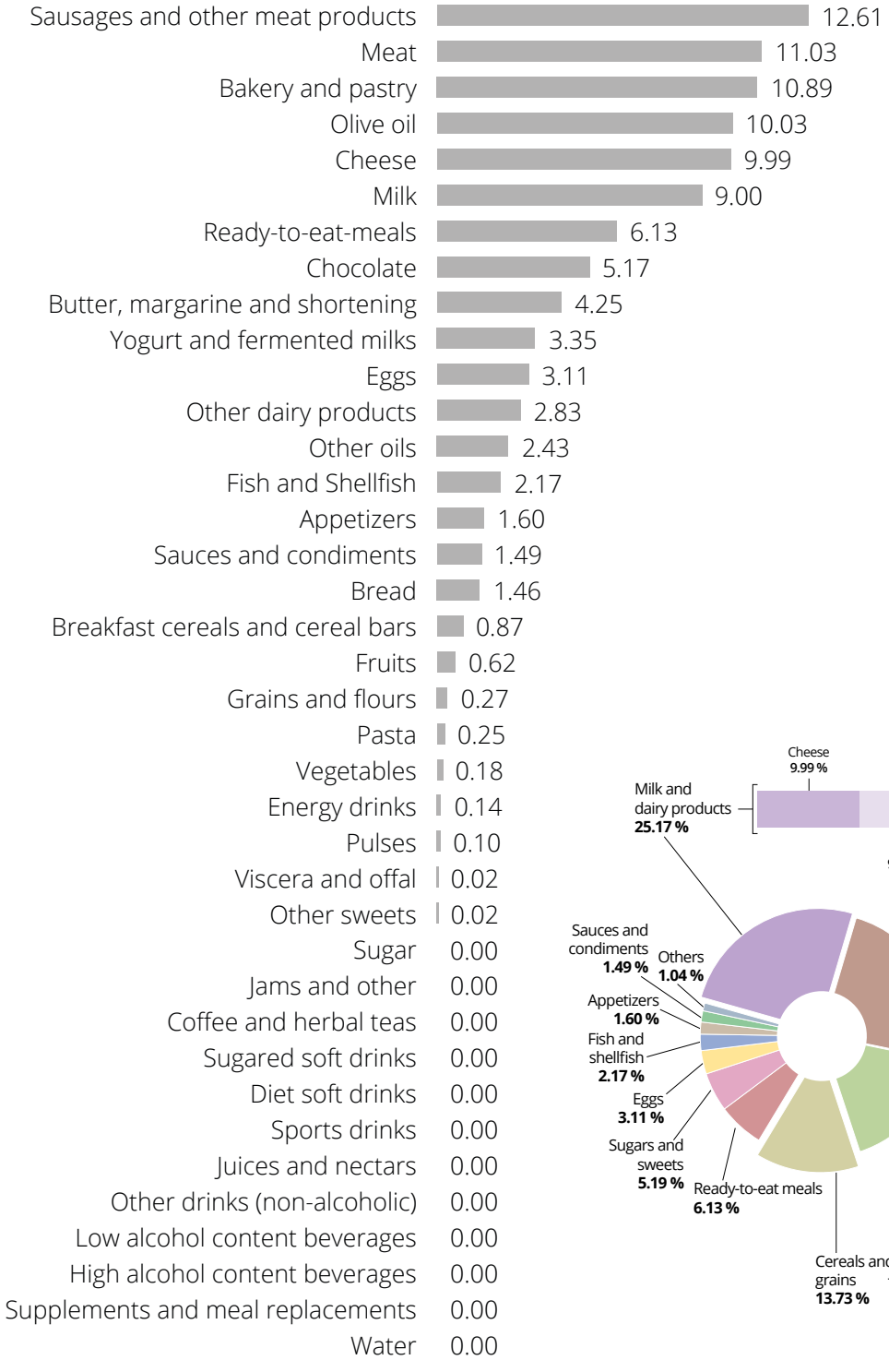

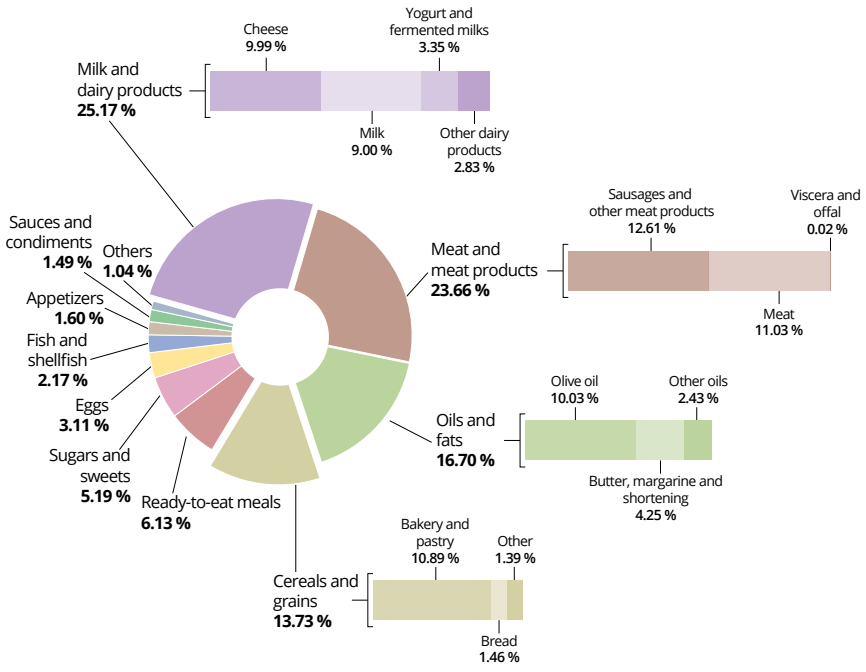

*Random sample plus boost

ANIBES

SFA

Dietary sources of saturated fatty acids (SFA) (%) from food and beverage groups and subgroups.

10. ADULTS 18-64 YEARS

Sample: 1,655 individuals*

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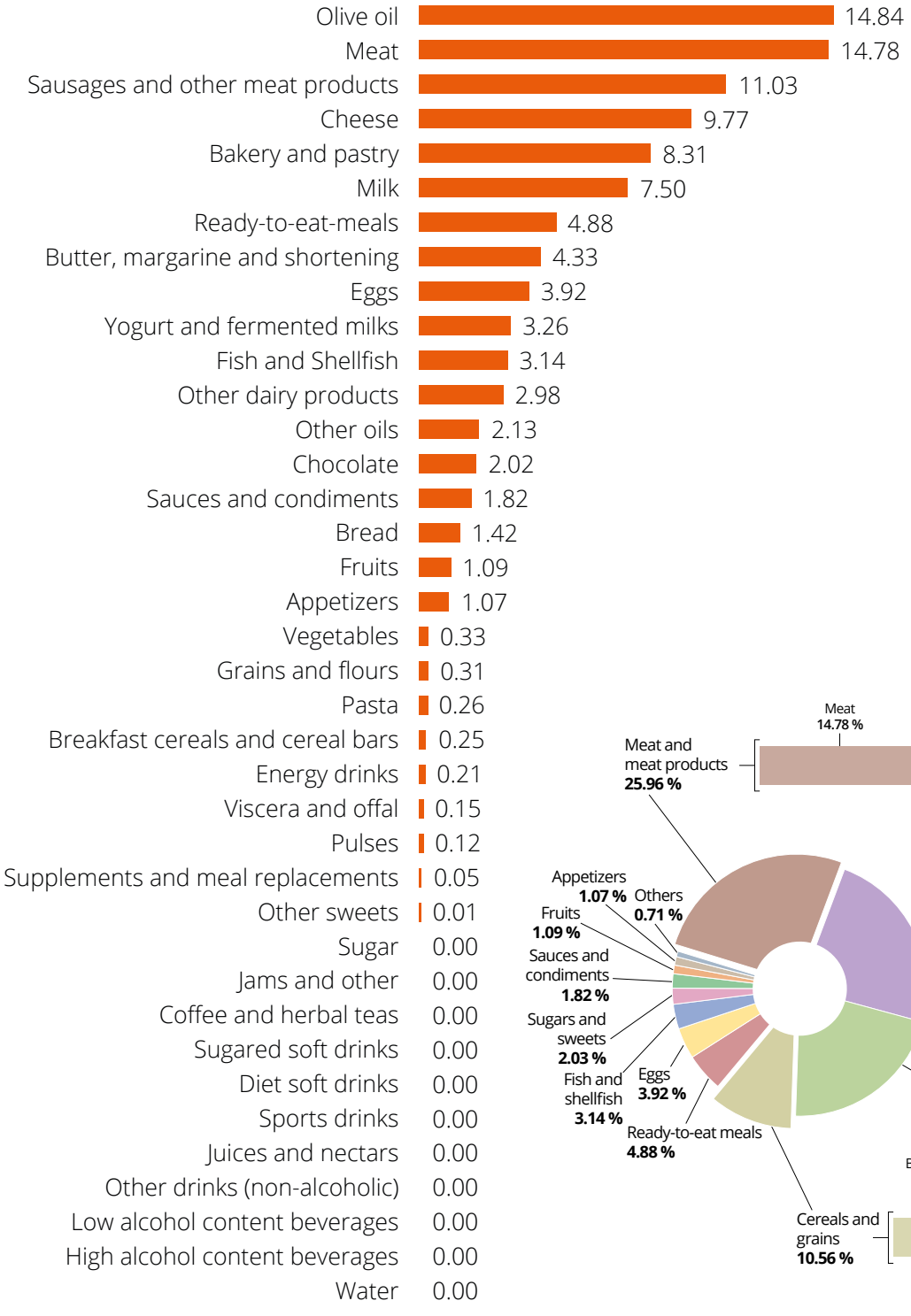

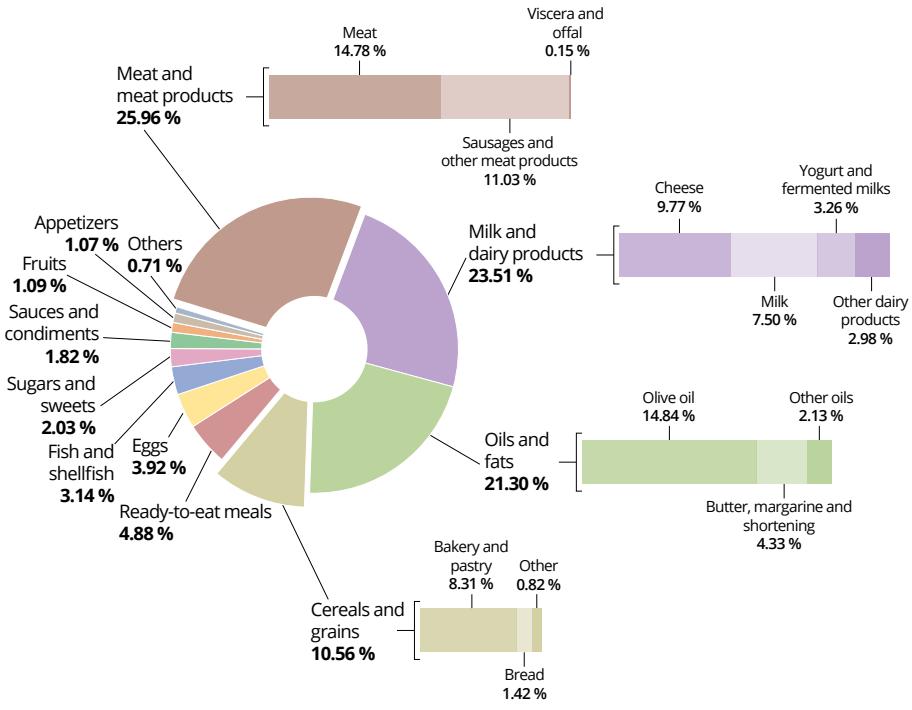

*Random sample

SFA

Dietary sources of saturated fatty acids (SFA) (%) from food and beverage groups and subgroups.

11. ADULT MEN 18-64 YEARS

Sample: 798 individuals*

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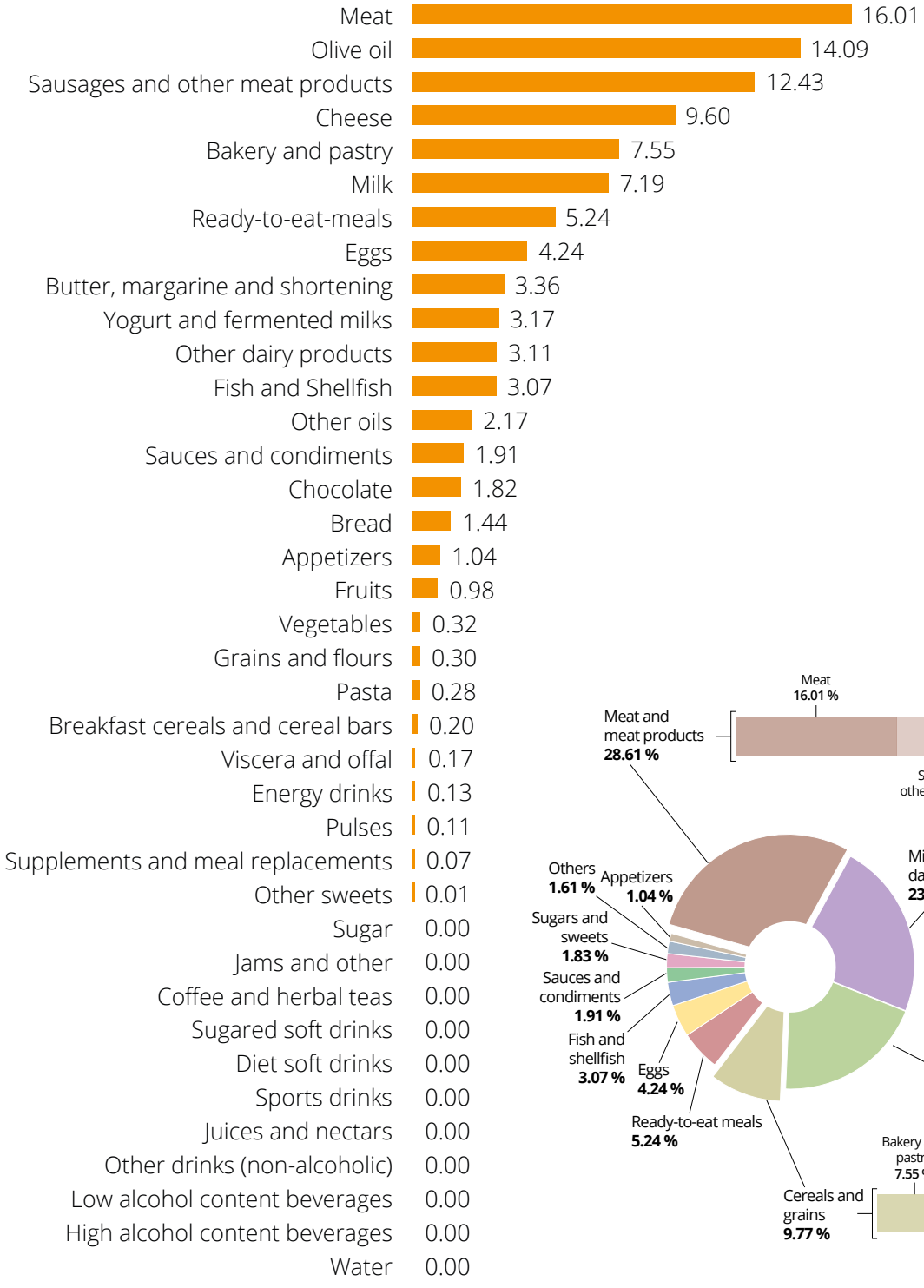

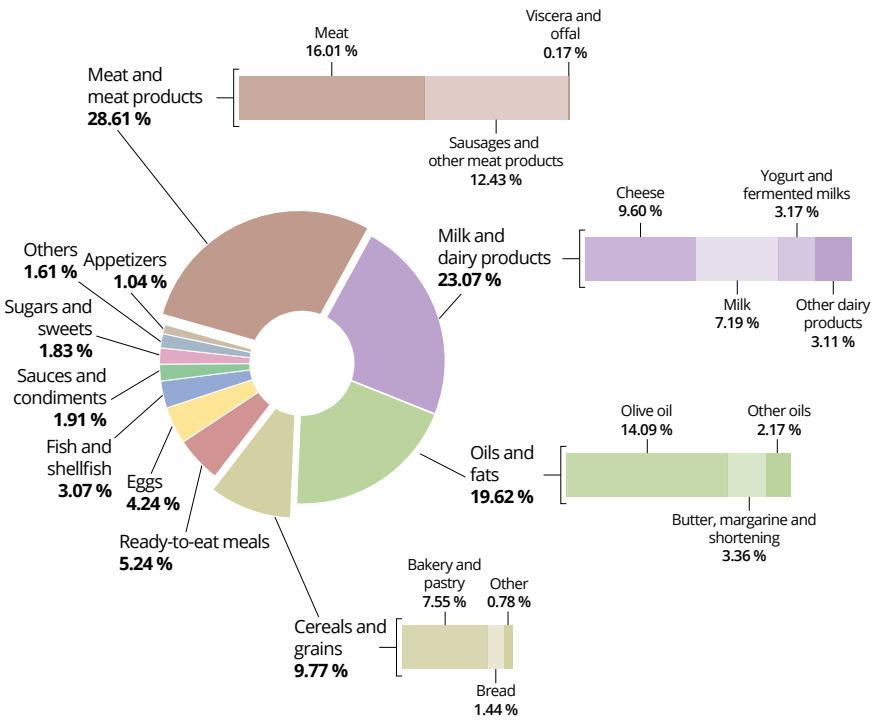

*Random sample

SFA

Dietary sources of saturated fatty acids (SFA) (%) from food and beverage groups and subgroups.

12. ADULT WOMEN 18-64 YEARS

Sample: 857 individuals*

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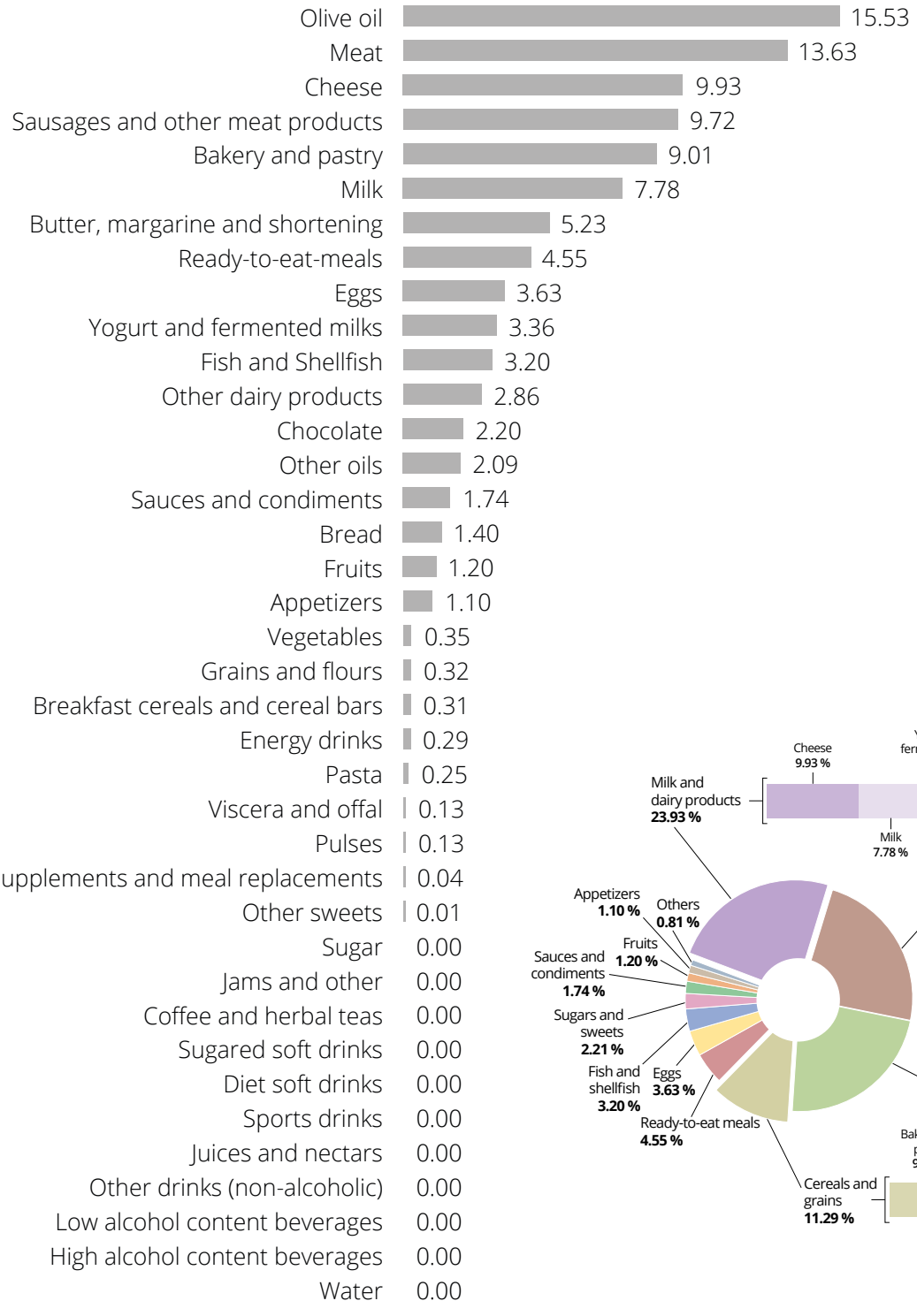

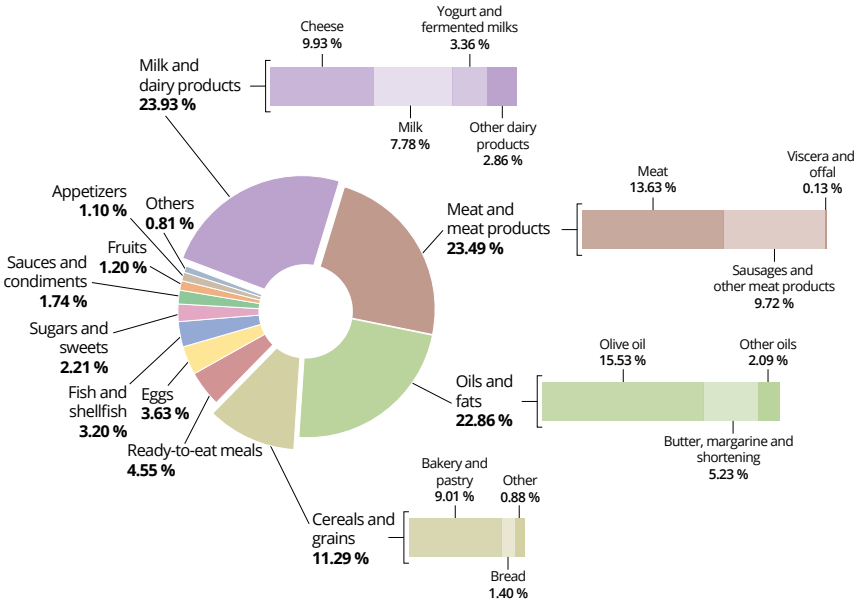

*Random sample

ANIBES

SFA

Dietary sources of saturated fatty acids (SFA) (%) from food and beverage groups and subgroups.

13. ERDERLY 65-75 YEARS

Sample: 206 individuals*

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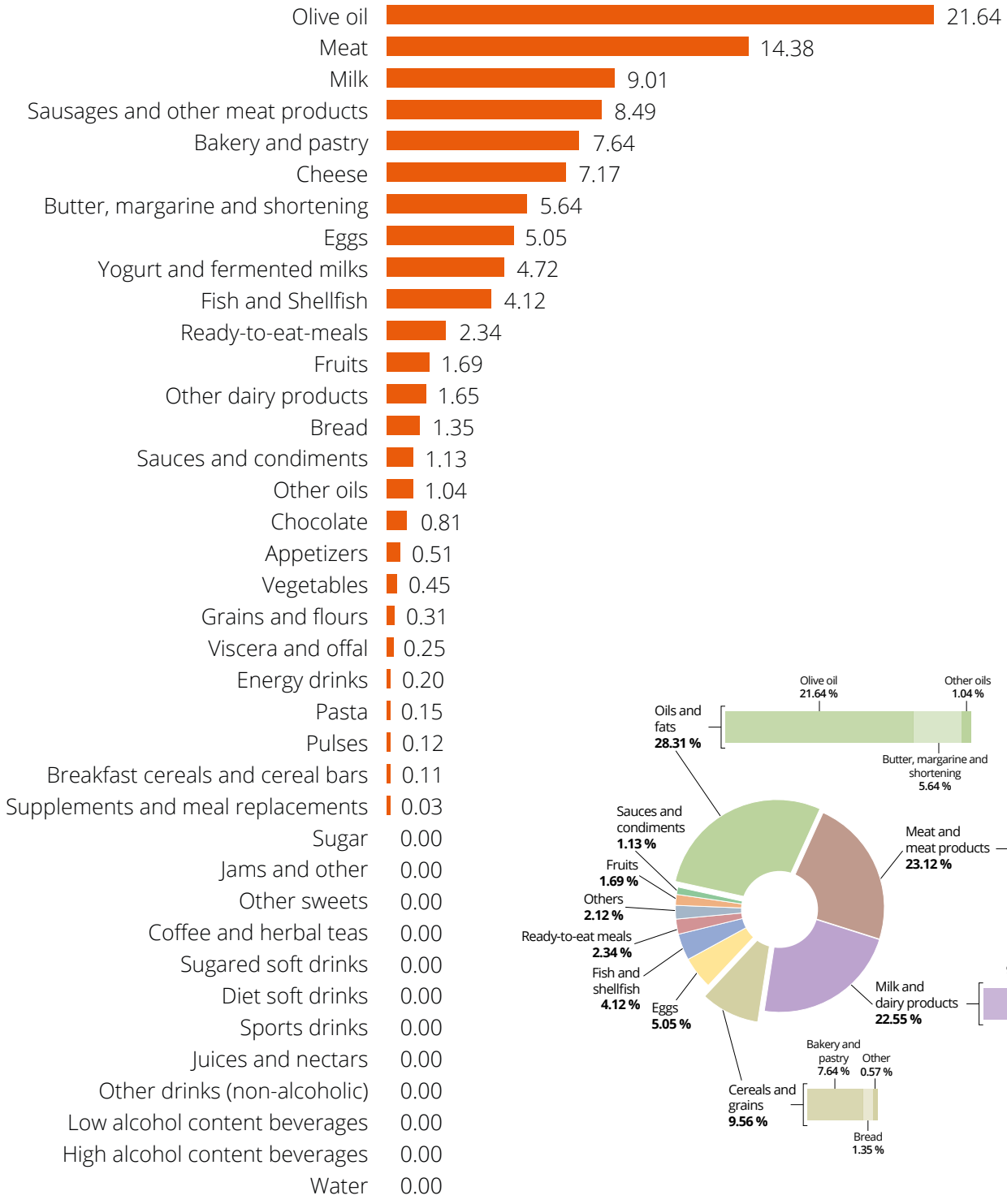

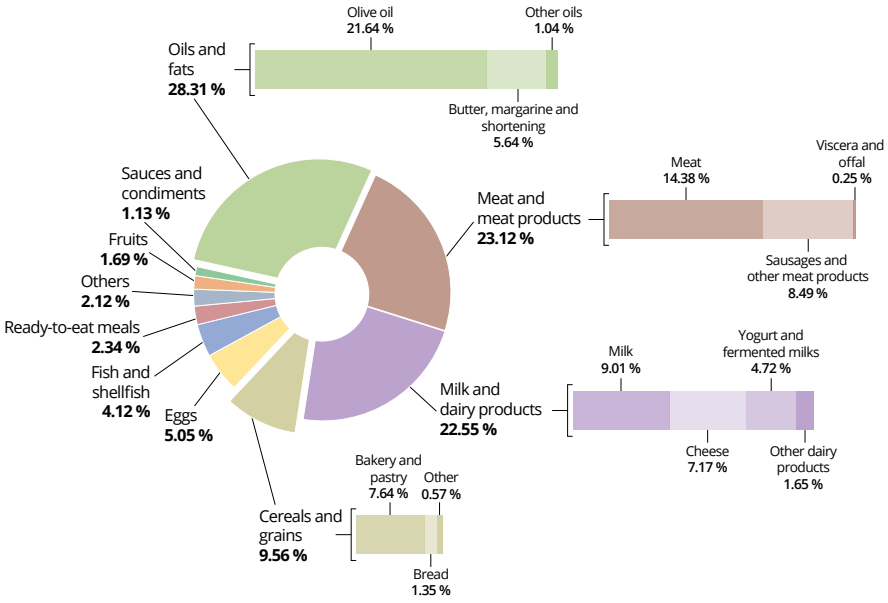

*Random sample

SFA

Dietary sources of saturated fatty acids (SFA) (%) from food and beverage groups and subgroups.

14. ELDERLY MEN 65-75 YEARS

Sample: 99 individuals*

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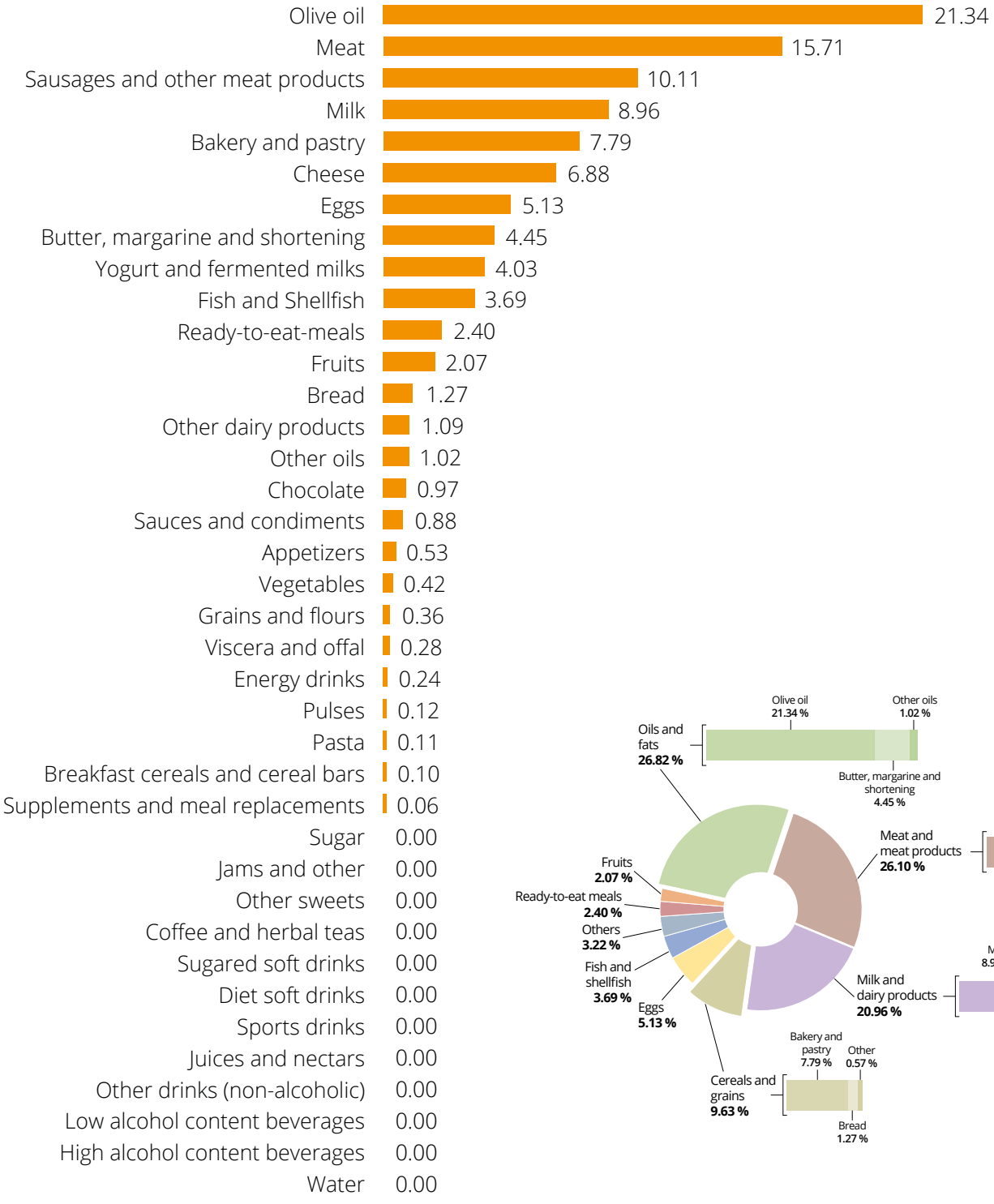

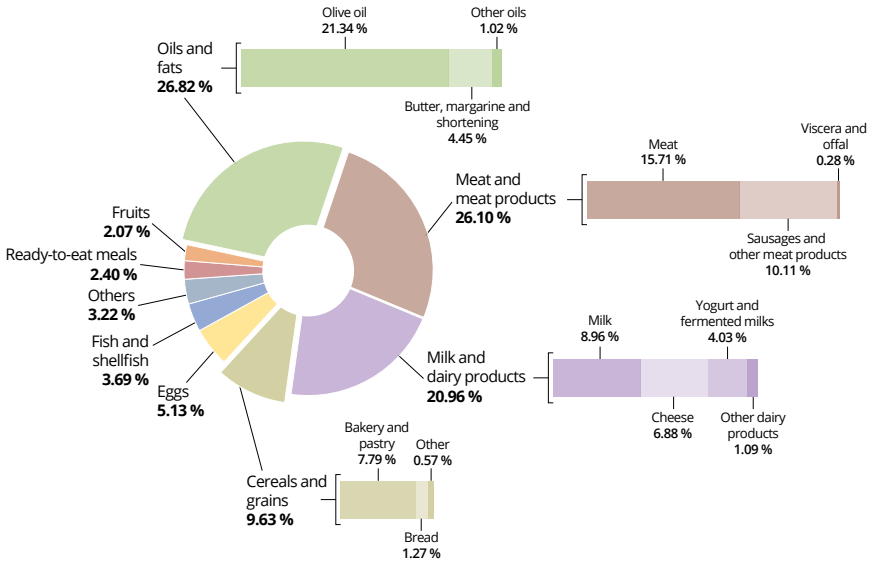

*Random sample

Dietary sources of saturated fatty acids (SFA) (%) from food and beverage groups and subgroups.

SFA

15. ELDERLY WOMEN 65-75 YEARS

Sample: 107 individuals*

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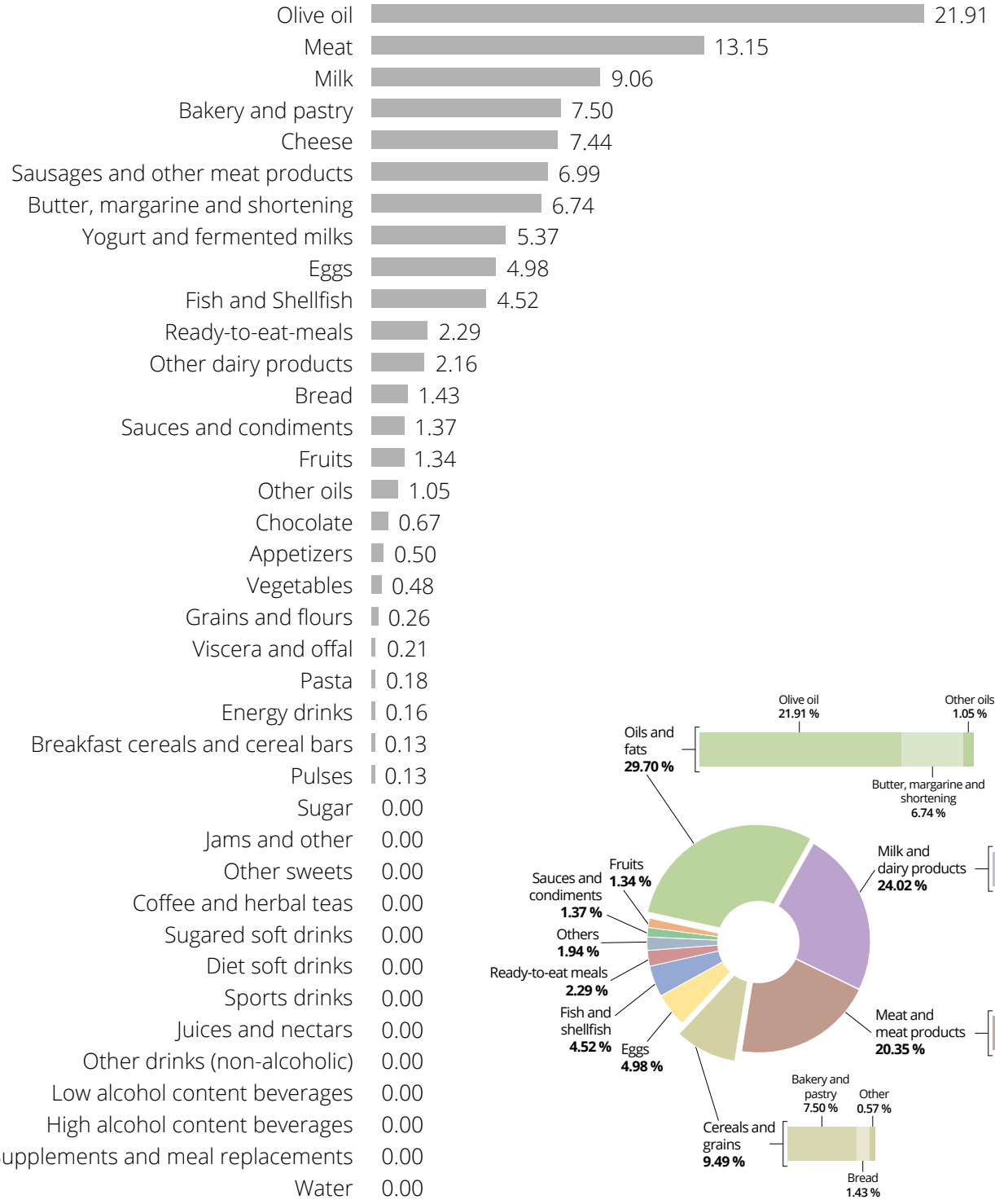

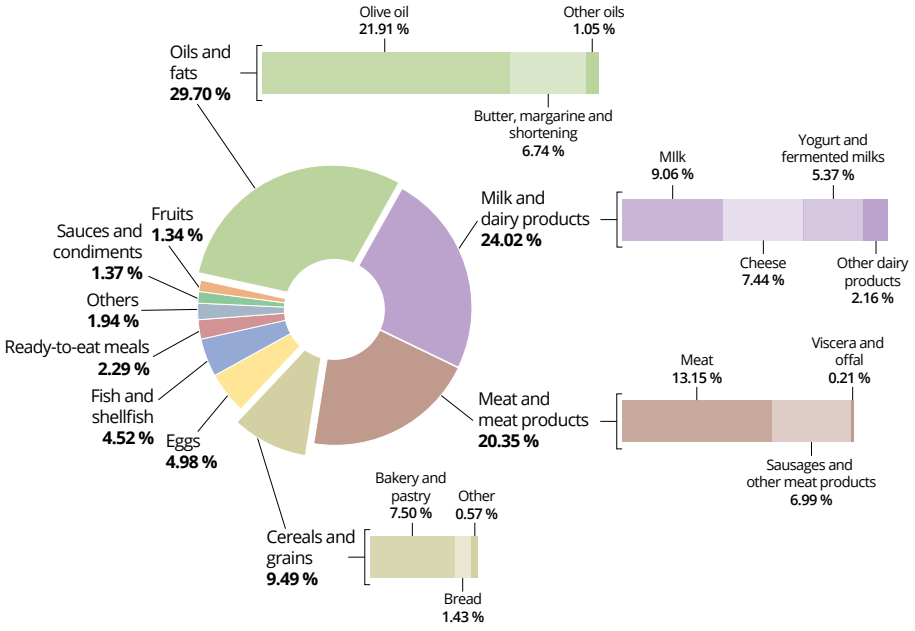

*Random sample

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Dietary sources of **monunsaturated fatty acids (MUFA)** (%) from food and beverage groups and subgroups

ANIBES

MUFA

Dietary sources of monunsaturated fatty acids (MUFA) (%) from food and beverage groups and subgroups.

1. GENERAL 9-75 YEARS

Sample: 2,009 individuals*

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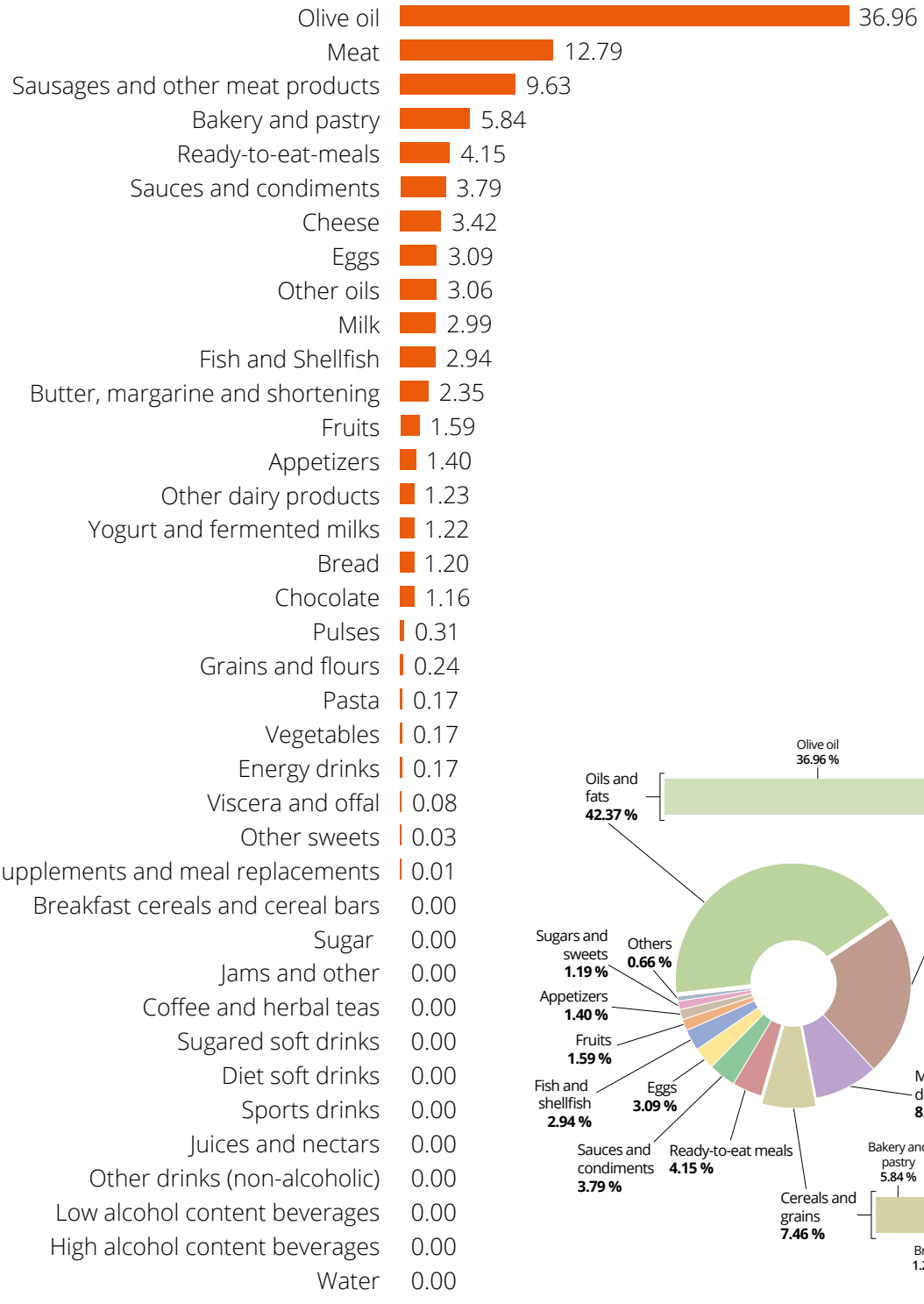

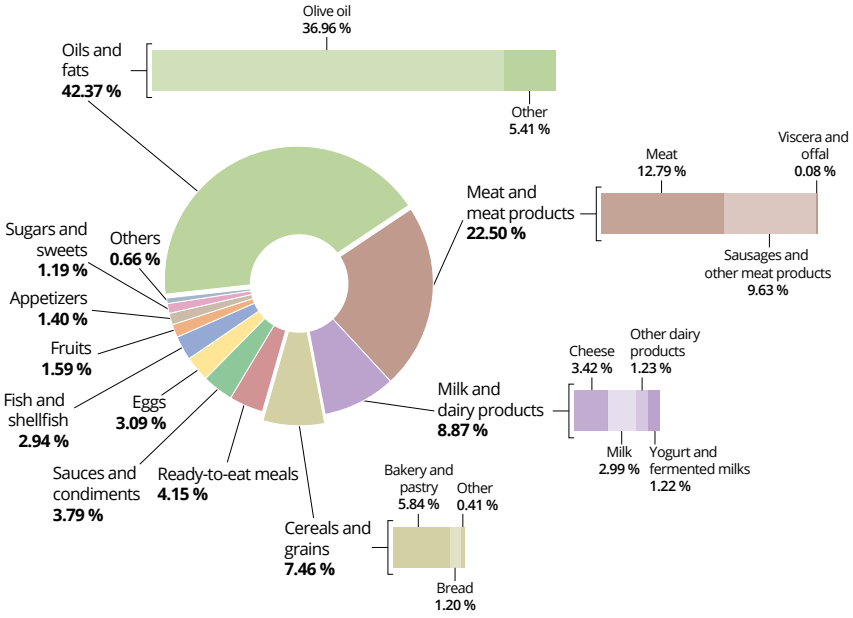

*Random sample

MUFA

Dietary sources of monunsaturated fatty acids (MUFA) (%) from food and beverage groups and subgroups.

2. GENERAL MEN 9-75 YEARS

Sample: 1,013 individuals*

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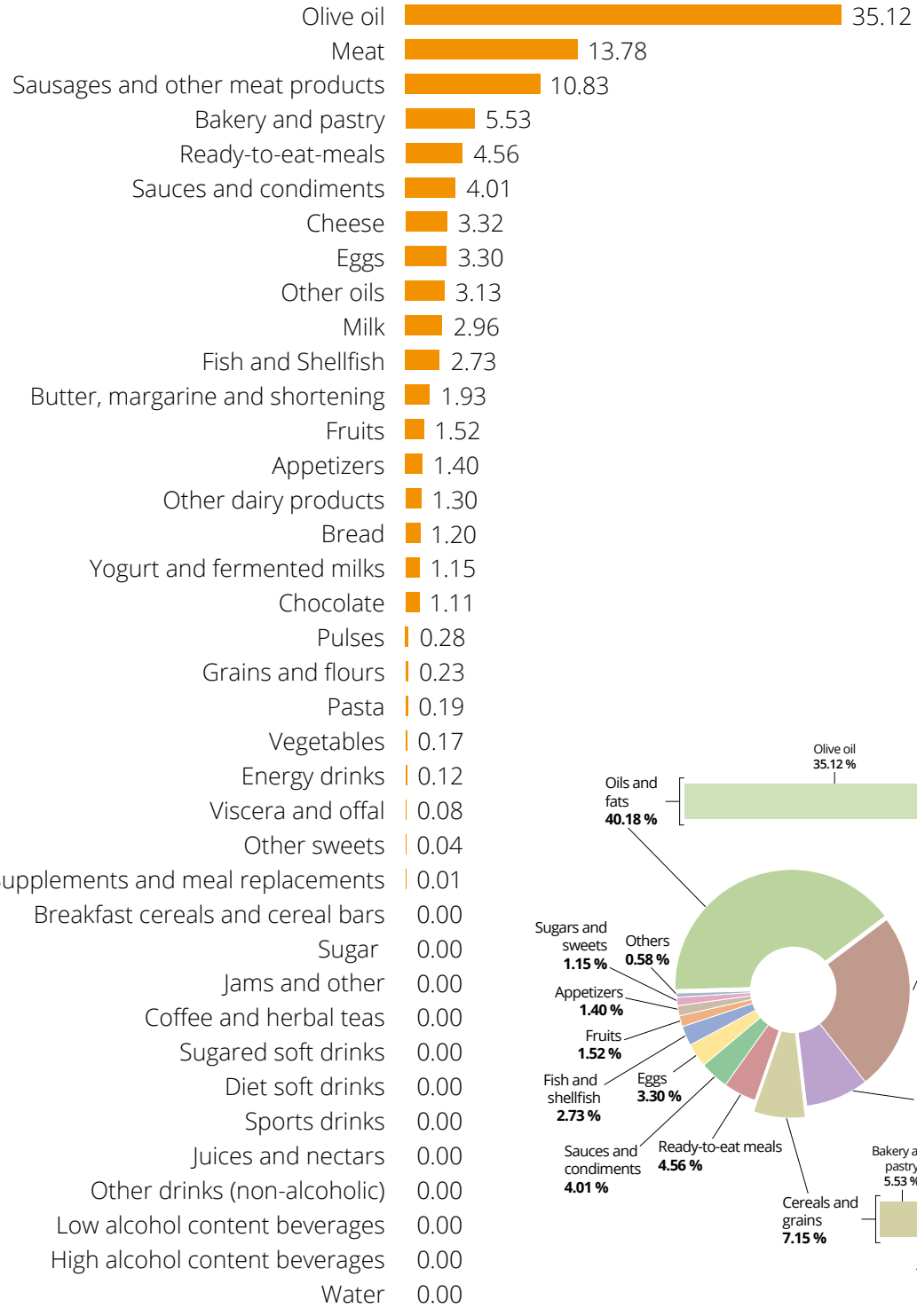

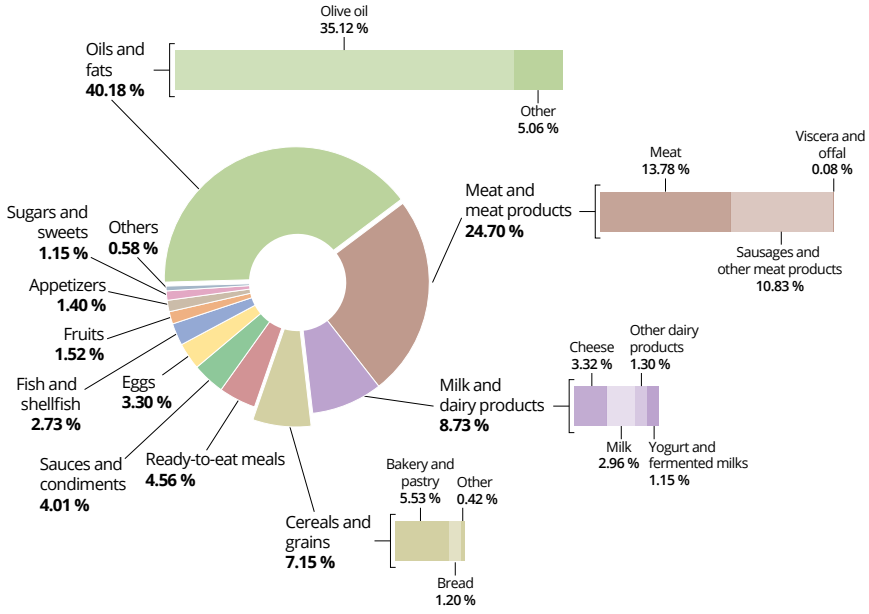

*Random sample

ANIBES

MUFA

Dietary sources of monunsaturated fatty acids (MUFA) (%) from food and beverage groups and subgroups.

3. GENERAL WOMEN 9-75 YEARS

Sample: 996 individuals*

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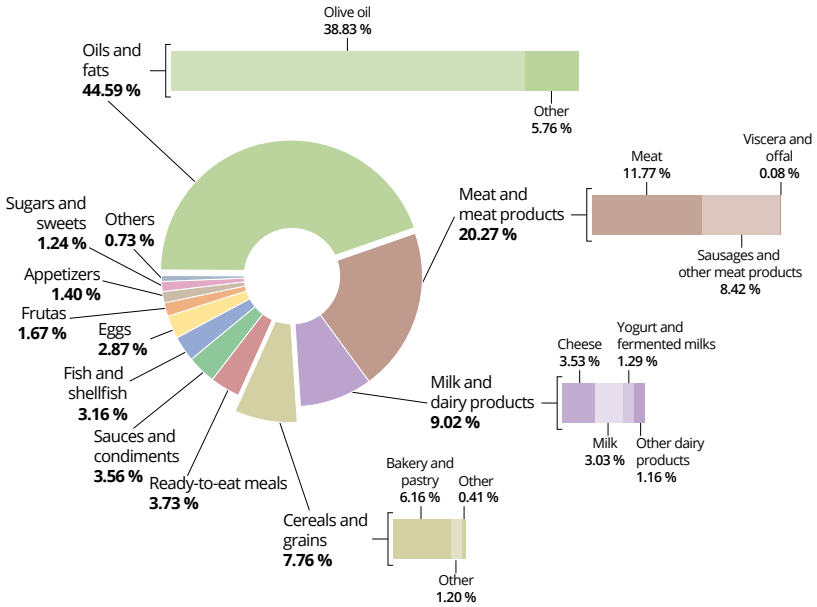
Olive oil	38.83
Meat	11.77
Sausages and other meat products	8.42
Bakery and pastry	6.16
Ready-to-eat-meals	3.73
Sauces and condiments	3.56
Cheese	3.53
Fish and Shellfish	3.16
Milk	3.03
Other oils	2.99
Eggs	2.87
Butter, margarine and shortening	2.77
Fruits	1.67
Appetizers	1.40
Yogurt and fermented milks	1.29
Chocolate	1.21
Bread	1.20
Other dairy products	1.16
Pulses	0.33
Grains and flours	0.25
Energy drinks	0.23
Vegetables	0.17
Pasta	0.16
Viscera and offal	0.08
Other sweets	0.03
Breakfast cereals and cereal bars	0.00
Sugar	0.00
Jams and other	0.00
Coffee and herbal teas	0.00
Sugared soft drinks	0.00
Diet soft drinks	0.00
Sports drinks	0.00
Juices and nectars	0.00
Other drinks (non-alcoholic)	0.00
Low alcohol content beverages	0.00
High alcohol content beverages	0.00
Supplements and meal replacements	0.00
Water	0.00



*Random sample

ANIBES

MUFA

Dietary sources of monunsaturated fatty acids (MUFA) (%) from food and beverage groups and subgroups.

4. CHILDREN BOYS AND GIRLS 9-12 YEARS

Sample: 213 individuals*

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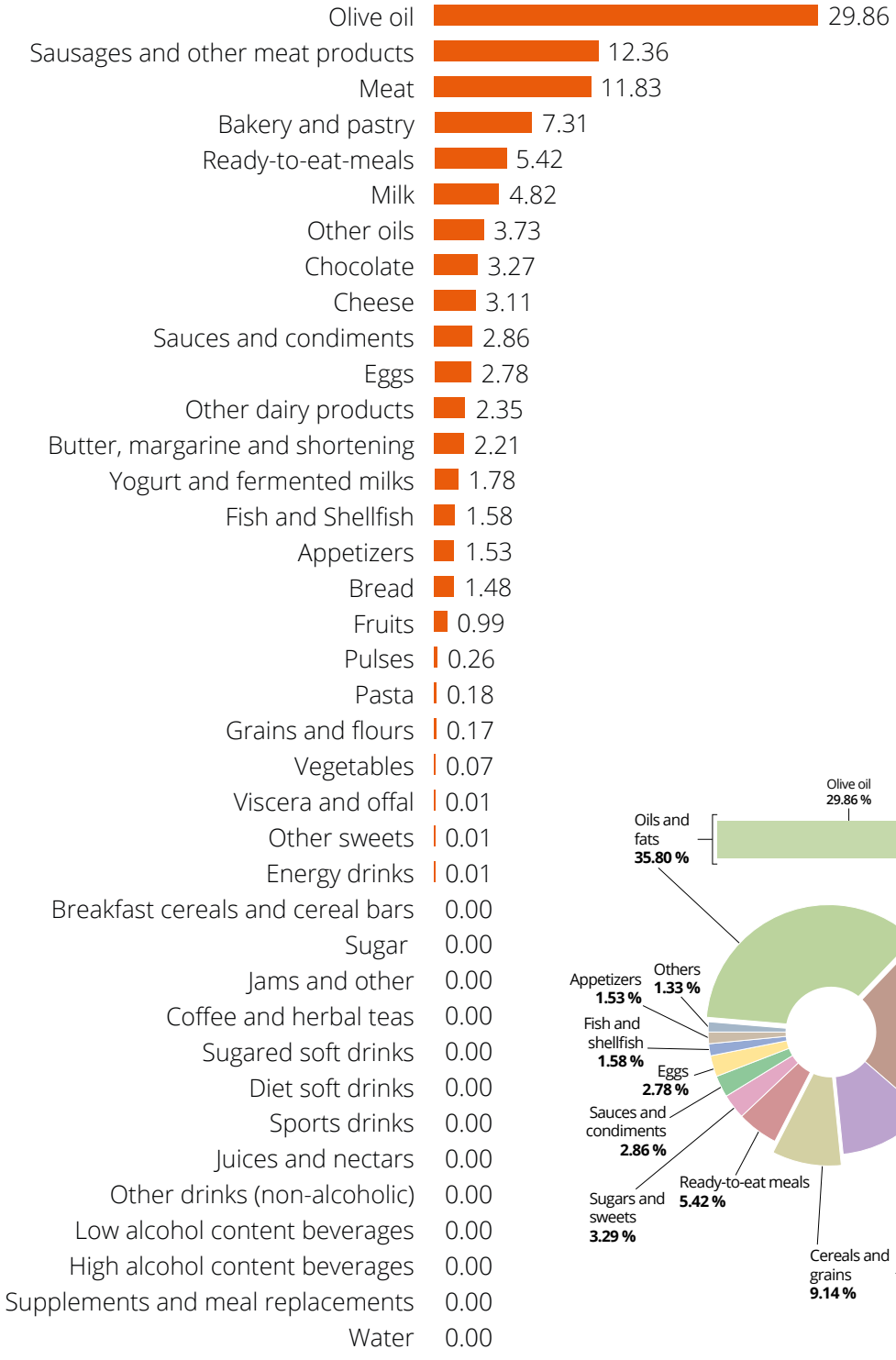

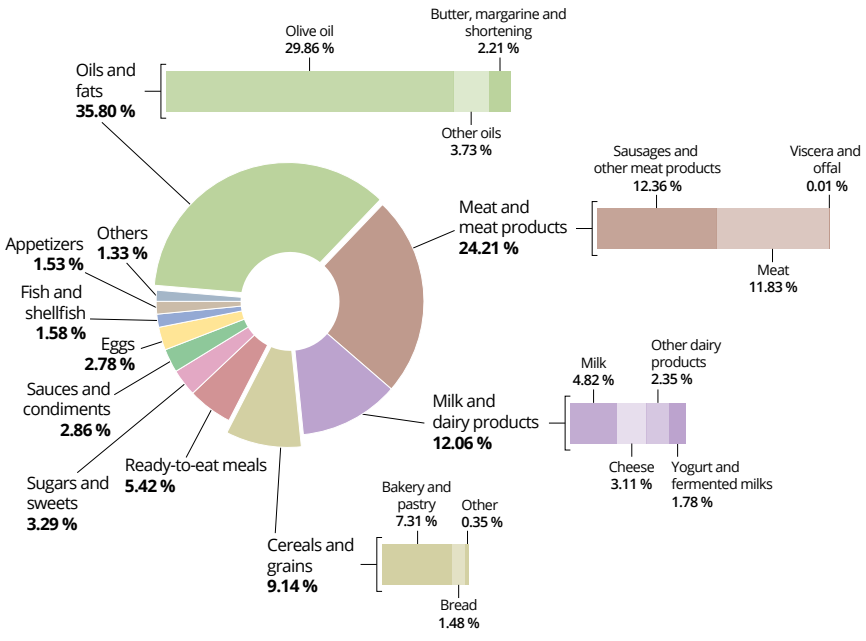

*Random sample plus boost

MUFA

Dietary sources of monunsaturated fatty acids (MUFA) (%) from food and beverage groups and subgroups.

5. CHILDREN BOYS 9-12 YEARS

Sample: 126 individuals*

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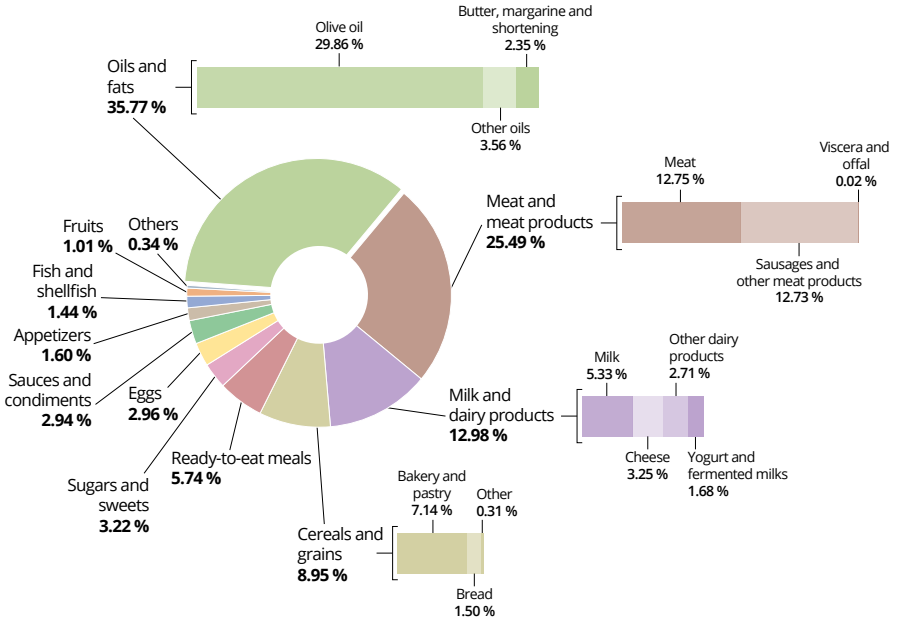
Olive oil	29.86
Meat	12.75
Sausages and other meat products	12.73
Bakery and pastry	7.14
Ready-to-eat-meals	5.74
Milk	5.33
Other oils	3.56
Cheese	3.25
Chocolate	3.20
Eggs	2.96
Sauces and condiments	2.94
Other dairy products	2.71
Butter, margarine and shortening	2.35
Yogurt and fermented milks	1.68
Appetizers	1.60
Bread	1.50
Fish and Shellfish	1.44
Fruits	1.01
Pulses	0.30
Grains and flours	0.17
Pasta	0.14
Vegetables	0.02
Viscera and offal	0.02
Other sweets	0.02
Energy drinks	0.02
Breakfast cereals and cereal bars	0.00
Sugar	0.00
Jams and other	0.00
Coffee and herbal teas	0.00
Sugared soft drinks	0.00
Diet soft drinks	0.00
Sports drinks	0.00
Juices and nectars	0.00
Other drinks (non-alcoholic)	0.00
Low alcohol content beverages	0.00
High alcohol content beverages	0.00
Supplements and meal replacements	0.00
Water	0.00



*Random sample plus boost

ANIBES

MUFA

Dietary sources of monunsaturated fatty acids (MUFA) (%) from food and beverage groups and subgroups.

6. CHILDREN GIRLS 9-12 YEARS

Sample: 87 individuals*

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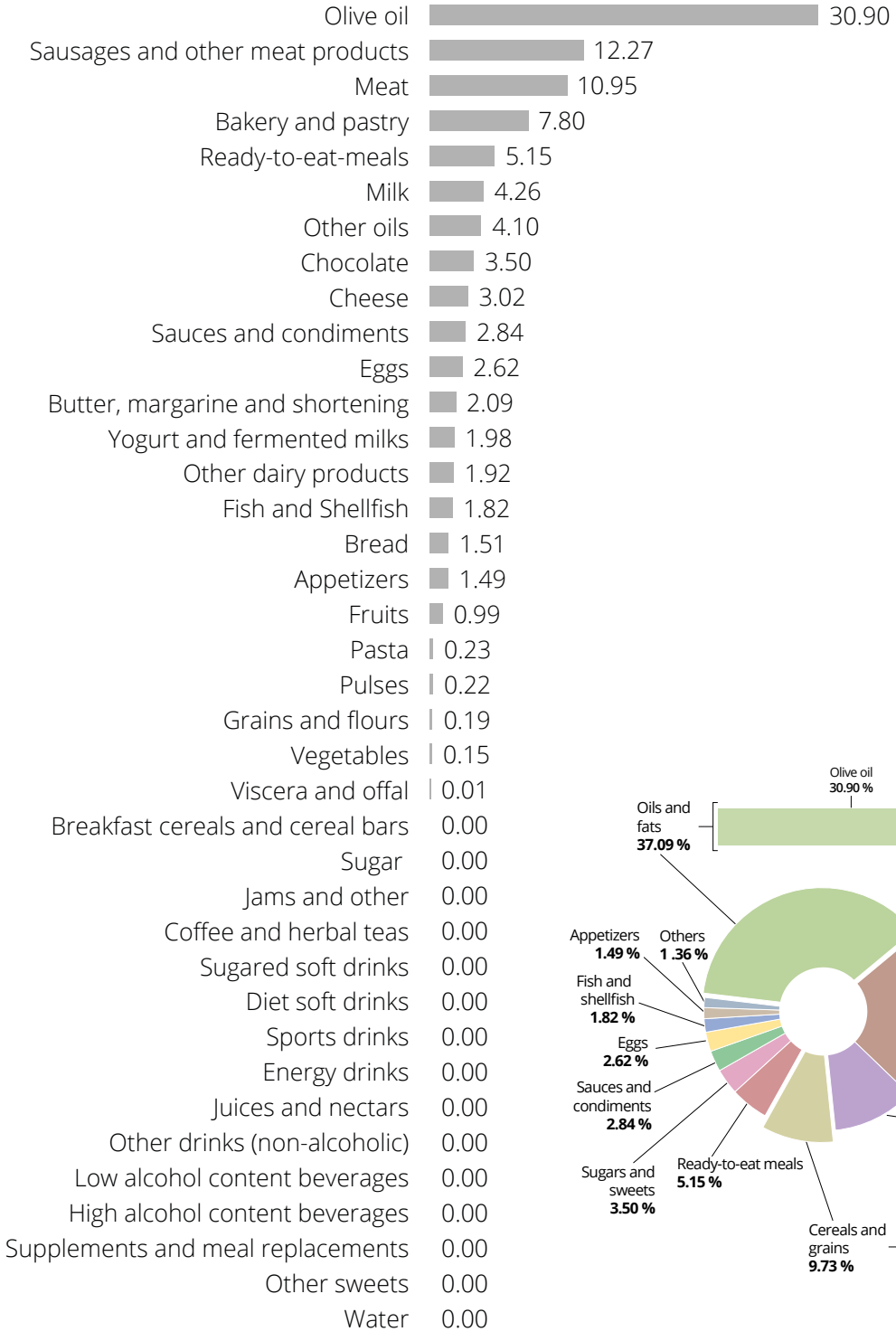

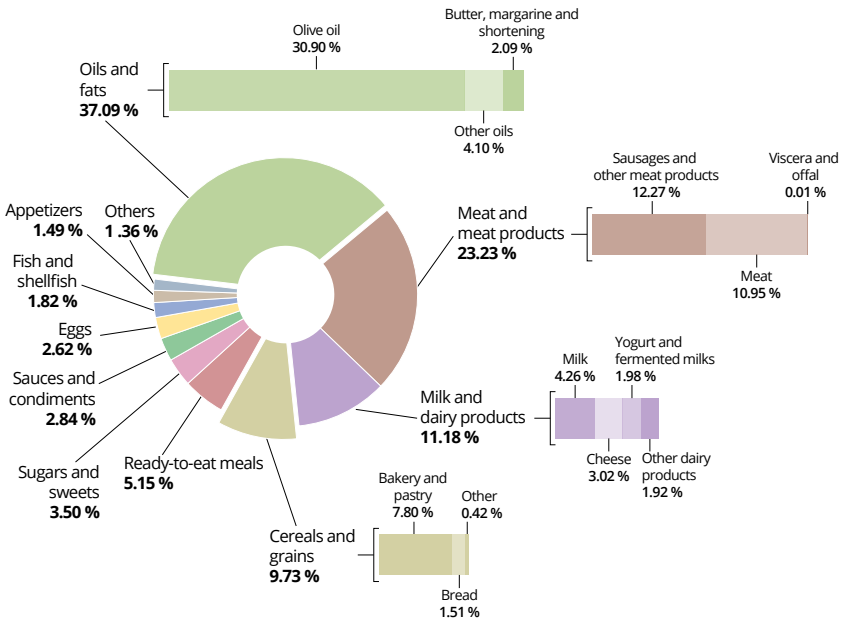

*Random sample plus boost

ANIBES

MUFA

Dietary sources of monunsaturated fatty acids (MUFA) (%) from food and beverage groups and subgroups.

7. ADOLESCENTS 13-17 YEARS

Sample: 211 individuals*

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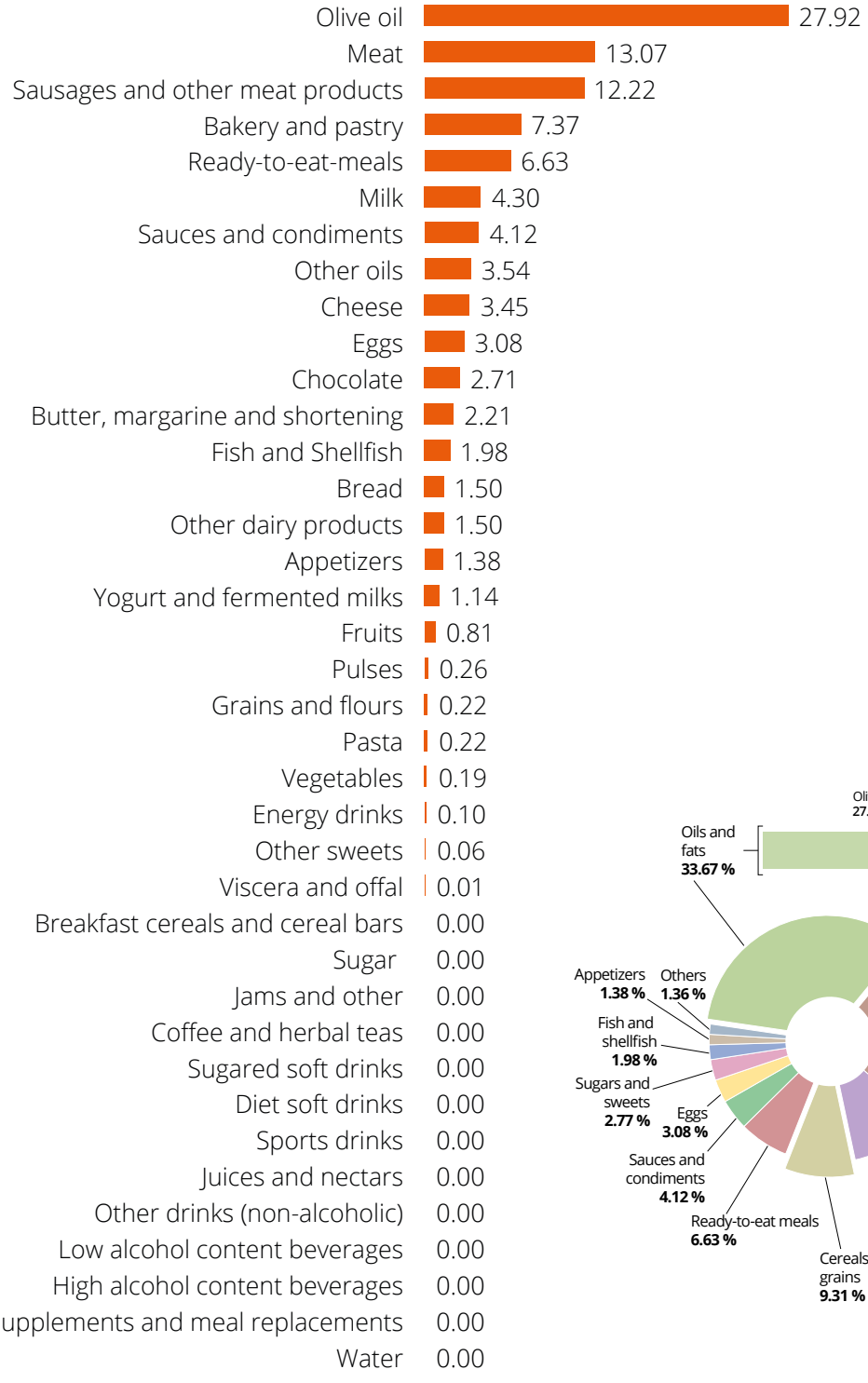

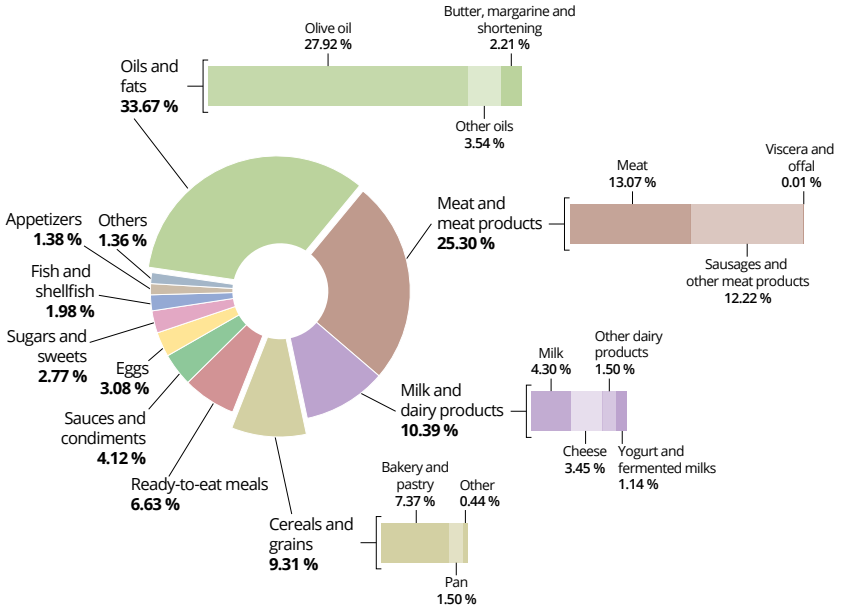

*Random sample plus boost

MUFA

Dietary sources of monunsaturated fatty acids (MUFA) (%) from food and beverage groups and subgroups.

8. ADOLESCENT BOYS 13-17 YEARS

Sample: 137 individuals*

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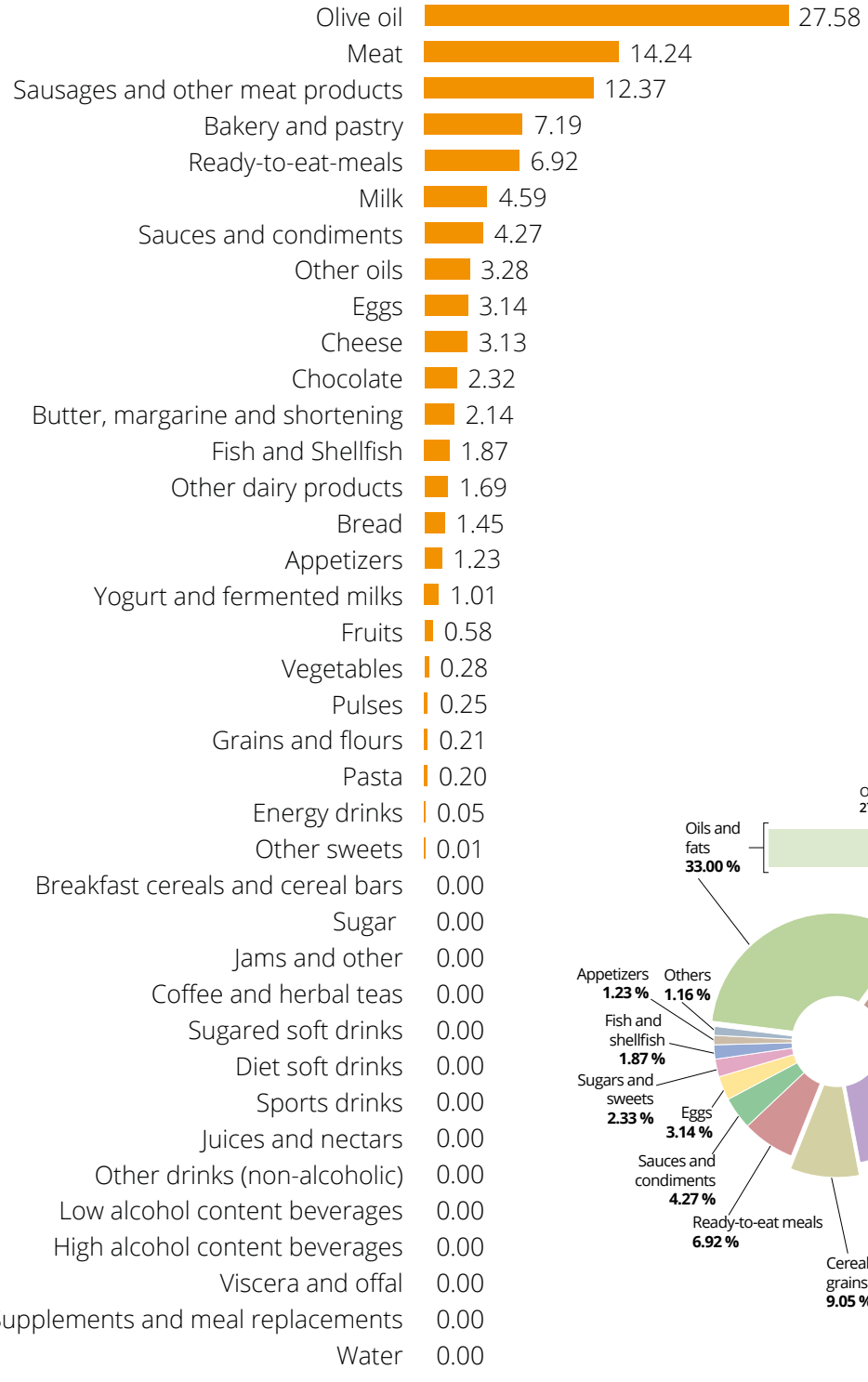

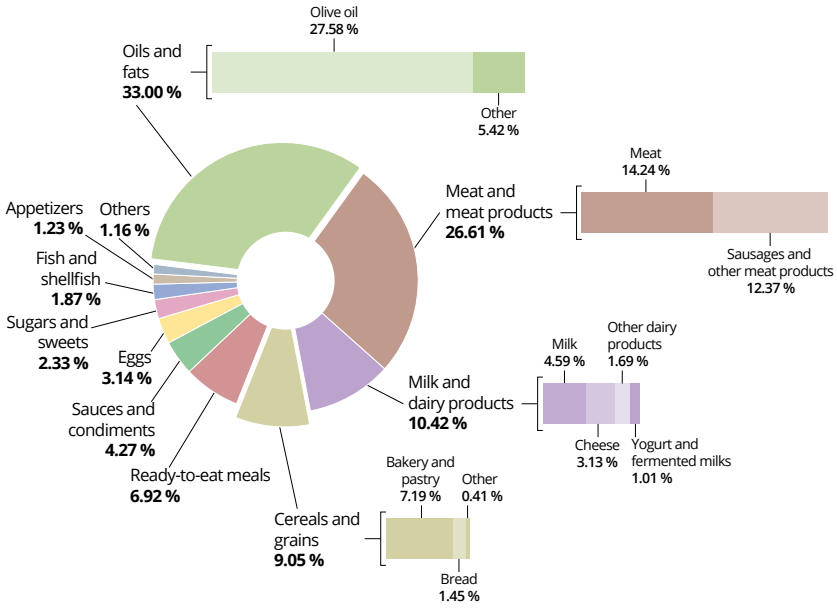

*Random sample plus boost

ANIBES

MUFA

Dietary sources of monunsaturated fatty acids (MUFA) (%) from food and beverage groups and subgroups.

9. ADOLESCENT GIRLS 13-17 YEARS

Sample: 74 individuals*

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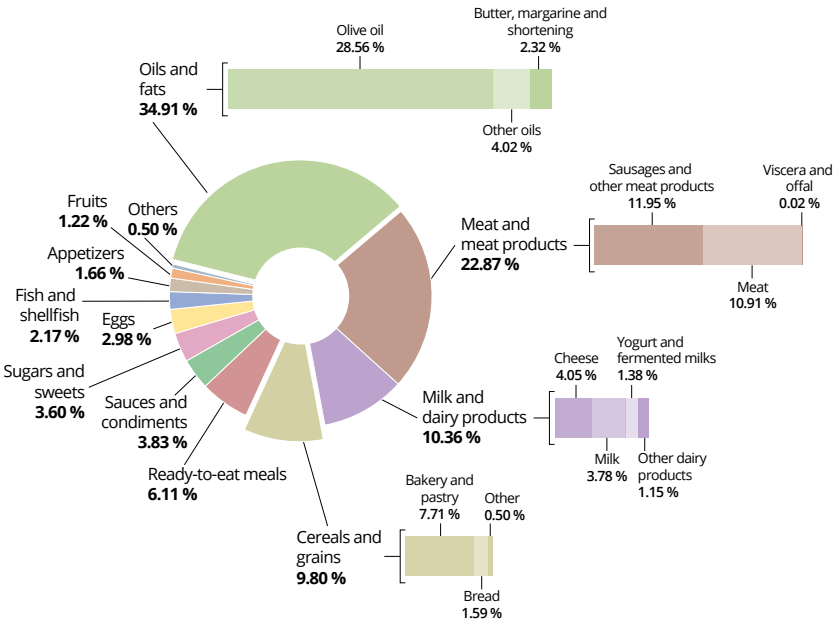
Olive oil	28.56
Sausages and other meat products	11.95
Meat	10.91
Bakery and pastry	7.71
Ready-to-eat-meals	6.11
Cheese	4.05
Other oils	4.02
Sauces and condiments	3.83
Milk	3.78
Chocolate	3.44
Eggs	2.98
Butter, margarine and shortening	2.32
Fish and Shellfish	2.17
Appetizers	1.66
Bread	1.59
Yogurt and fermented milks	1.38
Fruits	1.22
Other dairy products	1.15
Pulses	0.28
Pasta	0.27
Grains and flours	0.23
Energy drinks	0.19
Other sweets	0.16
Vegetables	0.03
Viscera and offal	0.02
Breakfast cereals and cereal bars	0.00
Sugar	0.00
Jams and other	0.00
Coffee and herbal teas	0.00
Sugared soft drinks	0.00
Diet soft drinks	0.00
Sports drinks	0.00
Juices and nectars	0.00
Other drinks (non-alcoholic)	0.00
Low alcohol content beverages	0.00
High alcohol content beverages	0.00
Supplements and meal replacements	0.00
Water	0.00



*Random sample plus boost

MUFA

Dietary sources of monunsaturated fatty acids (MUFA) (%) from food and beverage groups and subgroups.

10. ADULTS 18-64 YEARS

Sample: 1,655 individuals*

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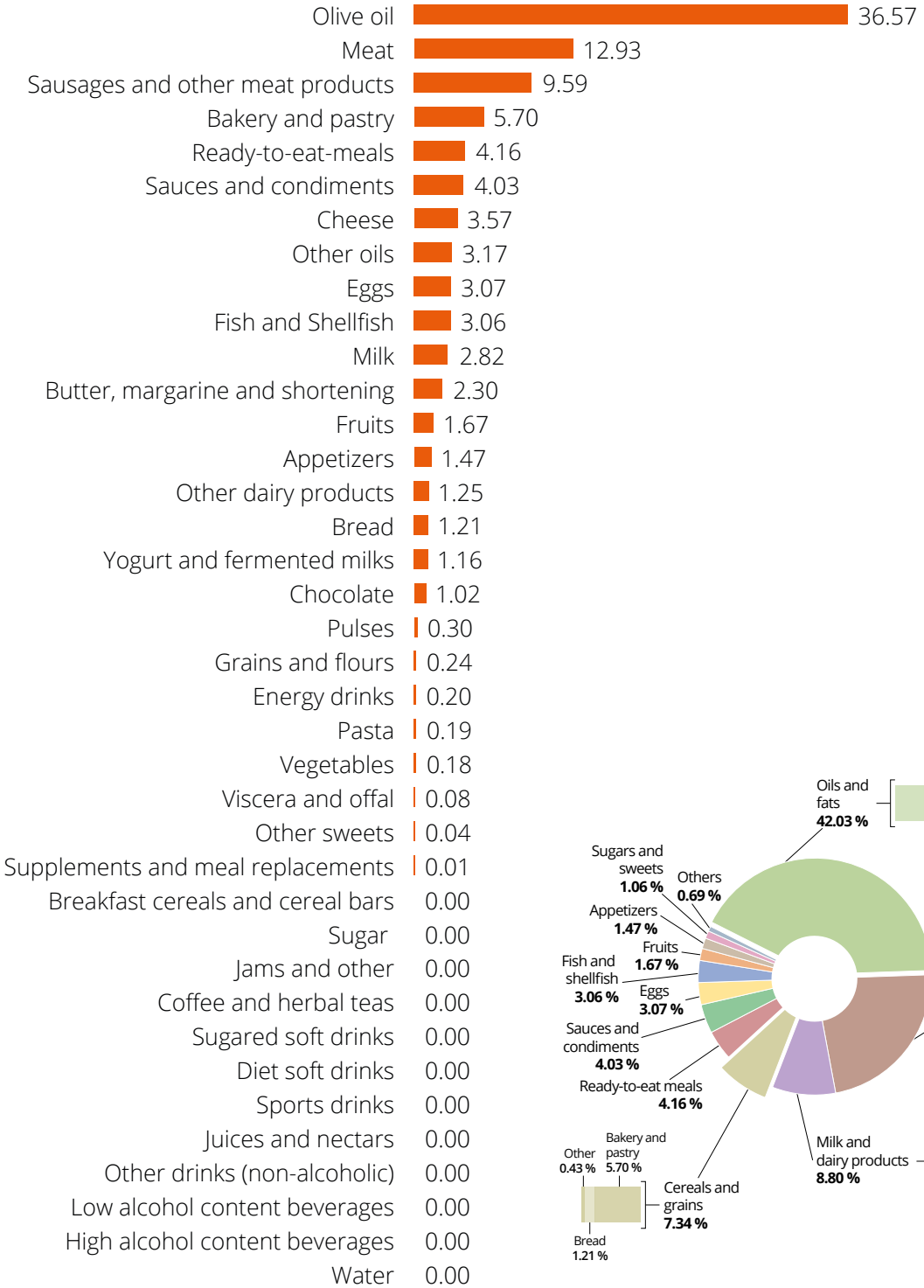

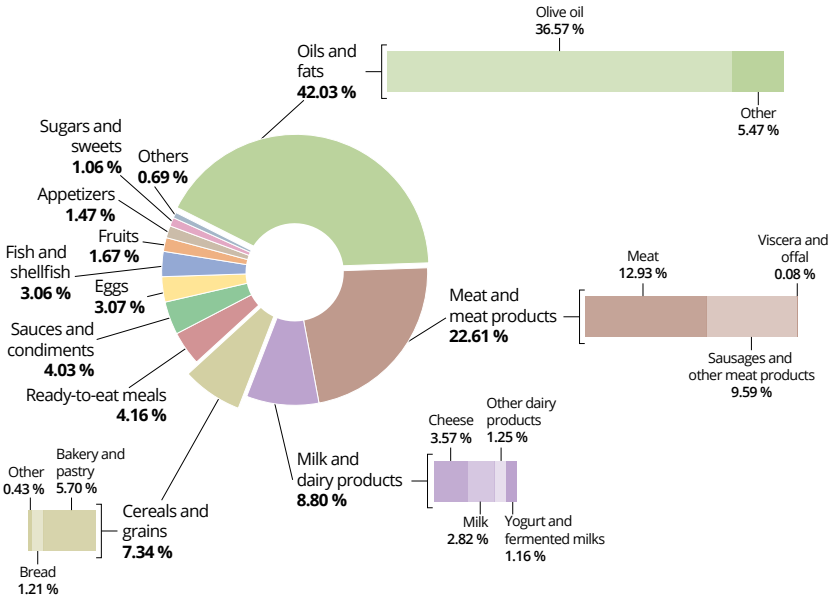

*Random sample

Dietary sources of monunsaturated fatty acids (MUFA) (%) from food and beverage groups and subgroups.

MUFA

11. ADULT MEN 18-64 YEARS

Sample: 798 individuals*

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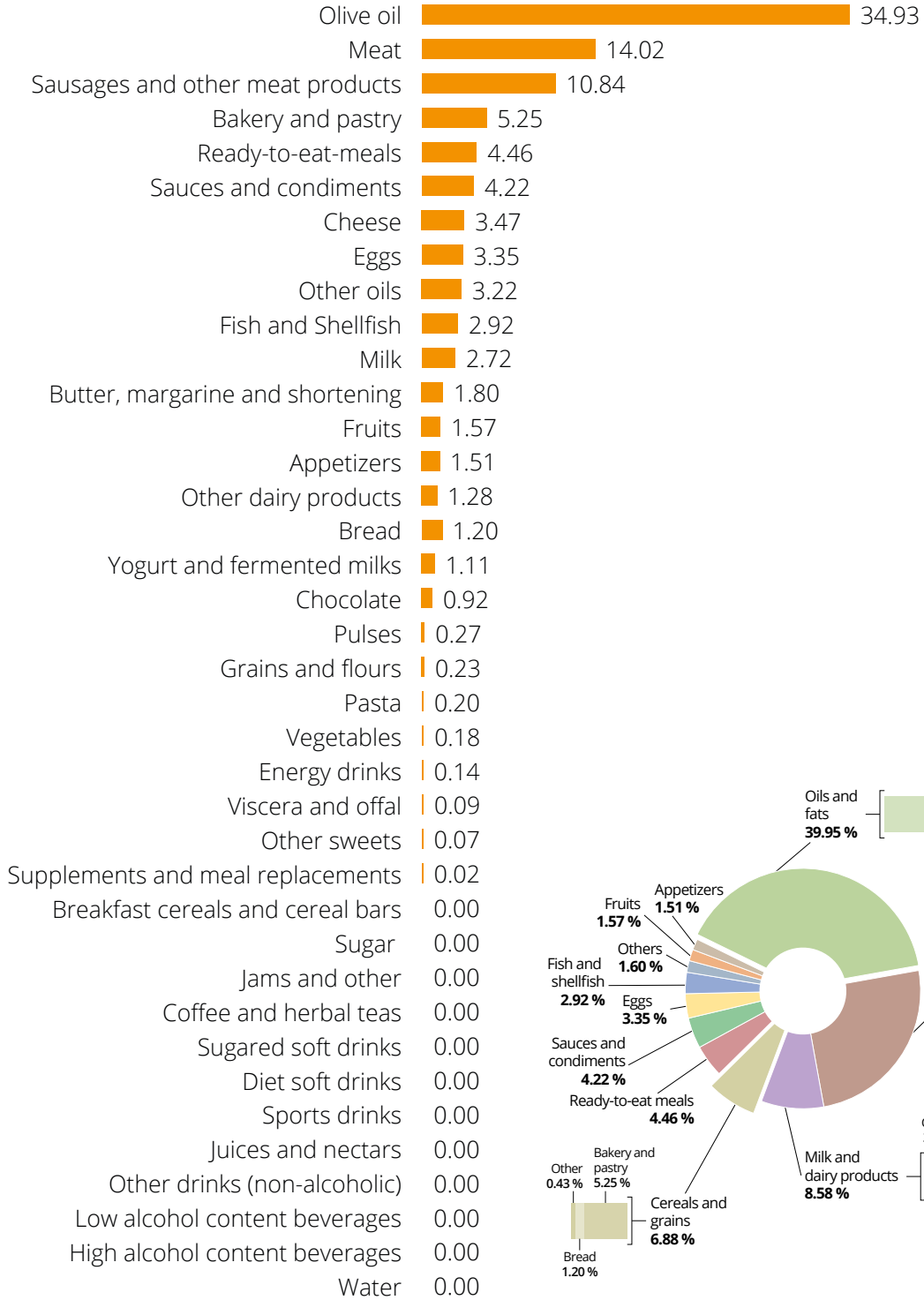

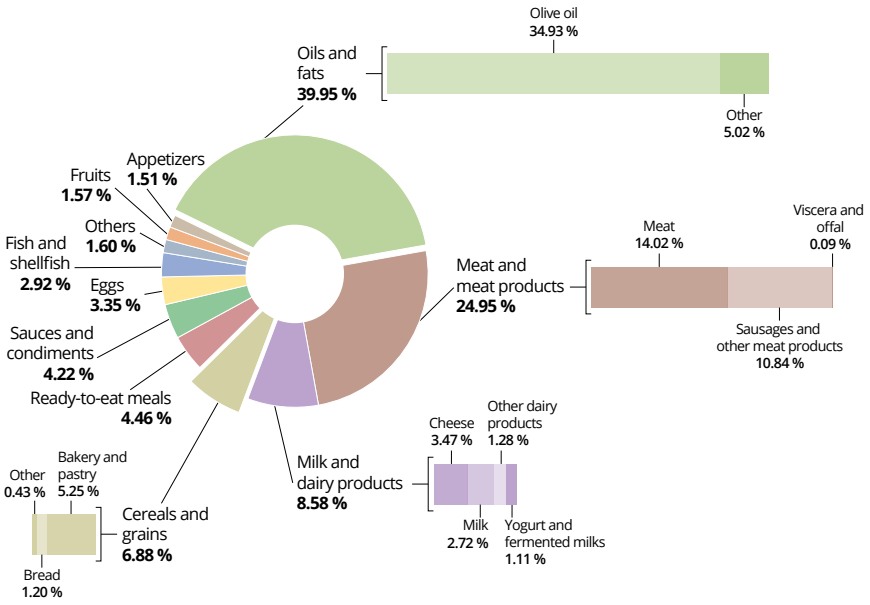

*Random sample

MUFA

Dietary sources of monunsaturated fatty acids (MUFA) (%) from food and beverage groups and subgroups.

12. ADULT WOMEN 18-64 YEARS

Sample: 857 individuals*

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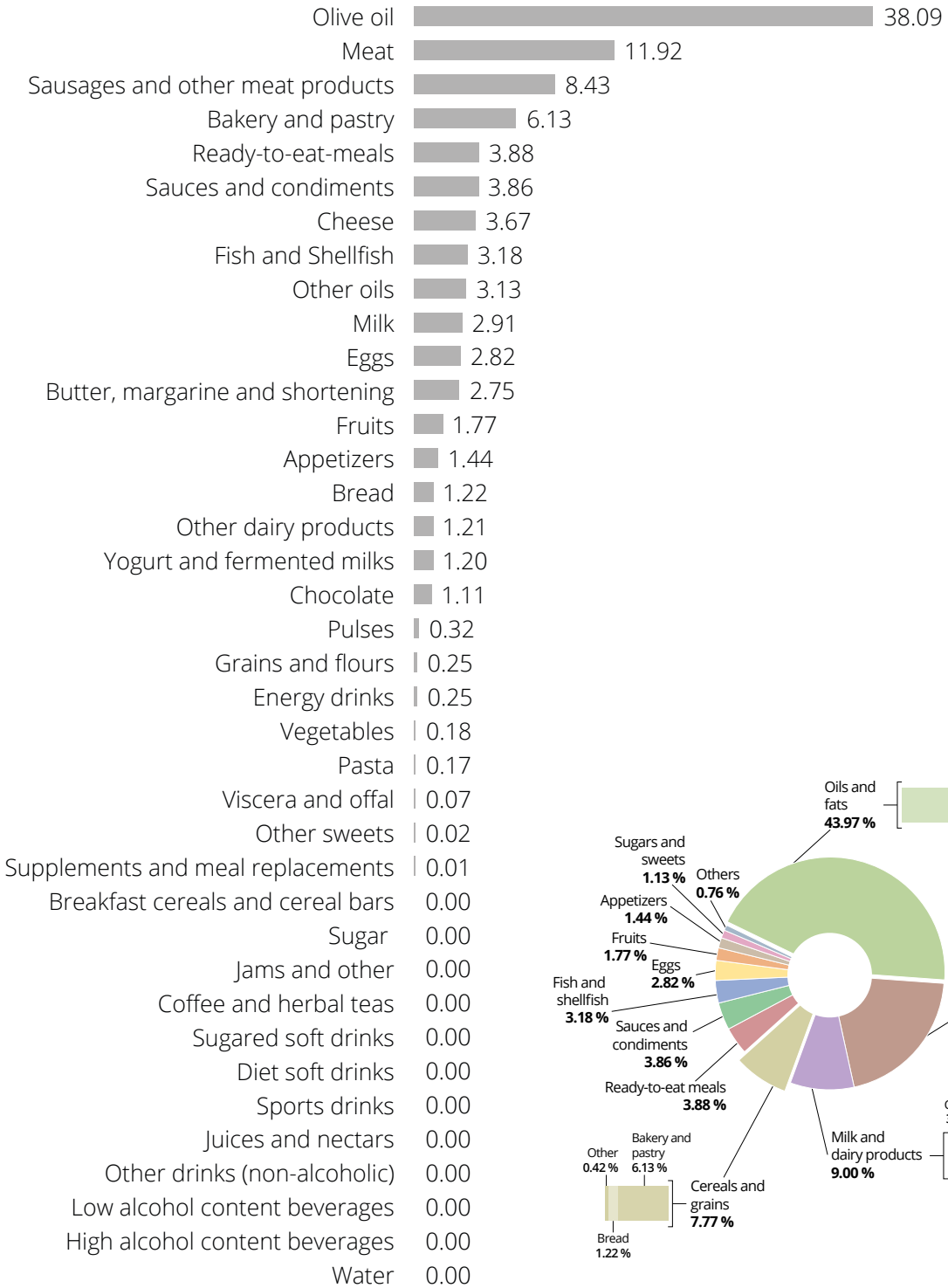

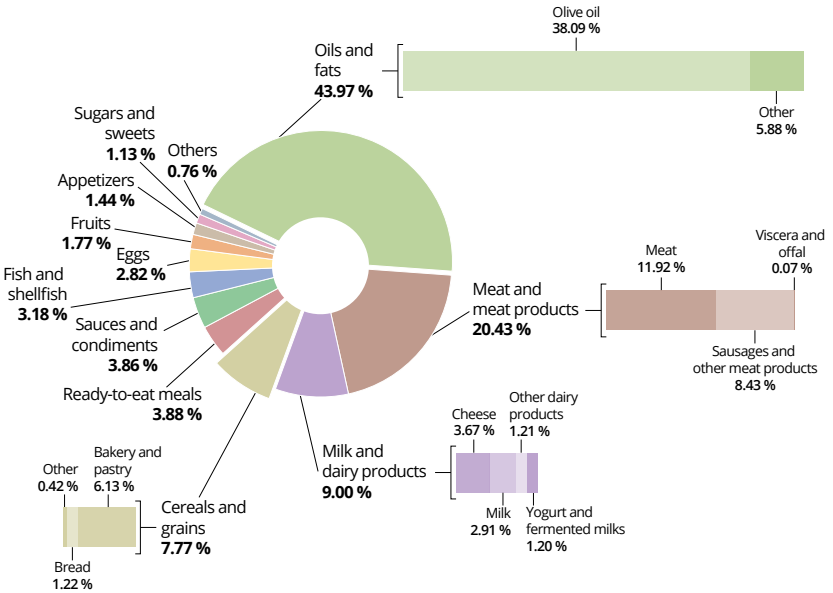

*Random sample

MUFA

Dietary sources of monunsaturated fatty acids (MUFA) (%) from food and beverage groups and subgroups.

13. ERDERLY 65-75 YEARS

Sample: 206 individuals*

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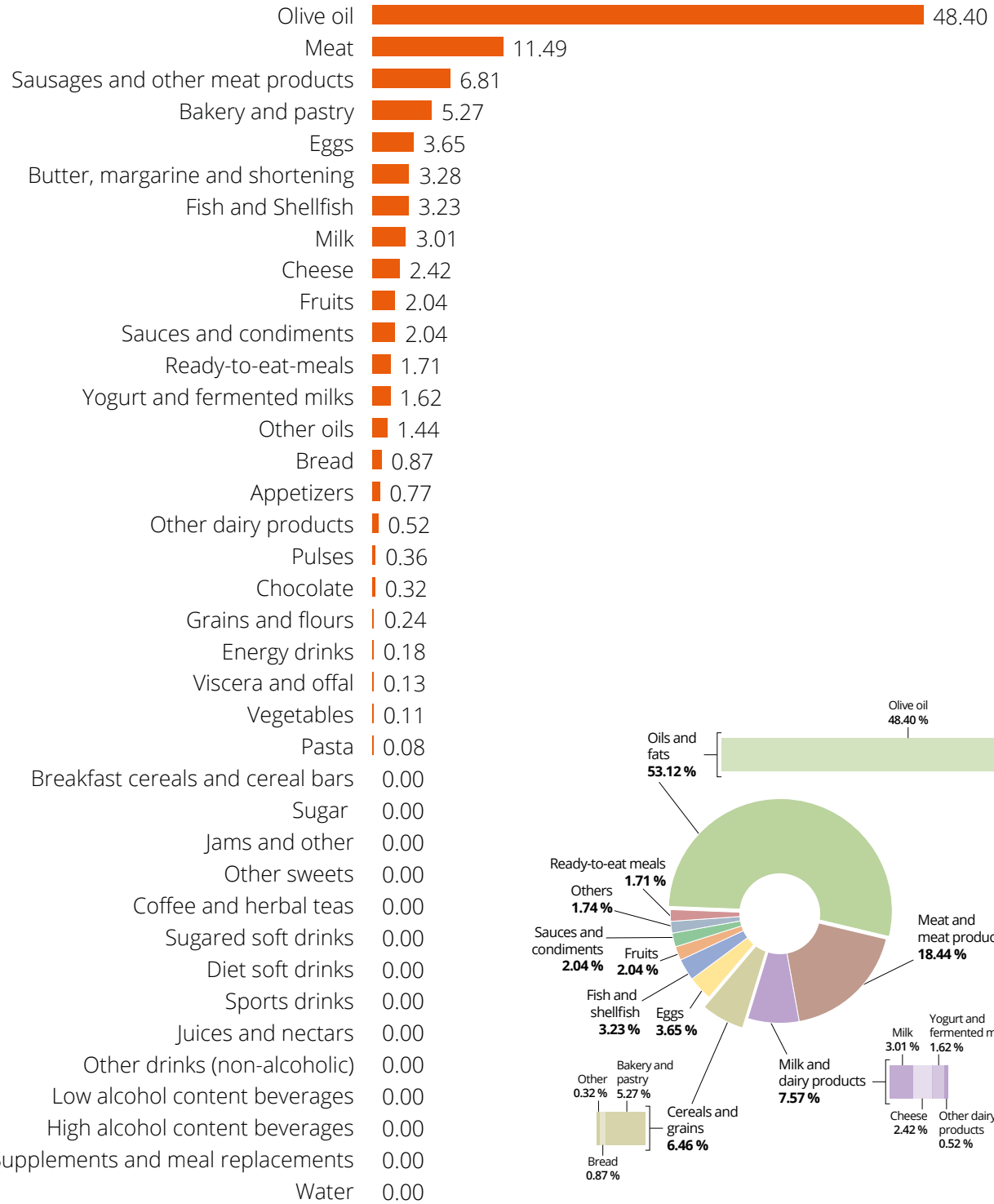

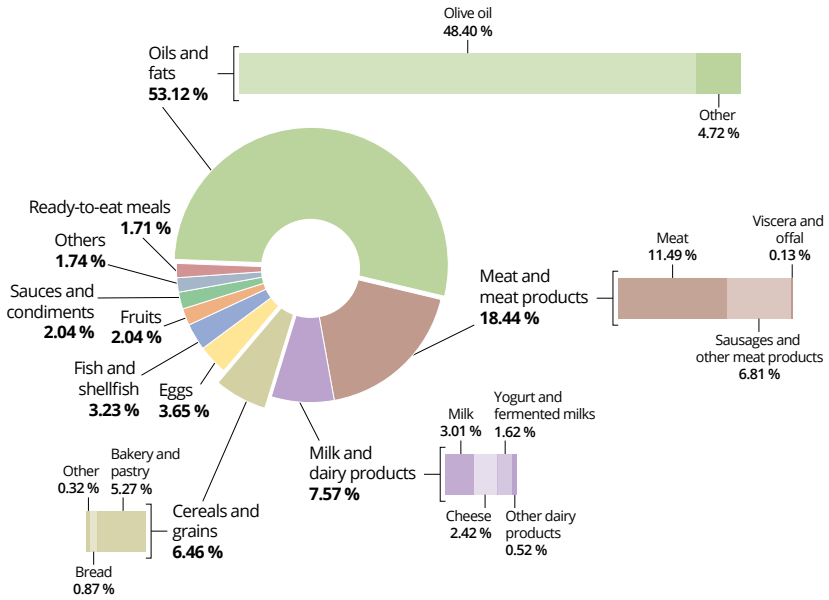

*Random sample

MUFA

Dietary sources of monunsaturated fatty acids (MUFA) (%) from food and beverage groups and subgroups.

14. ELDERLY MEN 65-75 YEARS

Sample: 99 individuals*

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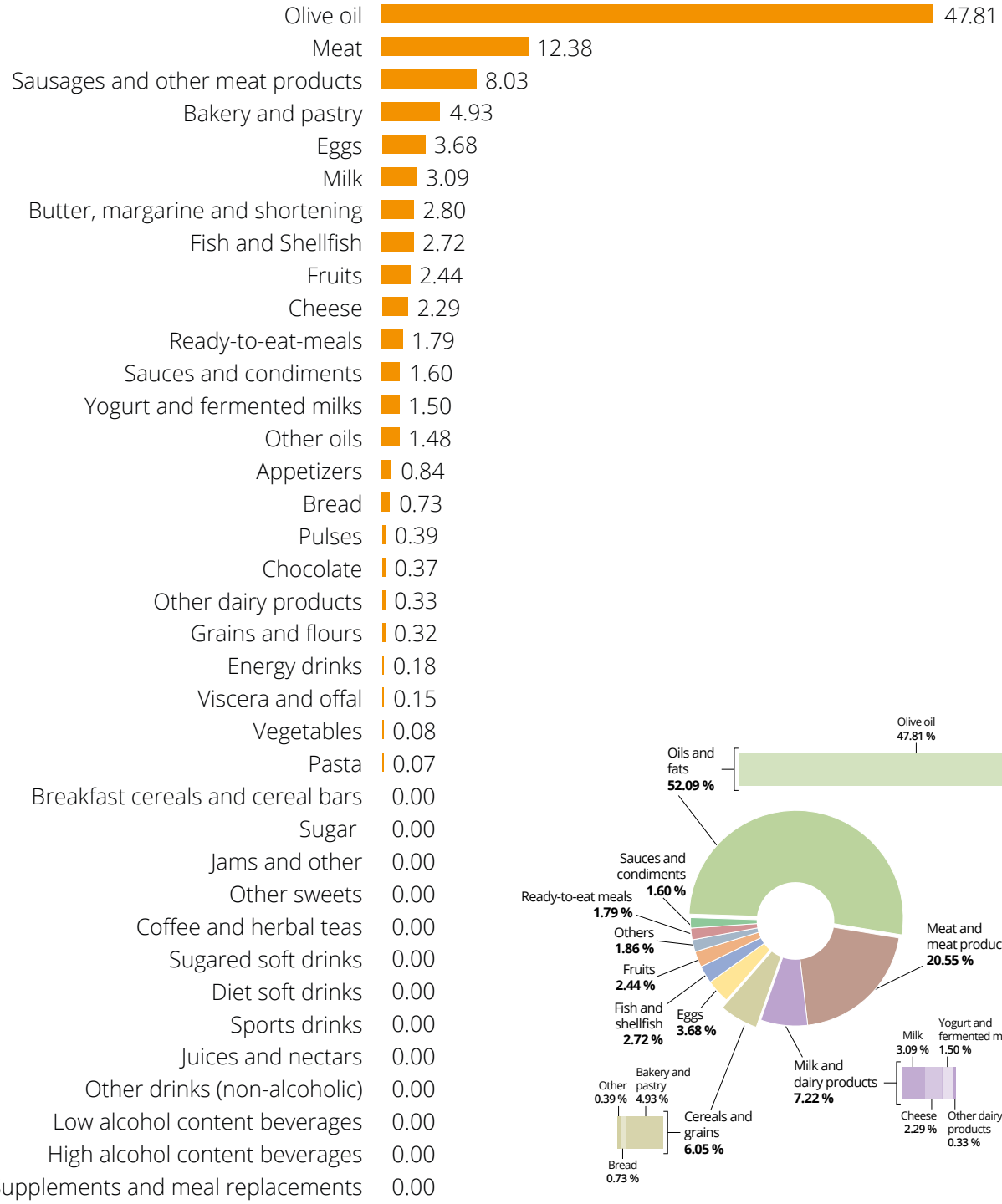

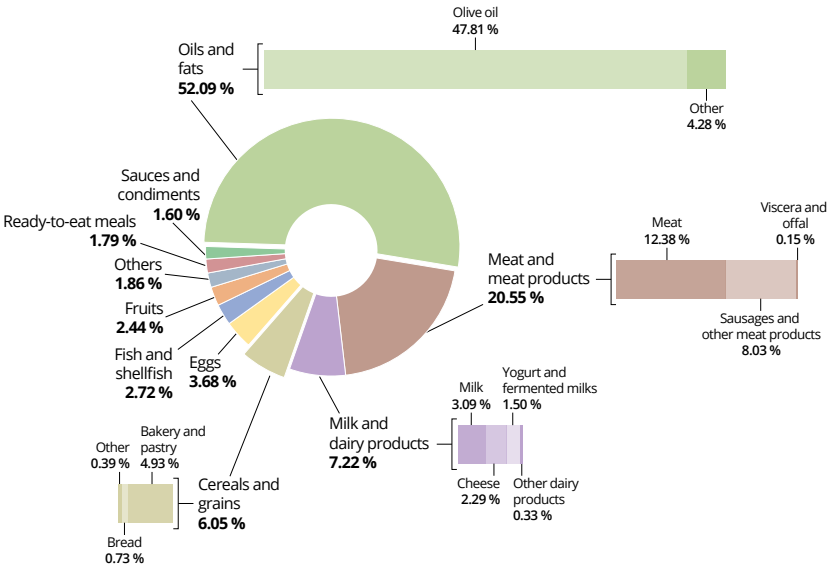

*Random sample

MUFA

Dietary sources of monunsaturated fatty acids (MUFA) (%) from food and beverage groups and subgroups.

15. ELDERLY WOMEN 65-75 YEARS

Sample: 107 individuals*

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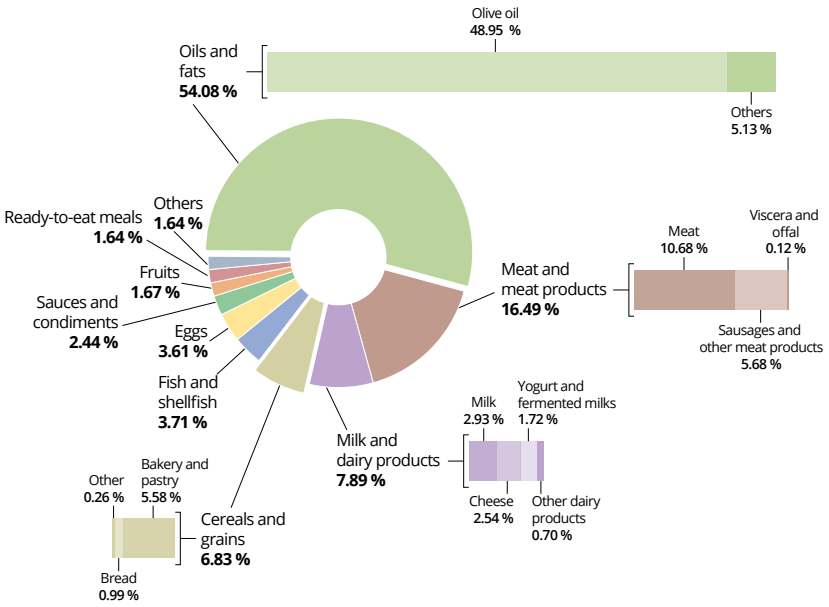
Olive oil	48.95
Meat	10.68
Sausages and other meat products	5.68
Bakery and pastry	5.58
Butter, margarine and shortening	3.72
Fish and Shellfish	3.71
Eggs	3.61
Milk	2.93
Cheese	2.54
Sauces and condiments	2.44
Yogurt and fermented milks	1.72
Fruits	1.67
Ready-to-eat-meals	1.64
Other oils	1.41
Bread	0.99
Appetizers	0.71
Other dairy products	0.70
Pulses	0.33
Chocolate	0.28
Energy drinks	0.18
Grains and flours	0.16
Vegetables	0.14
Viscera and offal	0.12
Pasta	0.10
Breakfast cereals and cereal bars	0.00
Sugar	0.00
Jams and other	0.00
Other sweets	0.00
Coffee and herbal teas	0.00
Sugared soft drinks	0.00
Diet soft drinks	0.00
Sports drinks	0.00
Juices and nectars	0.00
Other drinks (non-alcoholic)	0.00
Low alcohol content beverages	0.00
High alcohol content beverages	0.00
Supplements and meal replacements	0.00
Water	0.00



*Random sample

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Dietary sources of **polyunsaturated fatty acids (PUFA)** (%) from food and beverage groups and subgroups

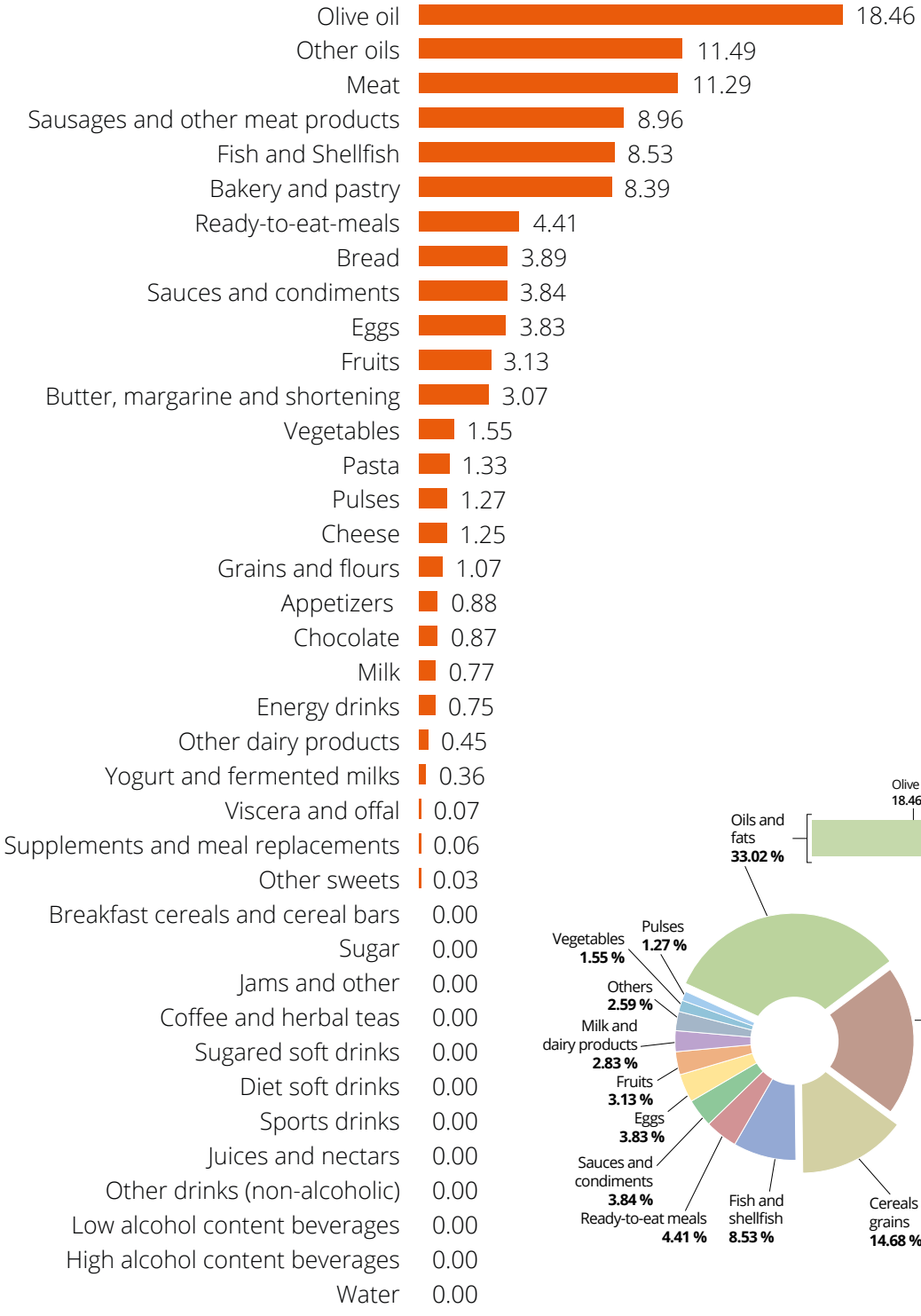
PUFA

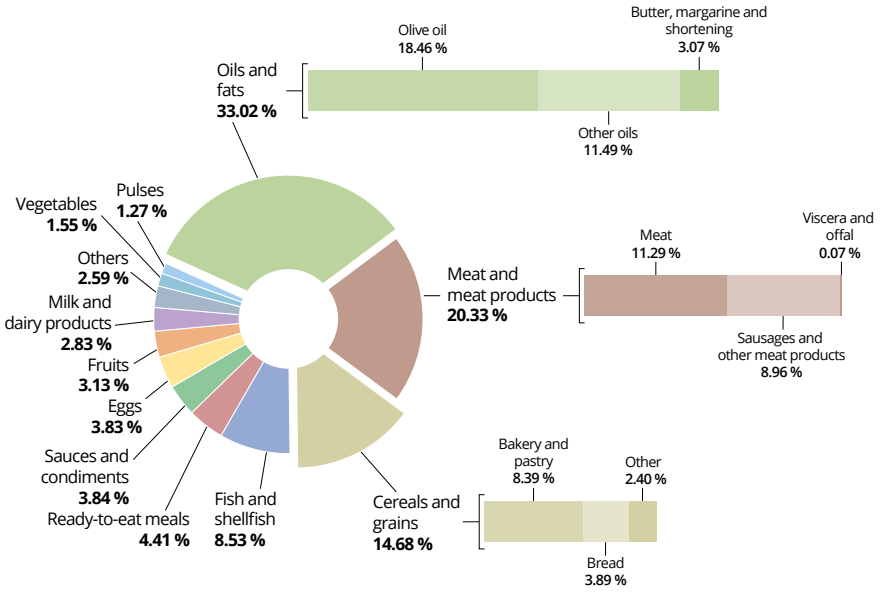
Dietary sources of polyunsaturated fatty acids (PUFA) (%) from food and beverage groups and subgroups.

1. GENERAL 9-75 YEARS

Sample: 2,009 individuals*

Back to index





*Random sample

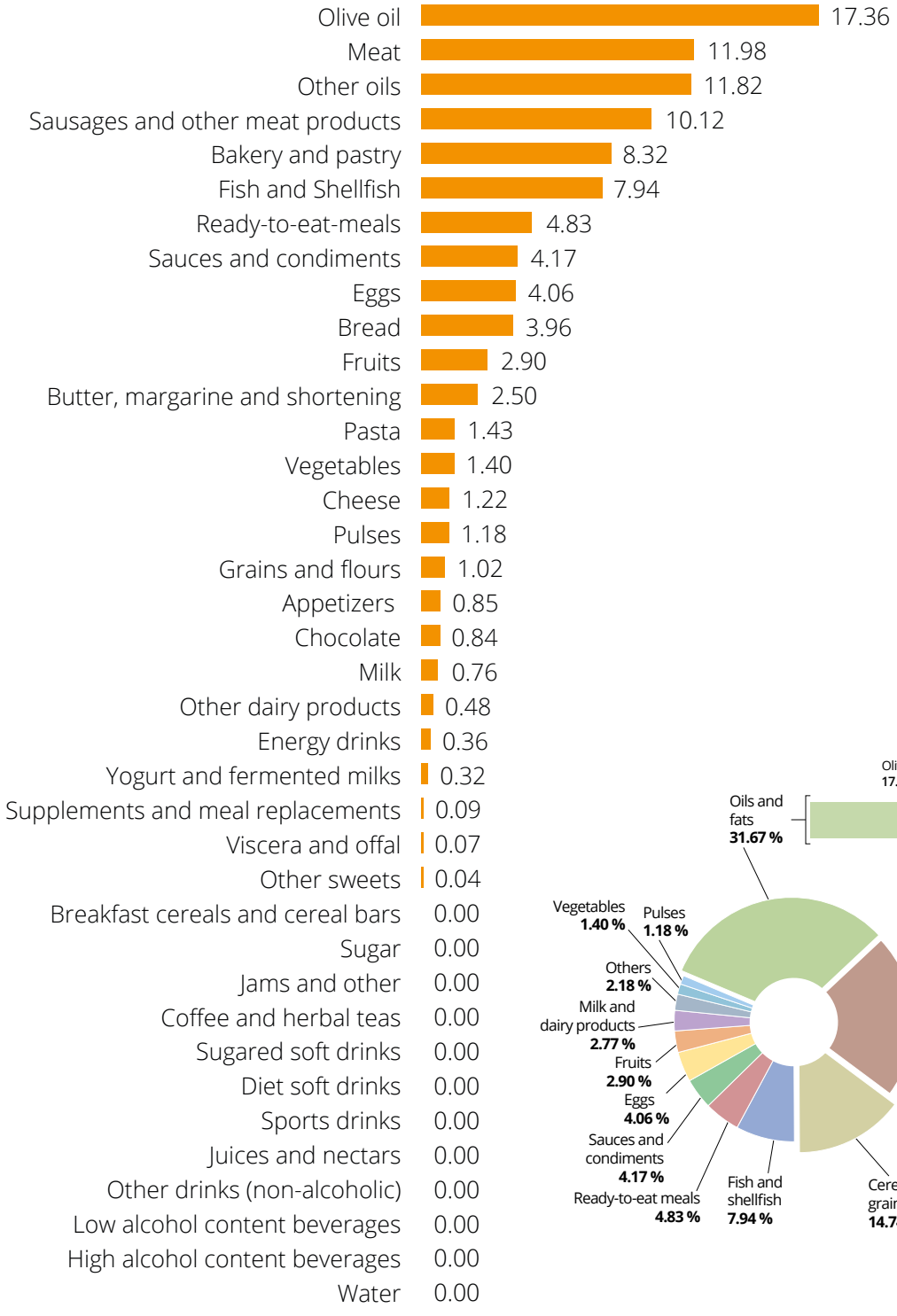
PUFA

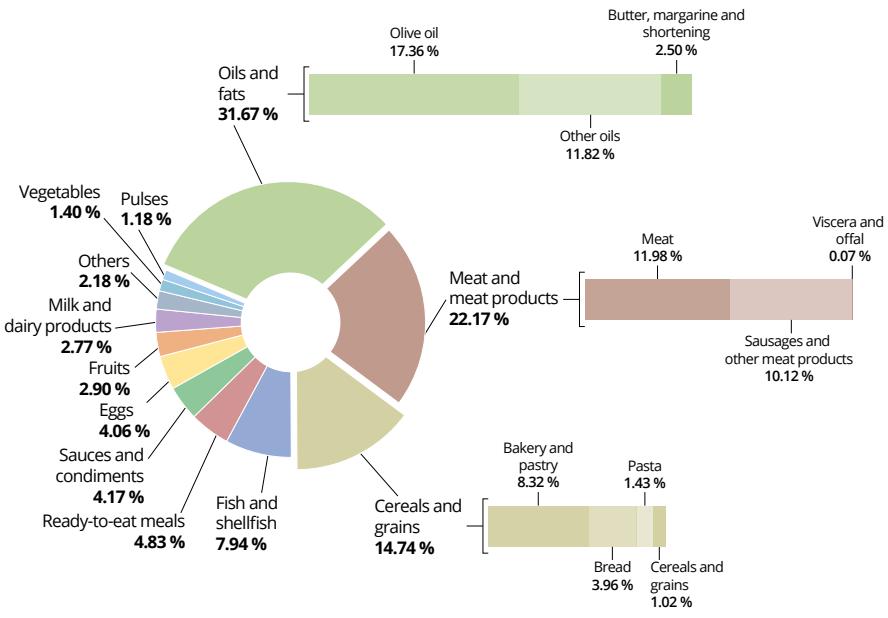
Dietary sources of polyunsaturated fatty acids (PUFA) (%) from food and beverage groups and subgroups.

2. GENERAL MEN 9-75 YEARS

Sample: 1,013 individuals*

Back to index





*Random sample

PUFA

Dietary sources of polyunsaturated fatty acids (PUFA) (%) from food and beverage groups and subgroups.

3. GENERAL WOMEN 9-75 YEARS

Sample: 996 individuals*

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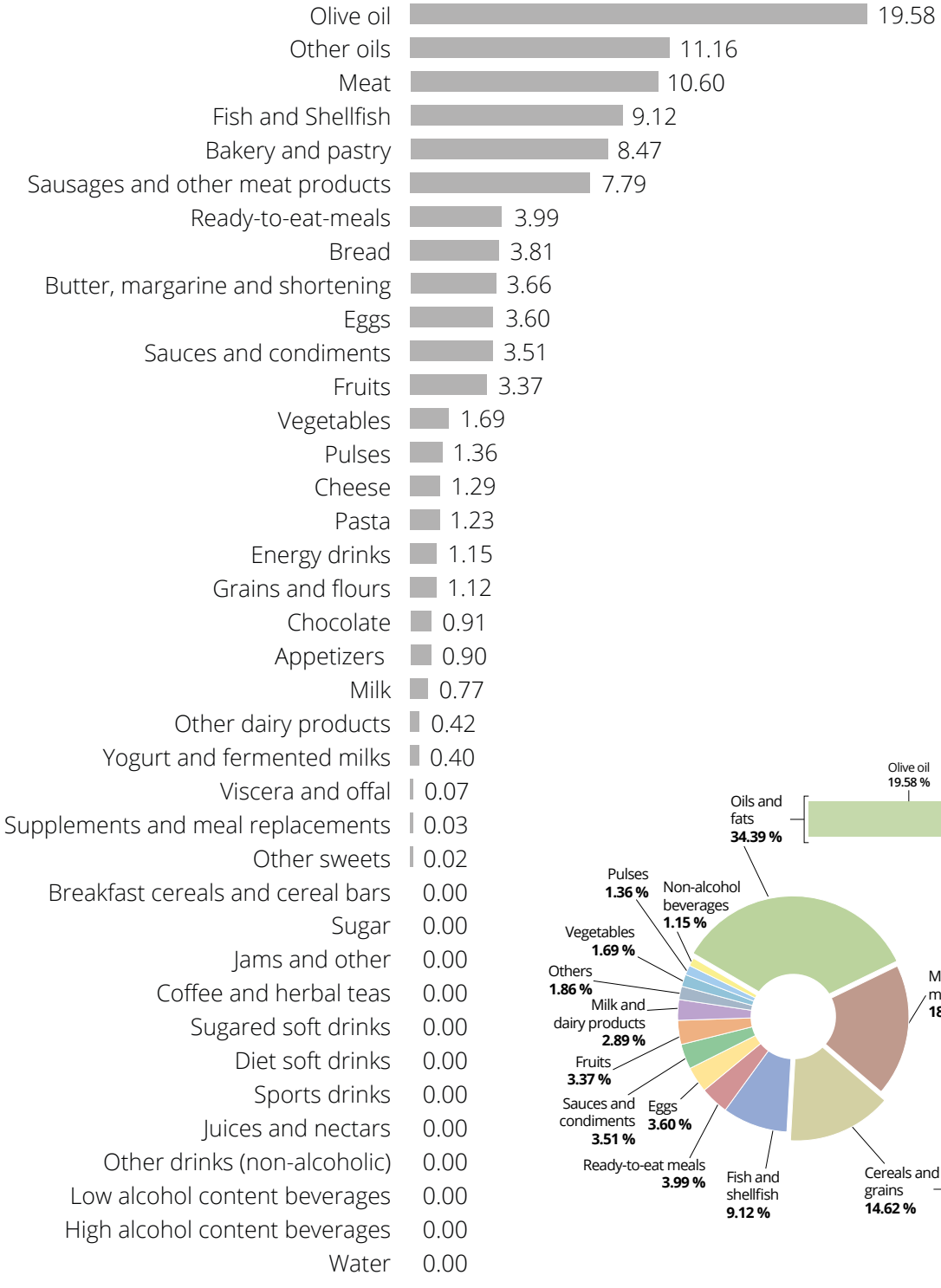

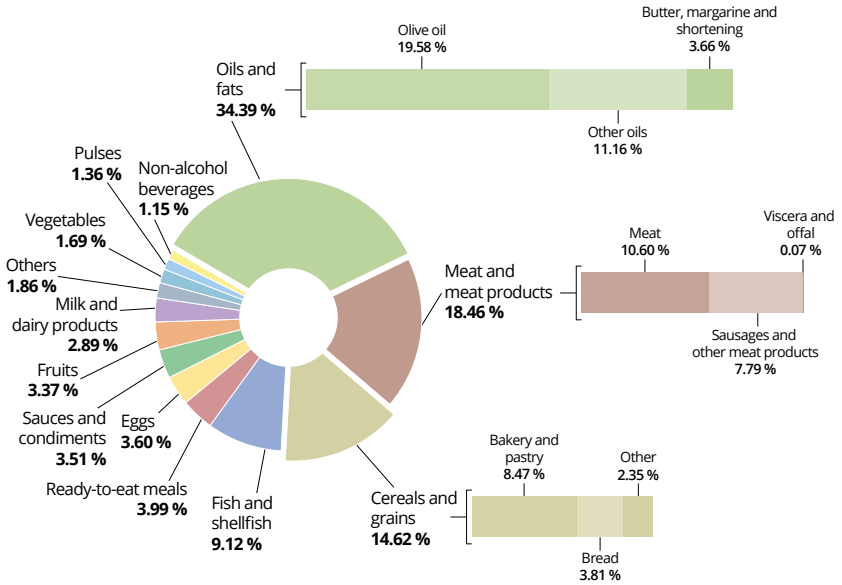

*Random sample

PUFA

Dietary sources of polyunsaturated fatty acids (PUFA) (%) from food and beverage groups and subgroups.

4. CHILDREN BOYS AND GIRLS 9-12 YEARS

Sample: 213 individuals*

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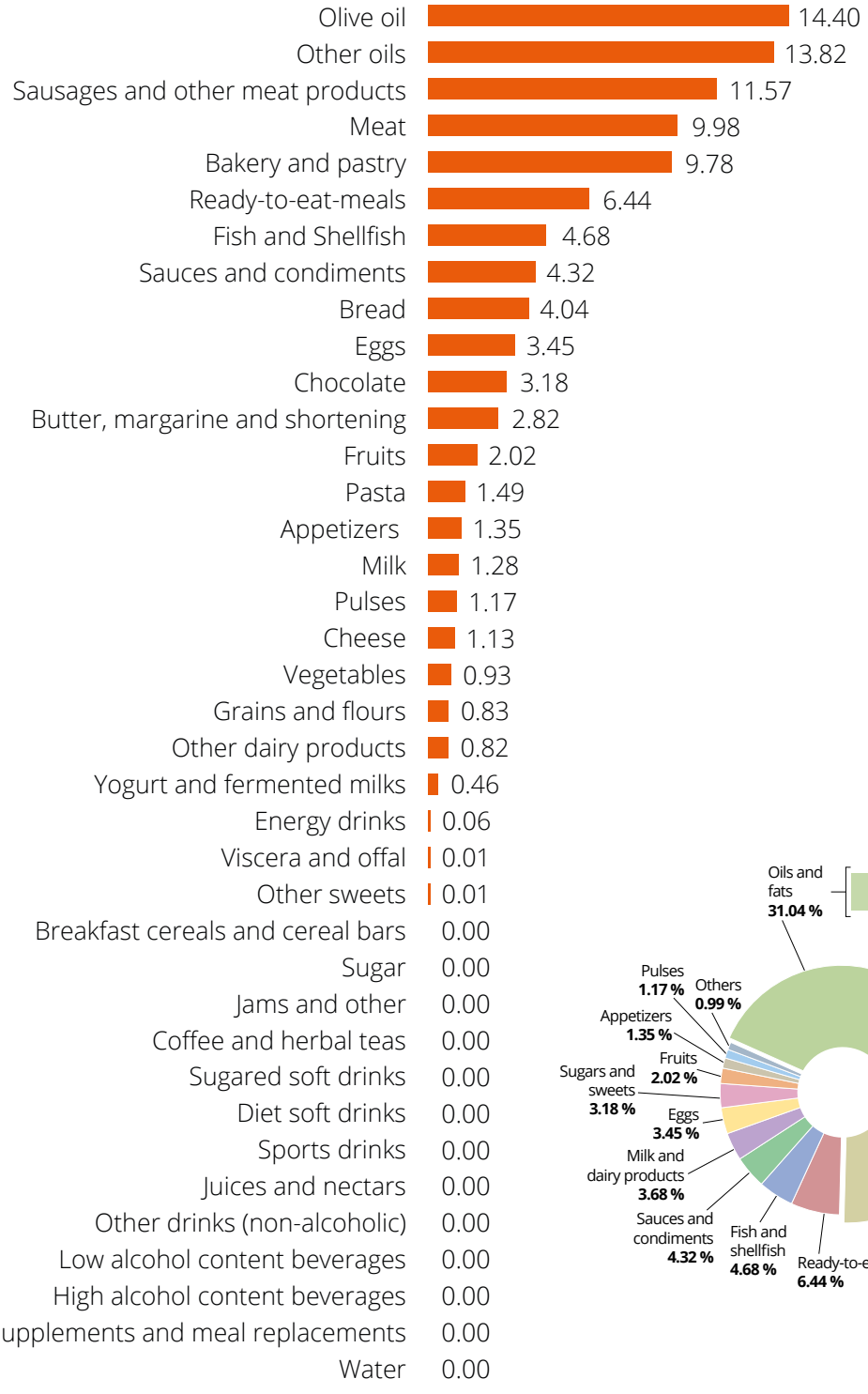
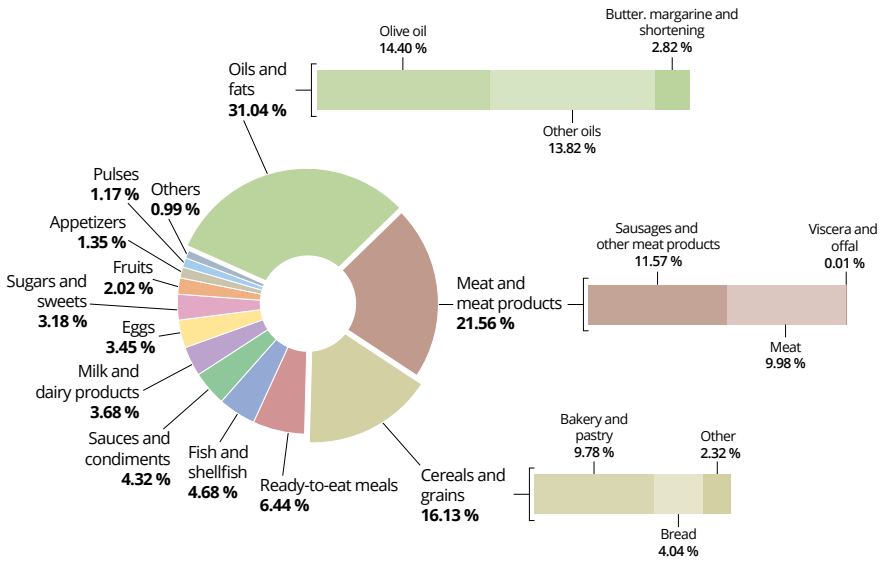




*Random sample plus boost

ANIBES

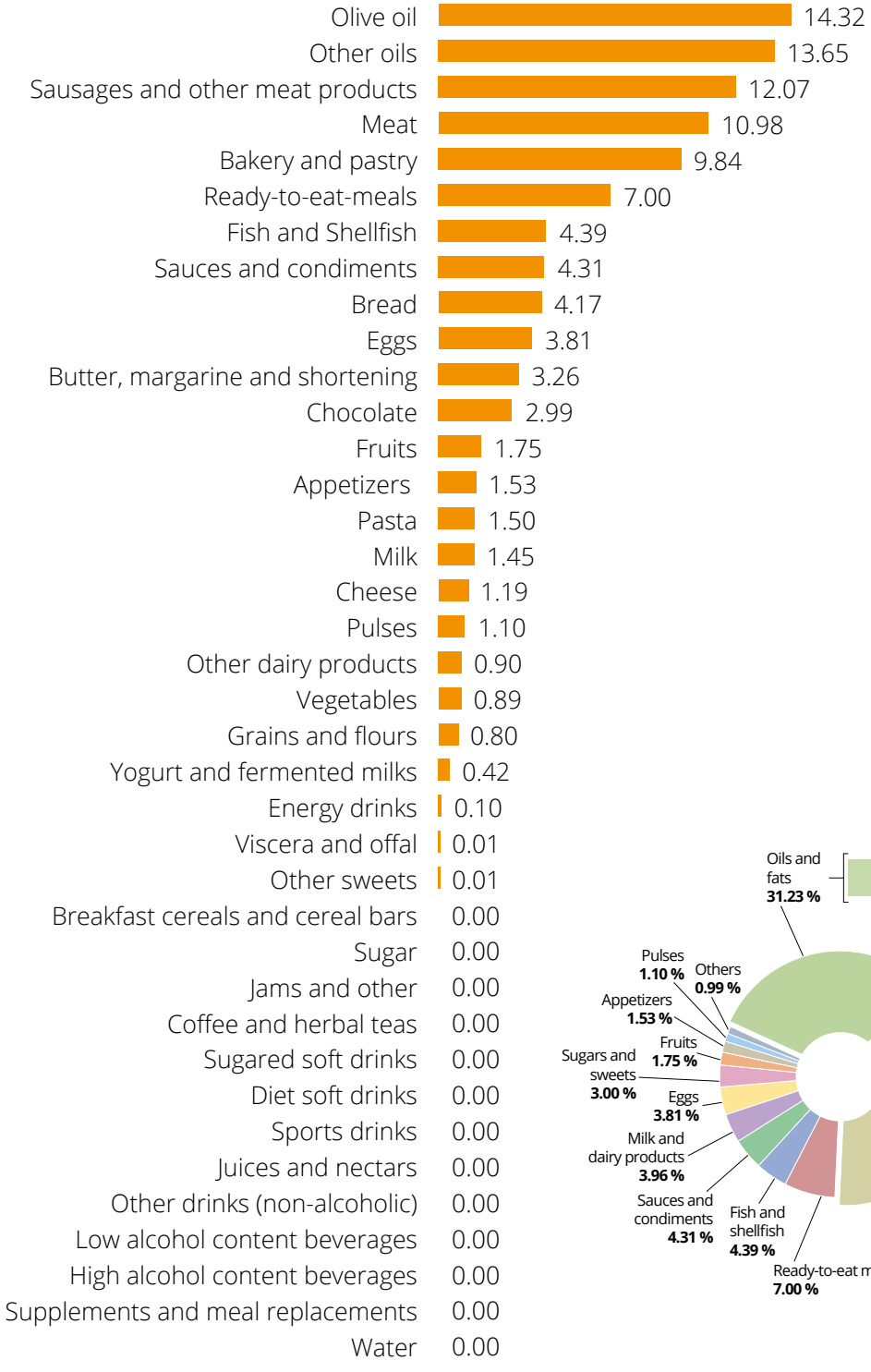
PUFA

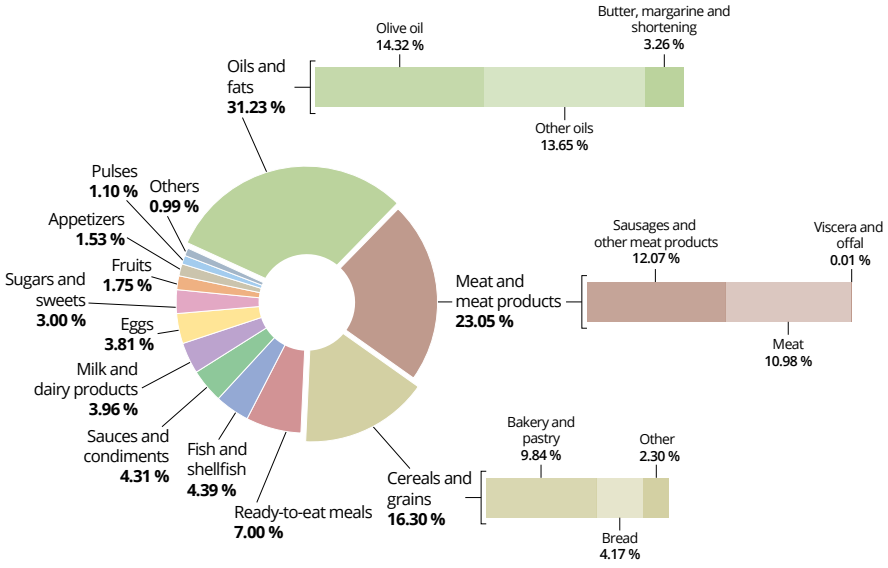
Dietary sources of polyunsaturated fatty acids (PUFA) (%) from food and beverage groups and subgroups.

5. CHILDREN BOYS 9-12 YEARS

Sample: 126 individuals*

Back to index





*Random sample plus boost

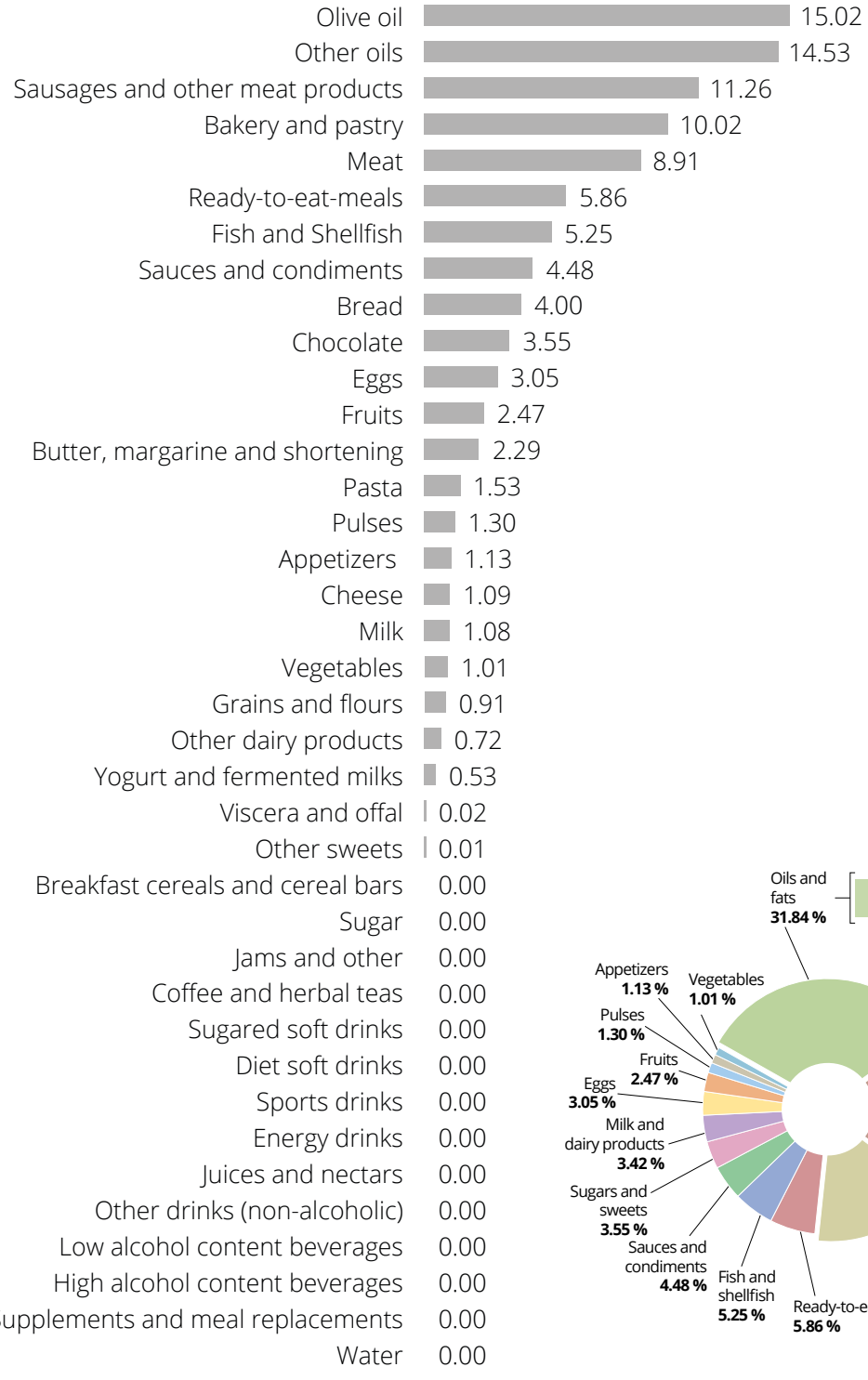
PUFA

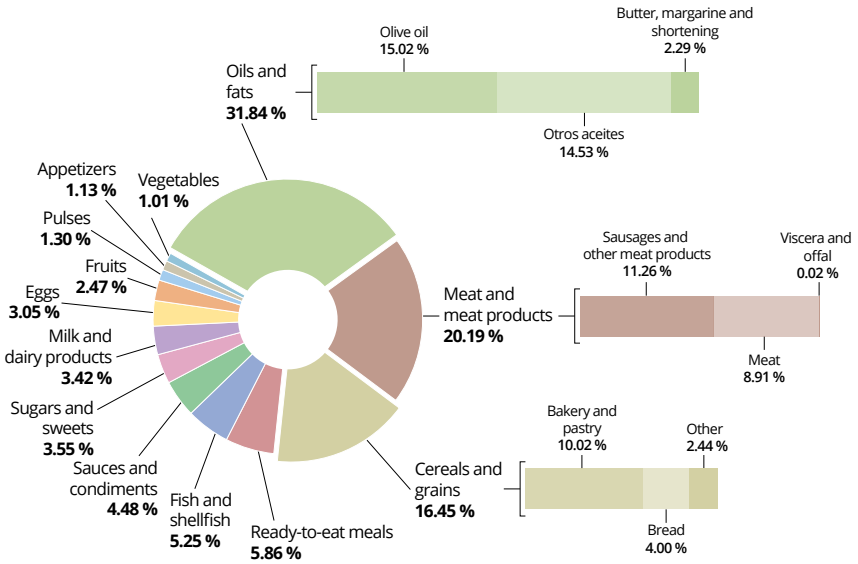
Dietary sources of polyunsaturated fatty acids (PUFA) (%) from food and beverage groups and subgroups.

6. CHILDREN GIRLS 9-12 YEARS

Sample: 87 individuals*

Back to index





*Random sample plus boost

PUFA

Dietary sources of polyunsaturated fatty acids (PUFA) (%) from food and beverage groups and subgroups.

7. ADOLESCENTS 13-17 YEARS

Sample: 211 individuals*

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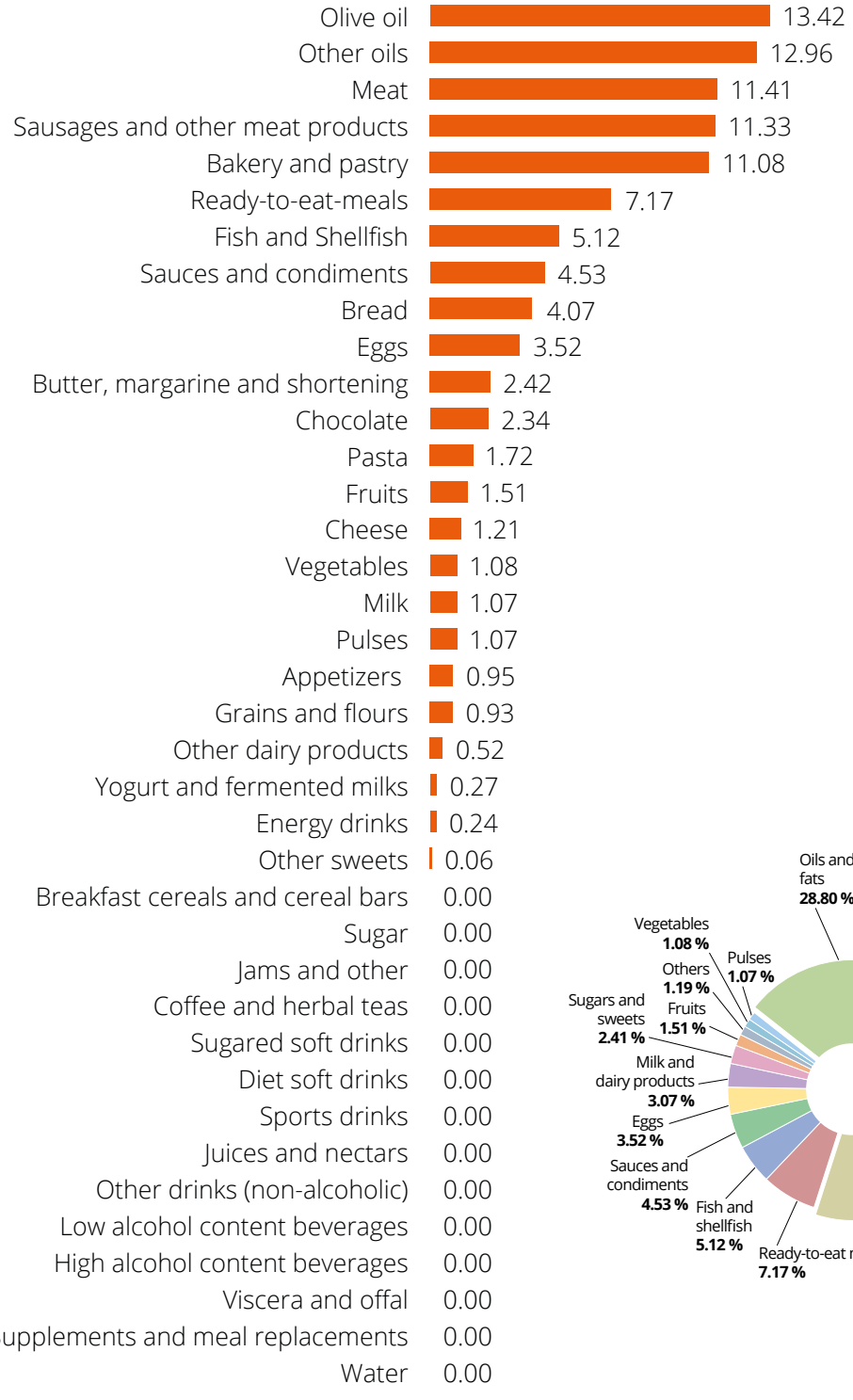

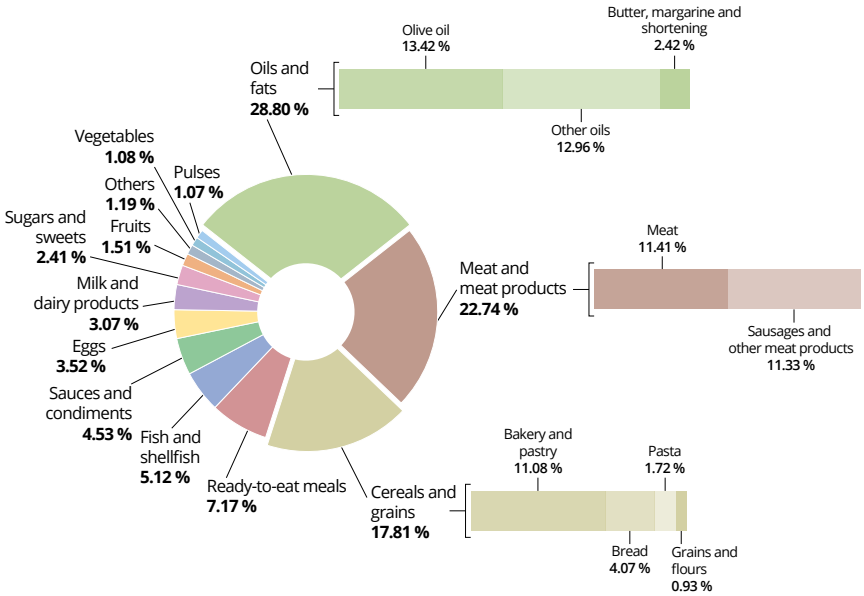

*Random sample plus boost

PUFA

Dietary sources of polyunsaturated fatty acids (PUFA) (%) from food and beverage groups and subgroups.

8. ADOLESCENT BOYS 13-17 YEARS

Sample: 137 individuals*

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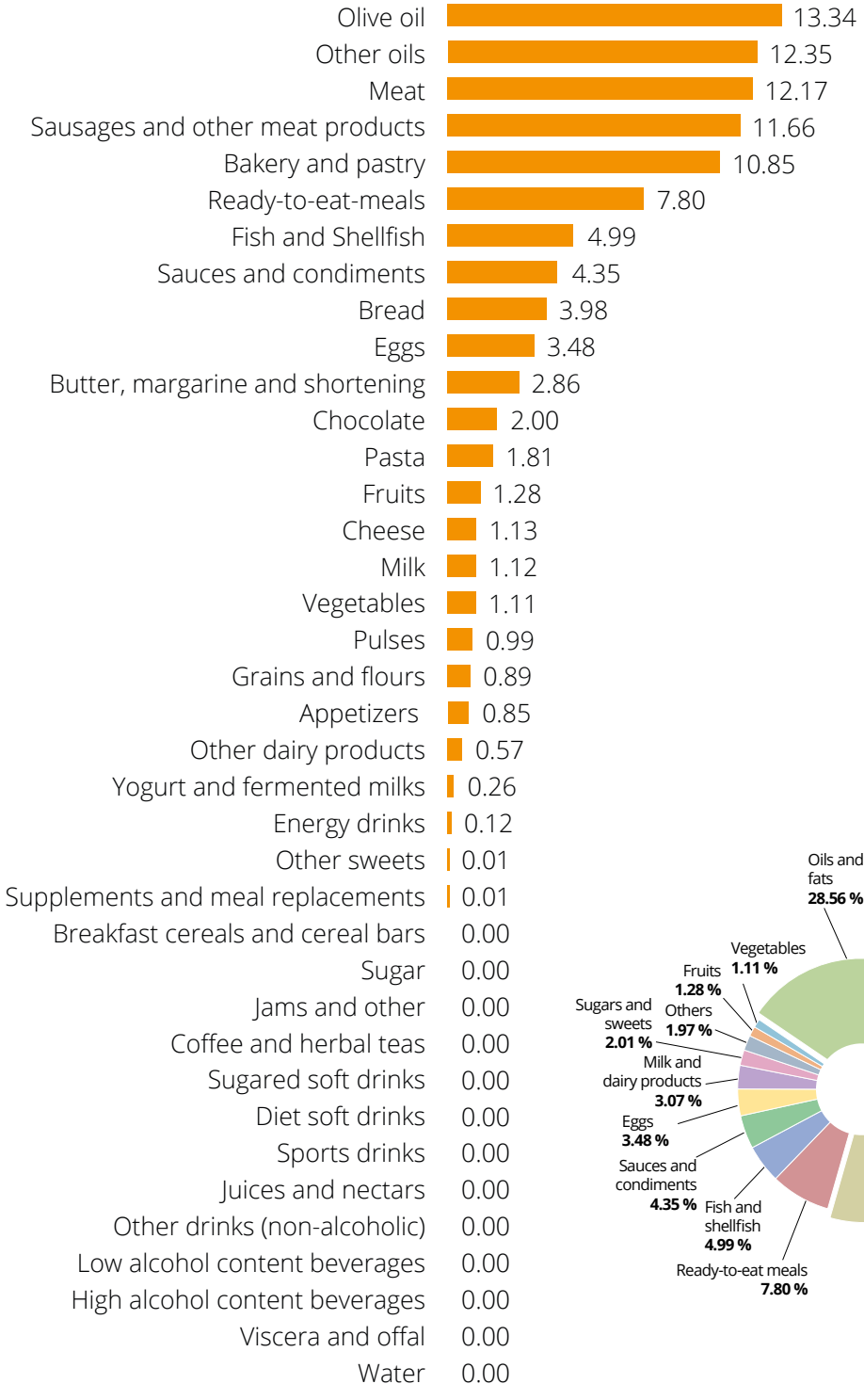

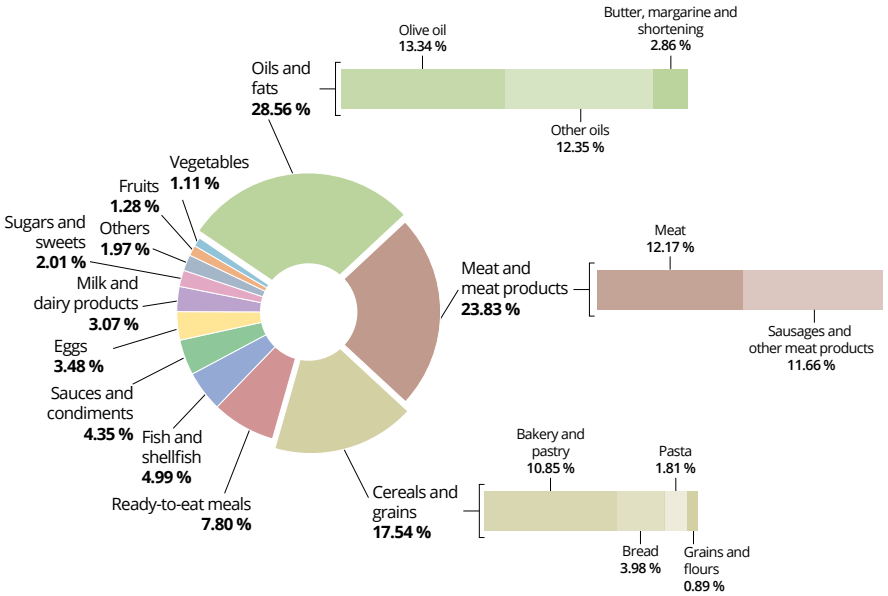

*Random sample plus boost

ANIBES

PUFA

Dietary sources of polyunsaturated fatty acids (PUFA) (%) from food and beverage groups and subgroups.

9. ADOLESCENT GIRLS 13-17 YEARS

Sample: 74 individuals*

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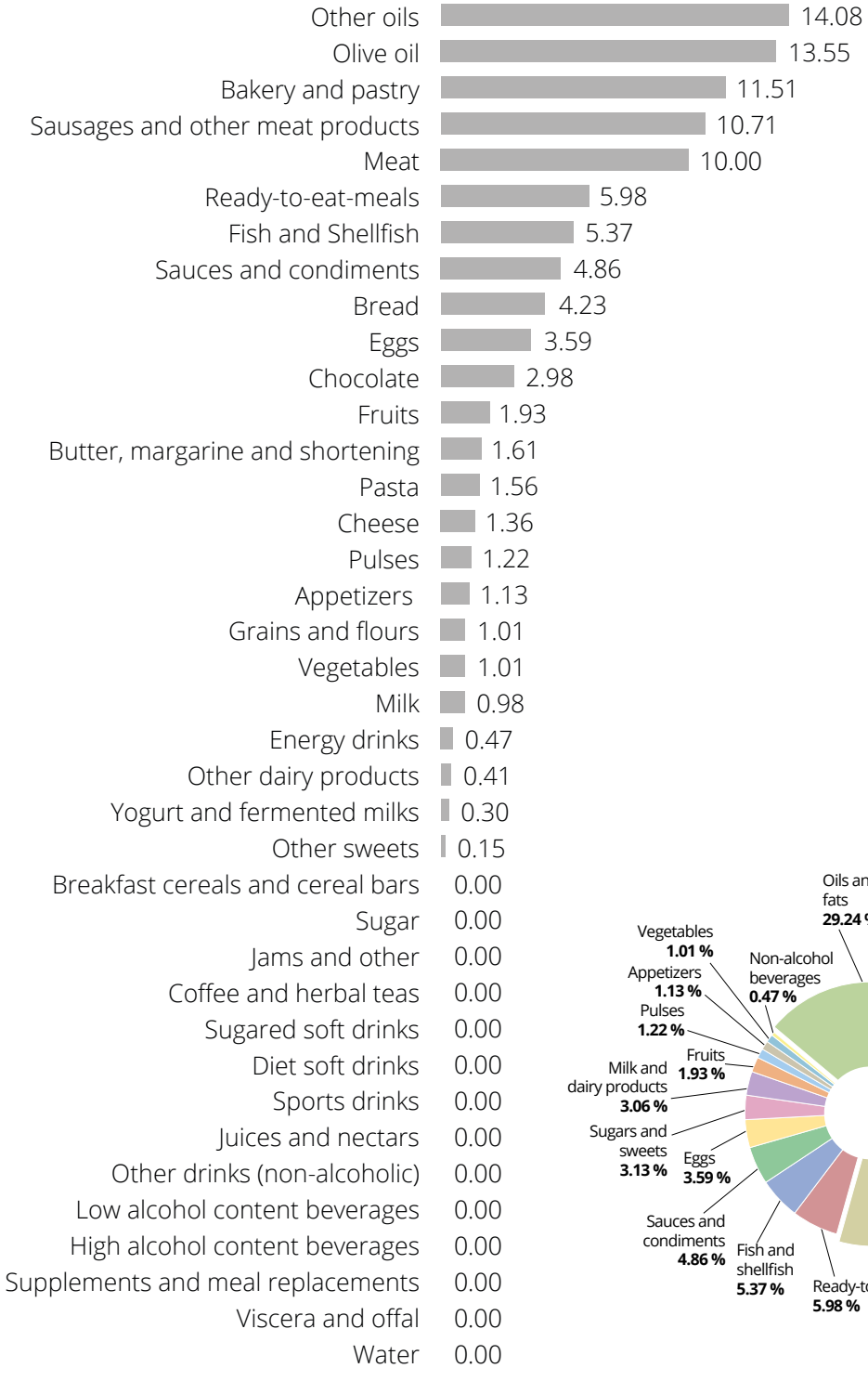

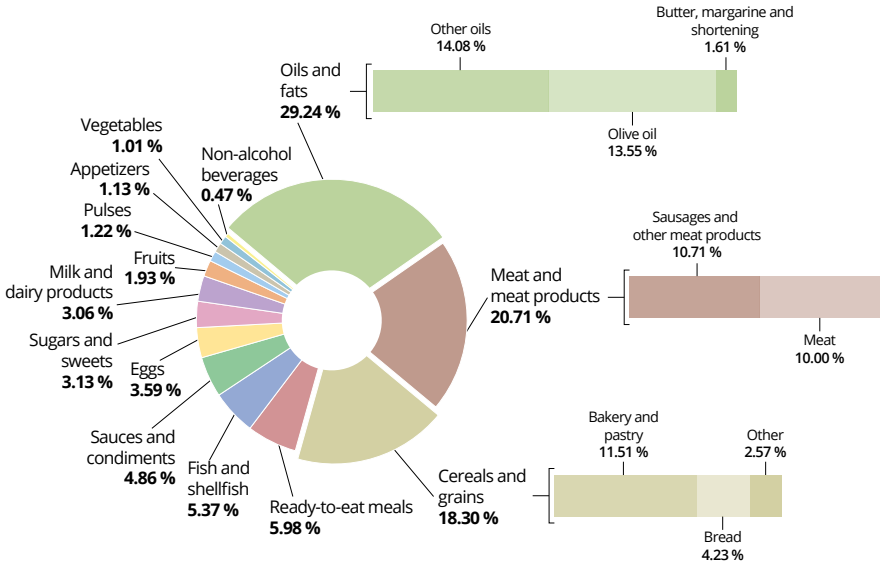

*Random sample plus boost

ANIBES

PUFA

Dietary sources of polyunsaturated fatty acids (PUFA) (%) from food and beverage groups and subgroups.

10. ADULTS 18-64 YEARS

Sample: 1,655 individuals*

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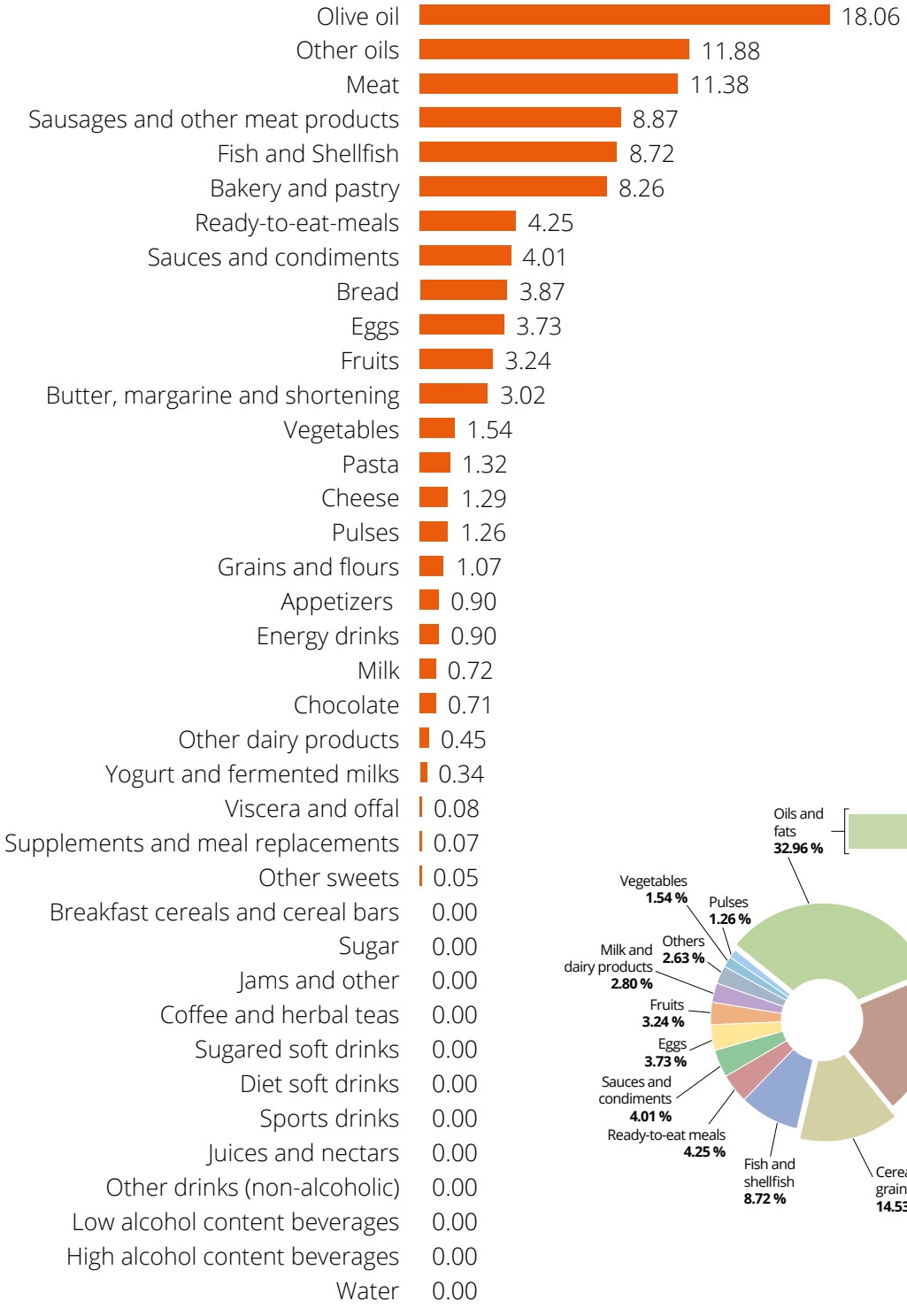

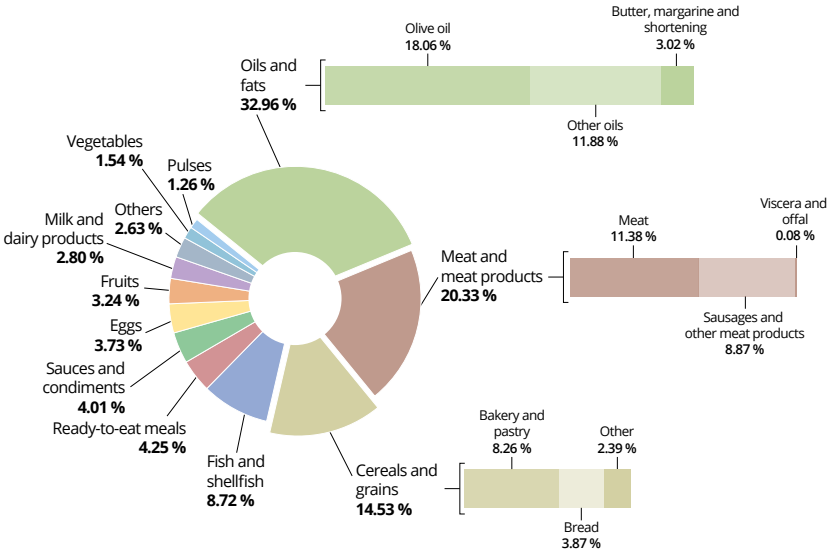

*Random sample

ANIBES

PUFA

Dietary sources of polyunsaturated fatty acids (PUFA) (%) from food and beverage groups and subgroups.

11. ADULT MEN 18-64 YEARS

Sample: 798 individuals*

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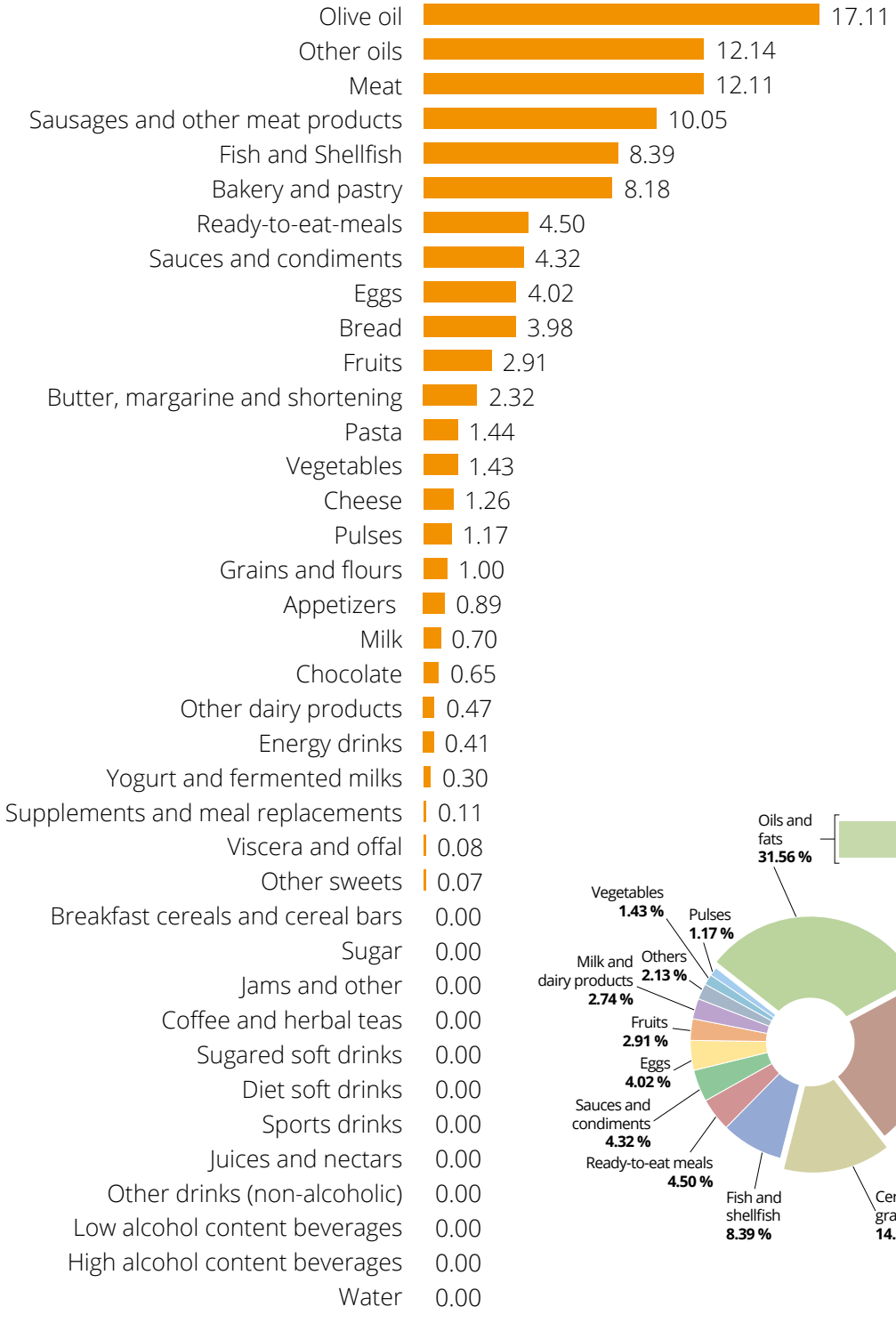

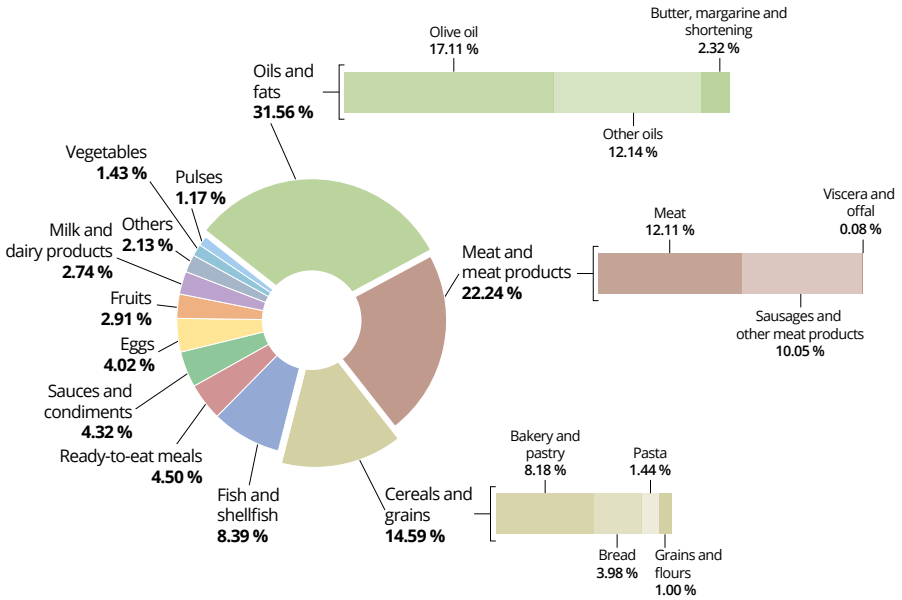

*Random sample

ANIBES

PUFA

Dietary sources of polyunsaturated fatty acids (PUFA) (%) from food and beverage groups and subgroups.

12. ADULT WOMEN 18-64 YEARS

Sample: 857 individuals*

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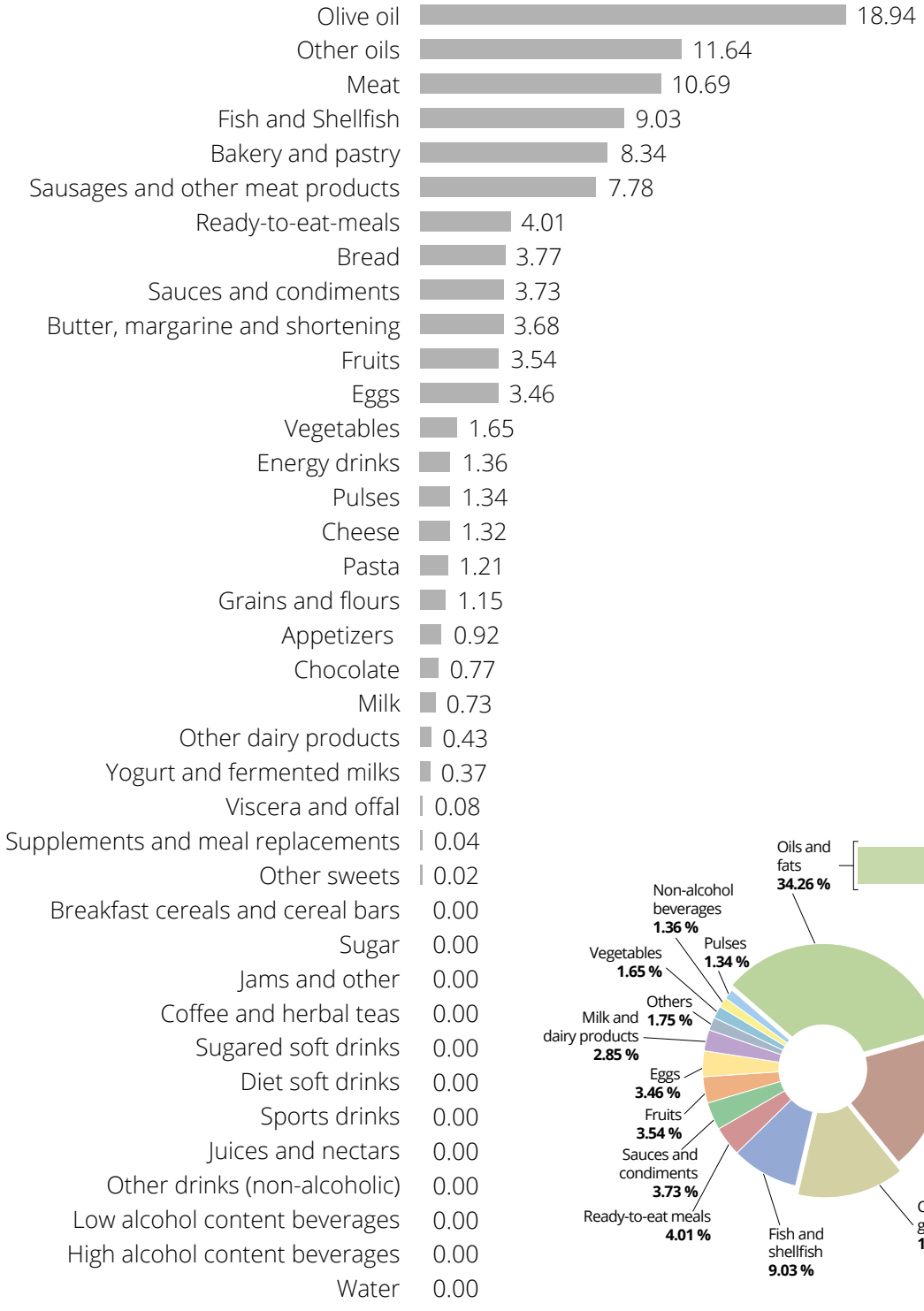

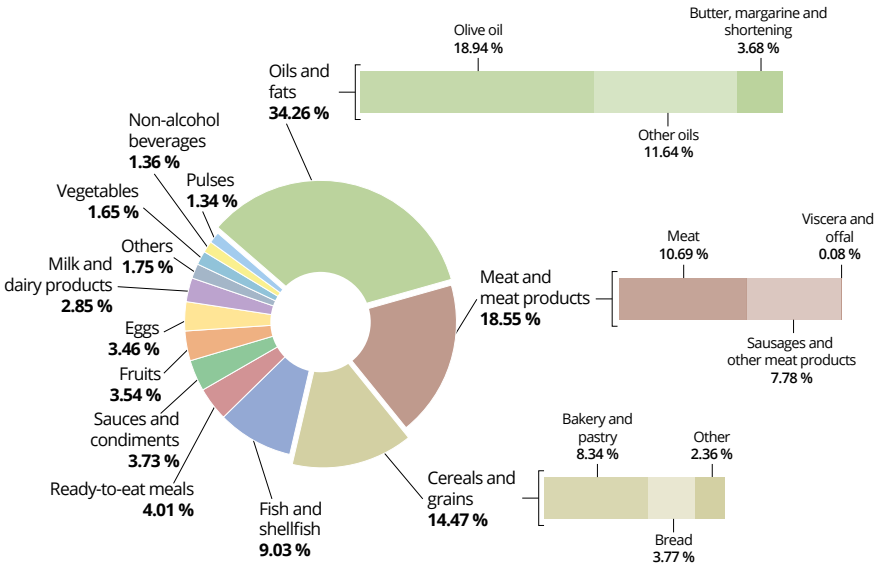

*Random sample

PUFA

Dietary sources of polyunsaturated fatty acids (PUFA) (%) from food and beverage groups and subgroups.

13. ERDERLY 65-75 YEARS

Sample: 206 individuals*

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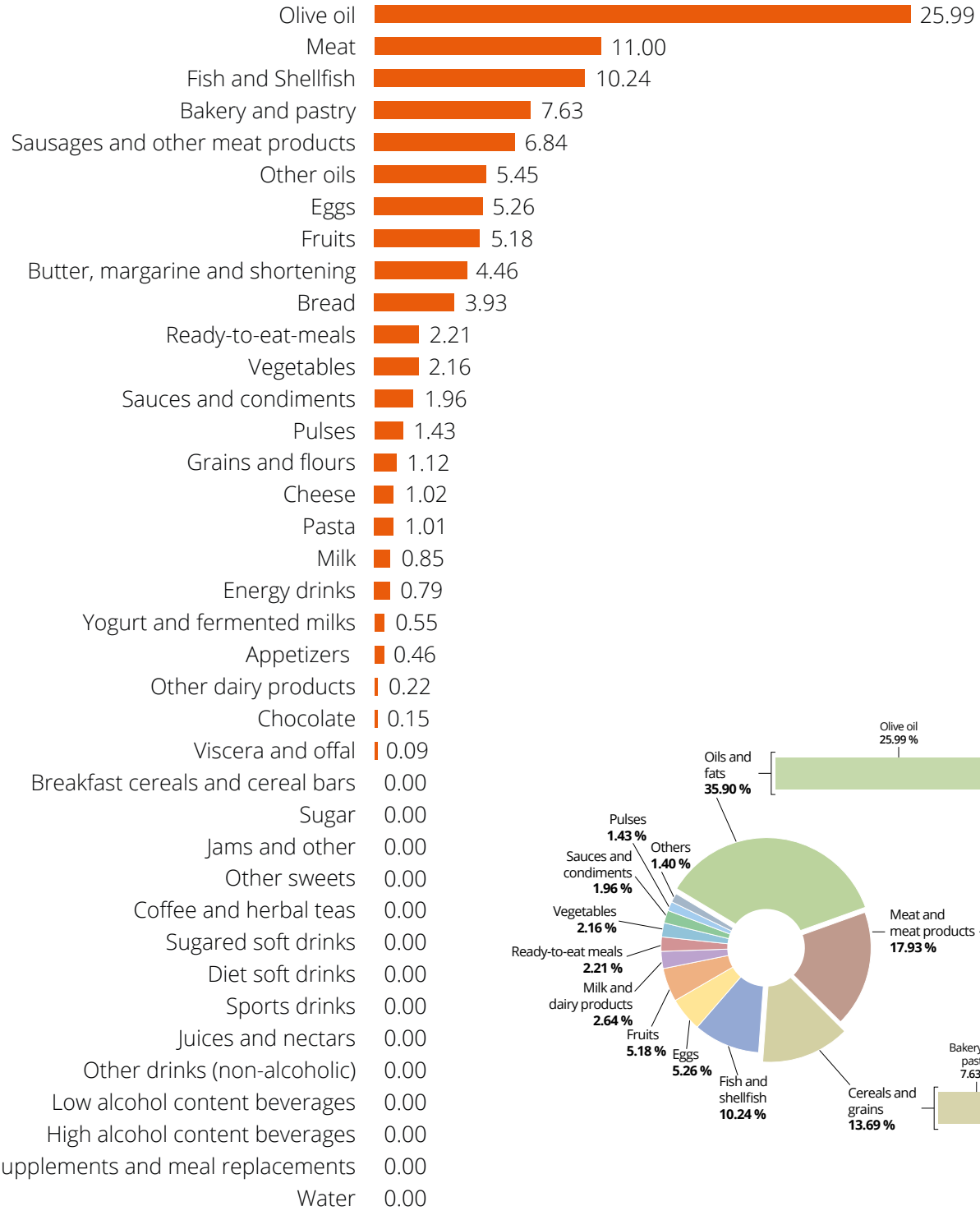

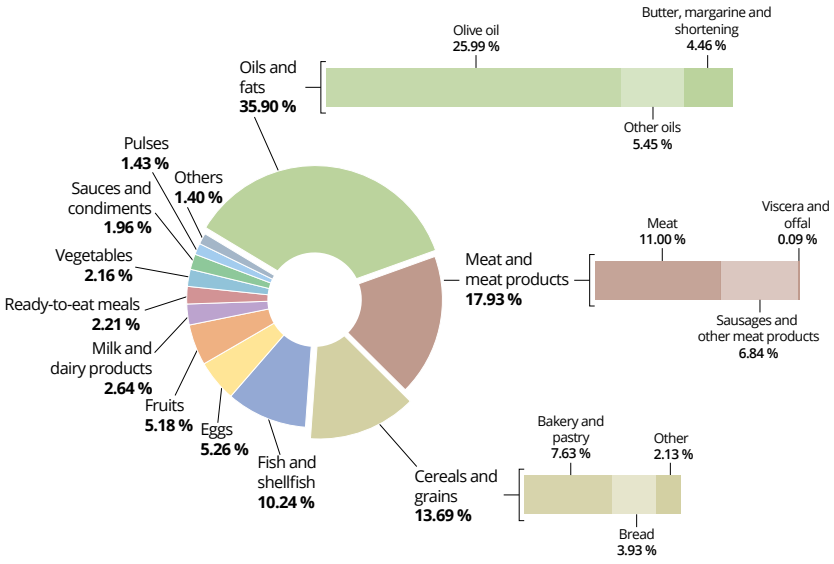

*Random sample

PUFA

Dietary sources of polyunsaturated fatty acids (PUFA) (%) from food and beverage groups and subgroups.

14. ELDERLY MEN 65-75 YEARS

Sample: 99 individuals*

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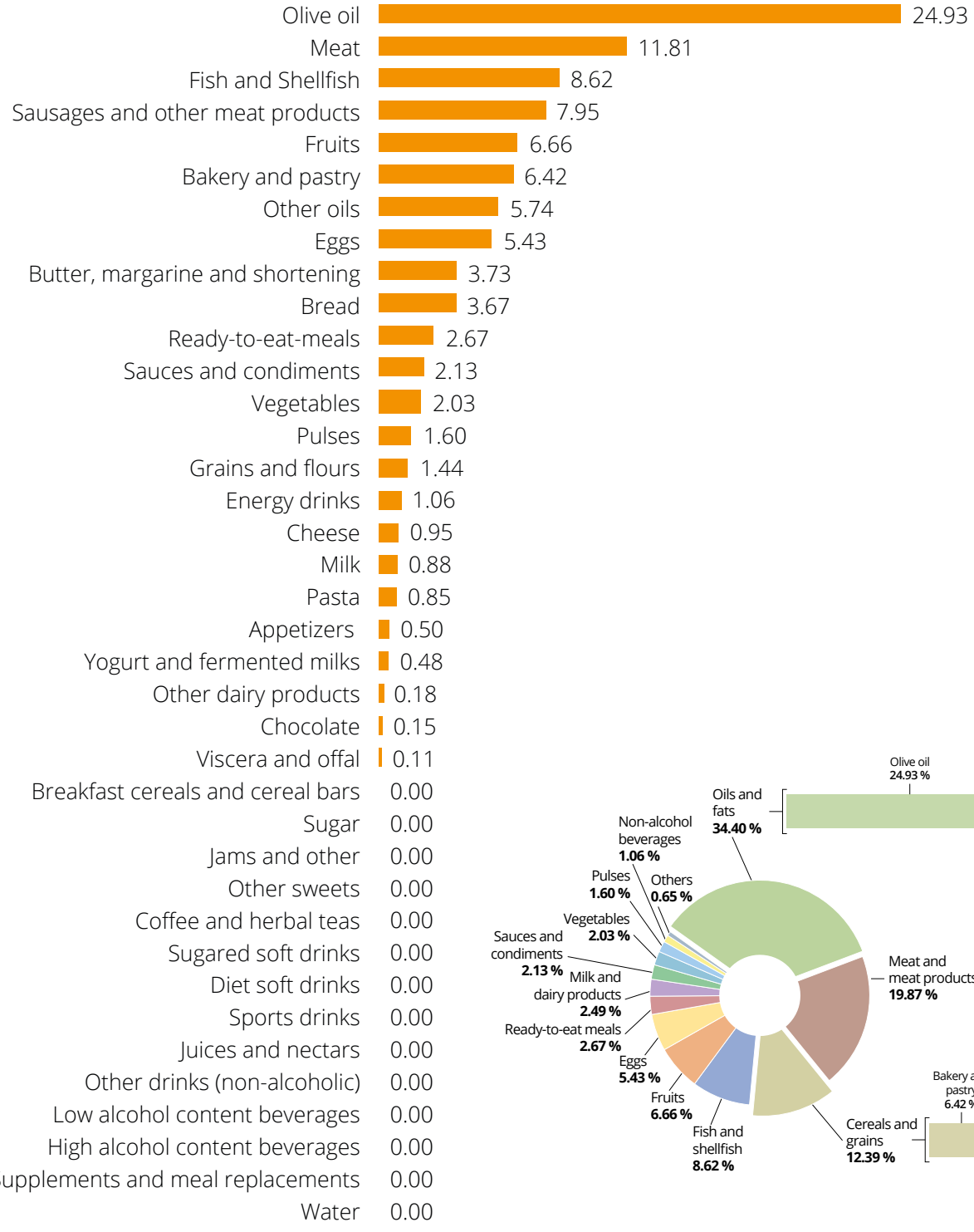

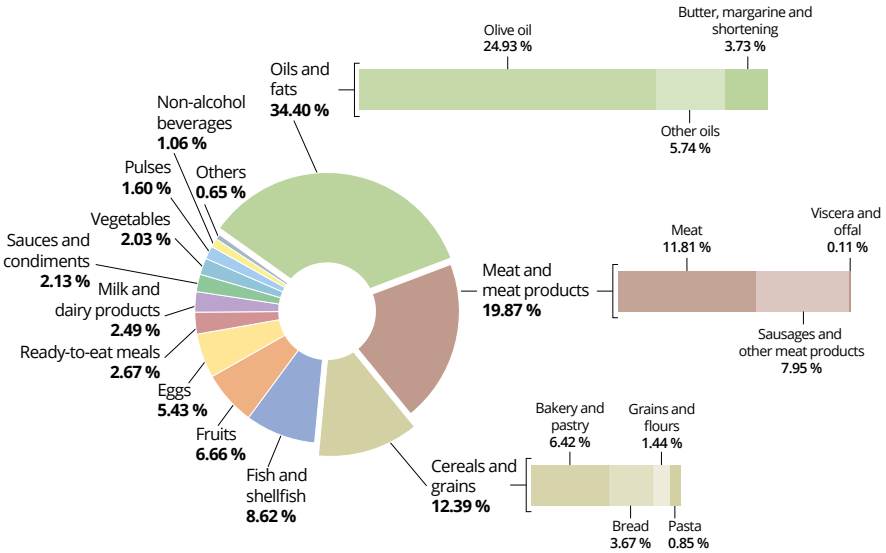

*Random sample

Dietary sources of polyunsaturated fatty acids (PUFA) (%) from food and beverage groups and subgroups.

15. ELDERLY WOMEN 65-75 YEARS

PUFA

Sample: 107 individuals*

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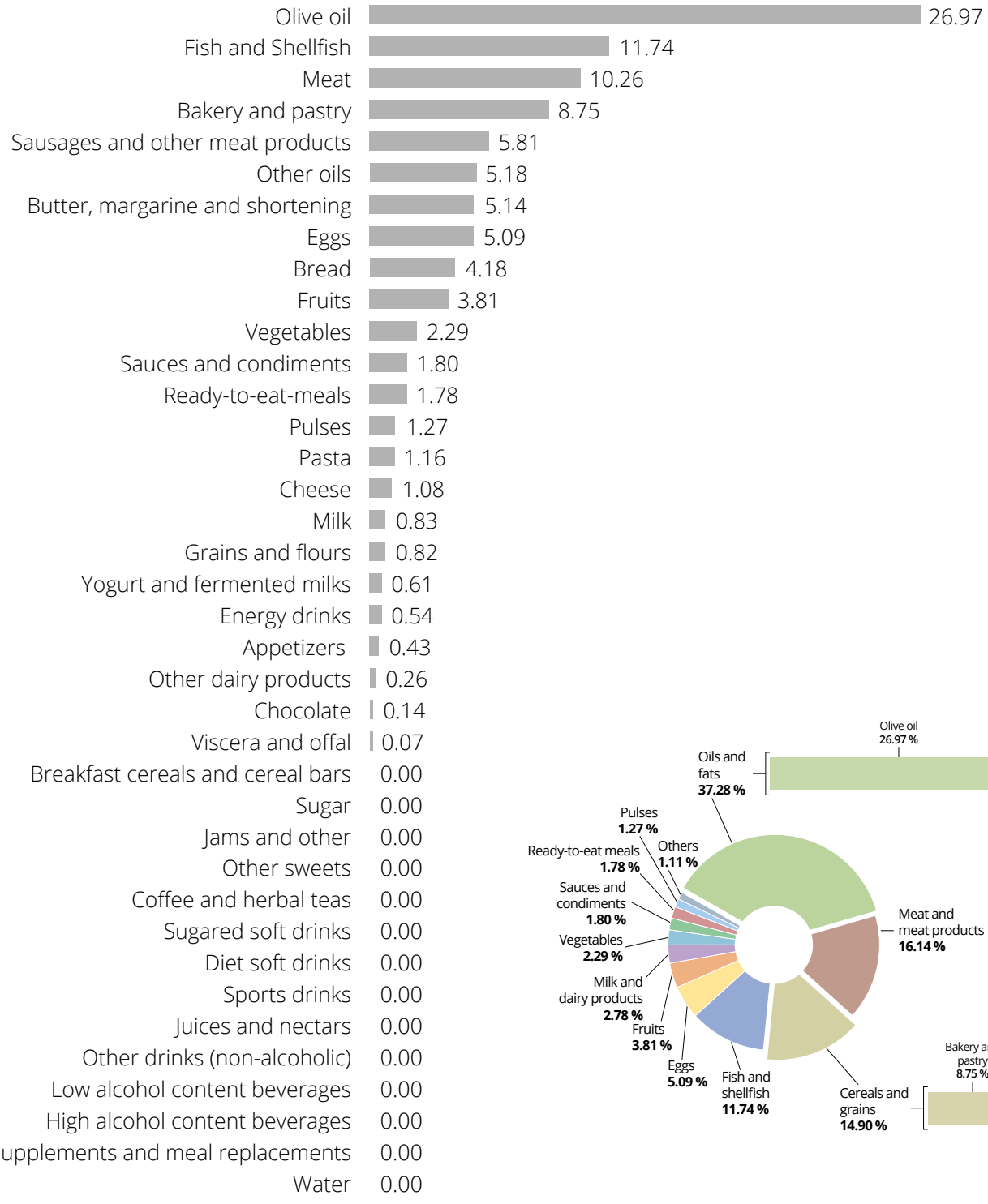

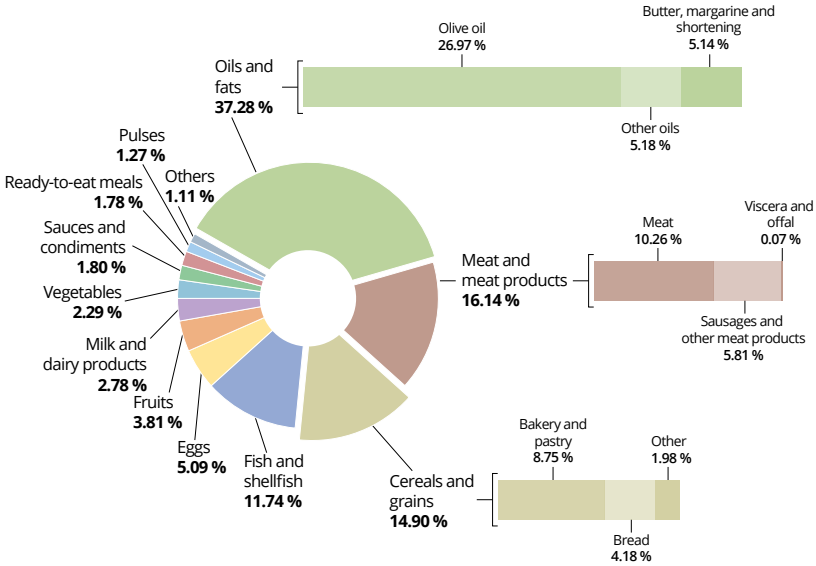

*Random sample

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Dietary sources of **omega-6** (%) from food and beverage groups and subgroups

Dietary sources of omega-6 (%) from food and beverage groups and subgroups.

1. GENERAL 9-75 YEARS

Sample: 2,009 individuals*

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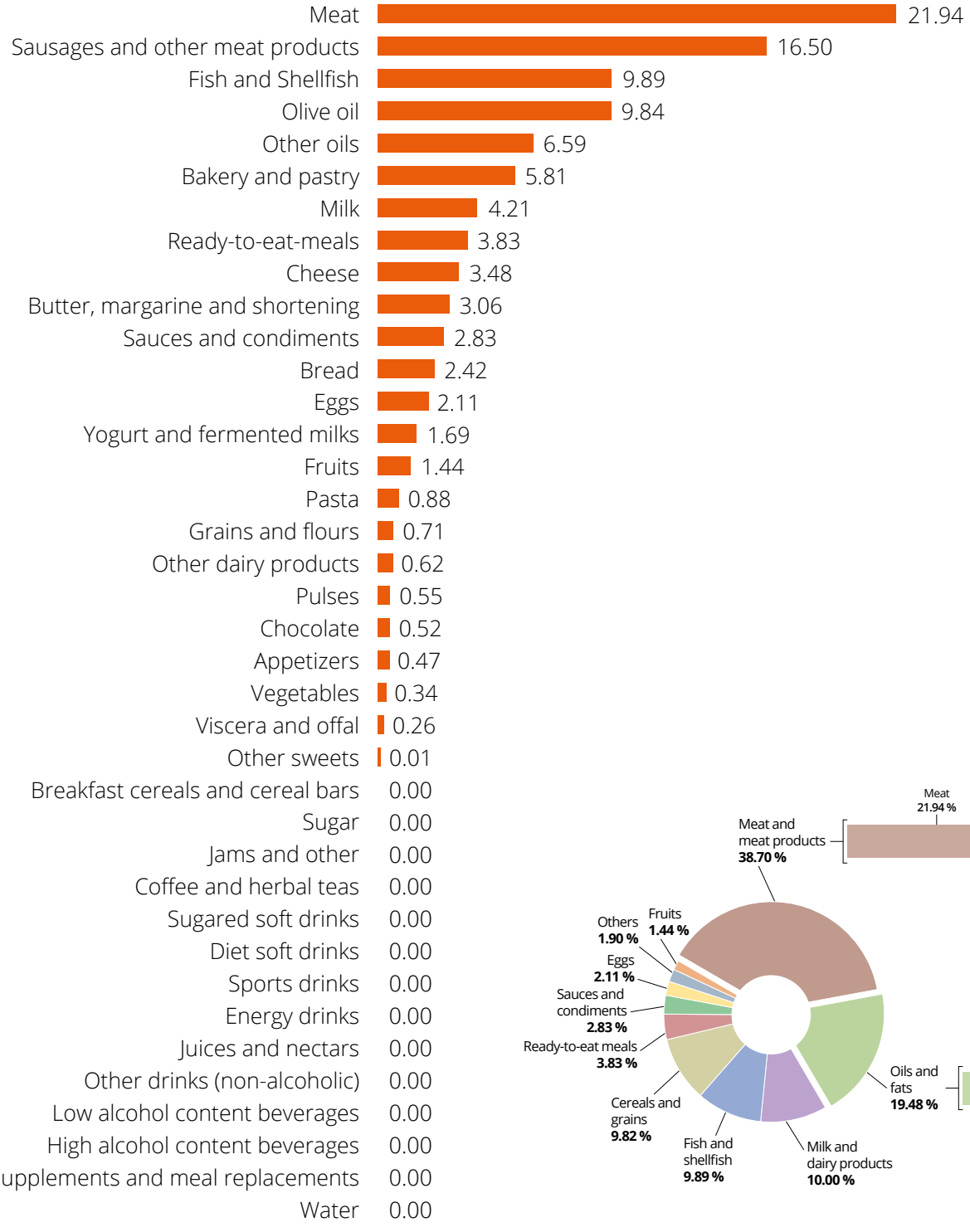

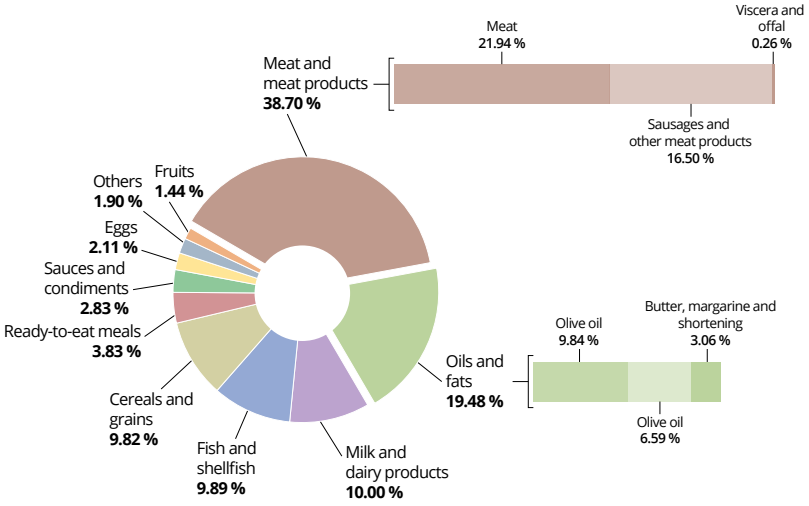

*Random sample

OMEGA-6

Dietary sources of omega-6 (%) from food and beverage groups and subgroups.

2. GENERAL MEN 9-75 YEARS

Sample: 1,013 individuals*

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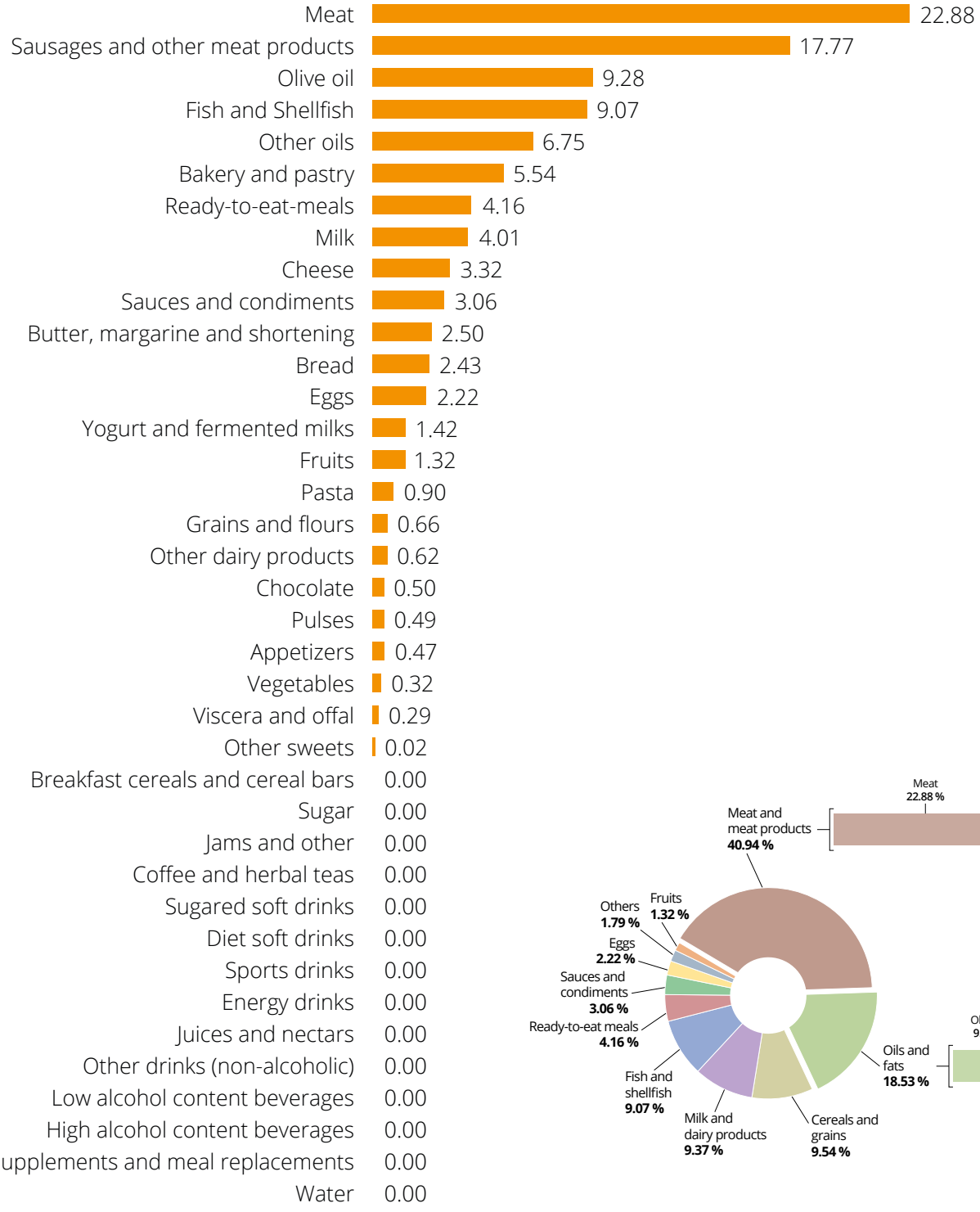

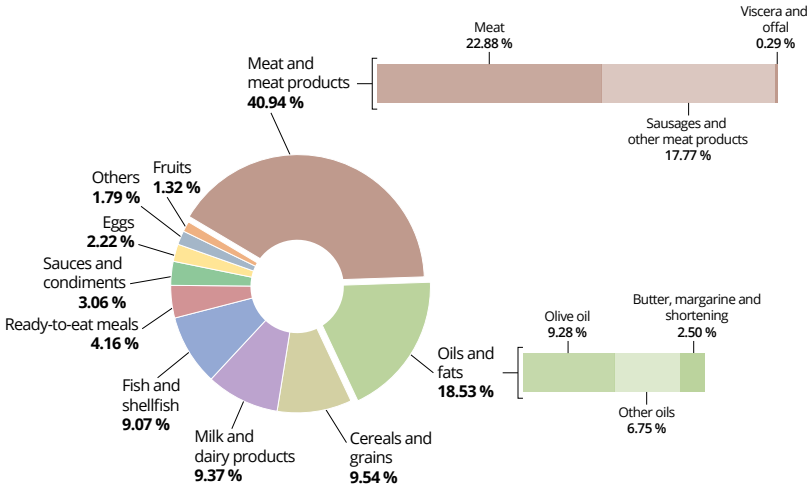

*Random sample

OMEGA-6

Dietary sources of omega-6 (%) from food and beverage groups and subgroups.

3. GENERAL WOMEN 9-75 YEARS

Sample: 996 individuals*

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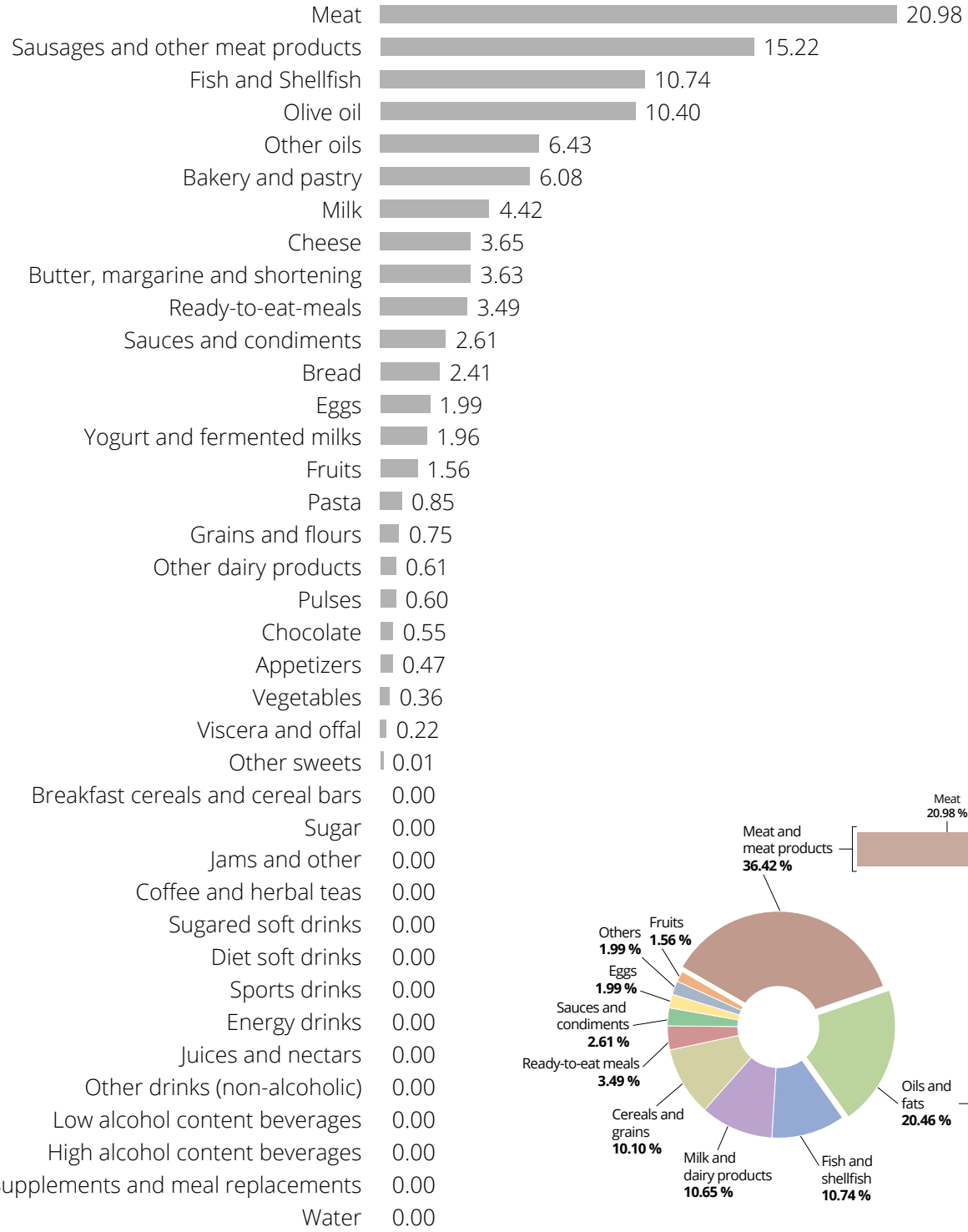

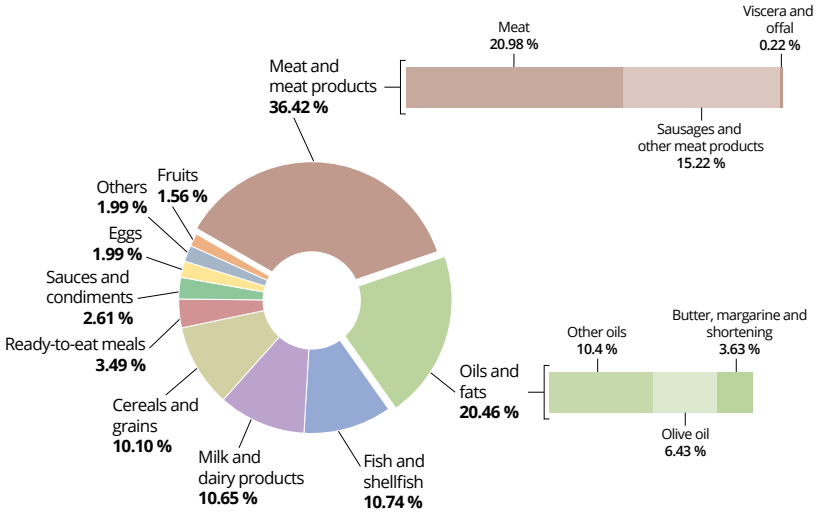

*Random sample

OMEGA-6

Dietary sources of omega-6 (%) from food and beverage groups and subgroups.

4. CHILDREN BOYS AND GIRLS 9-12 YEARS

Sample: 213 individuals*

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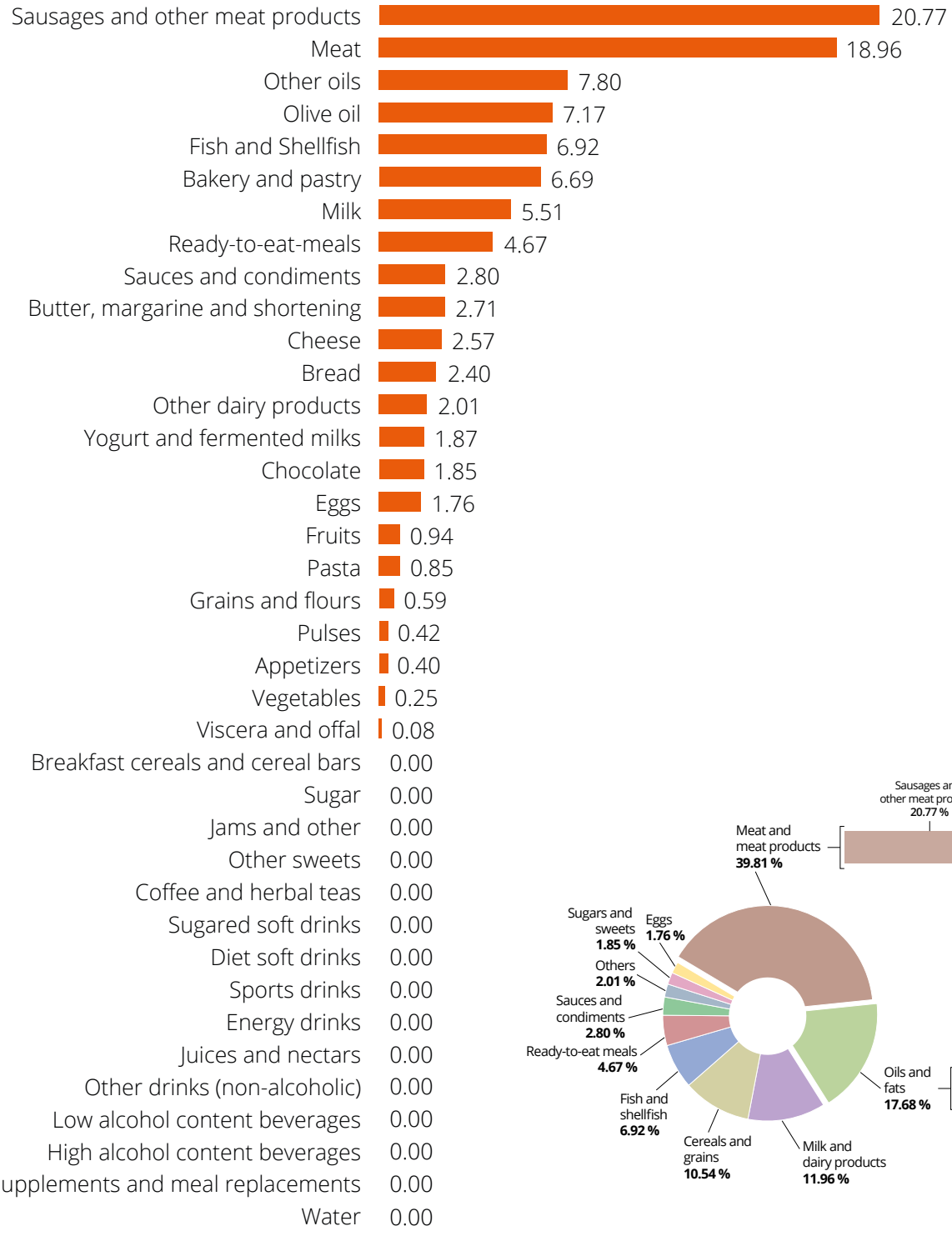

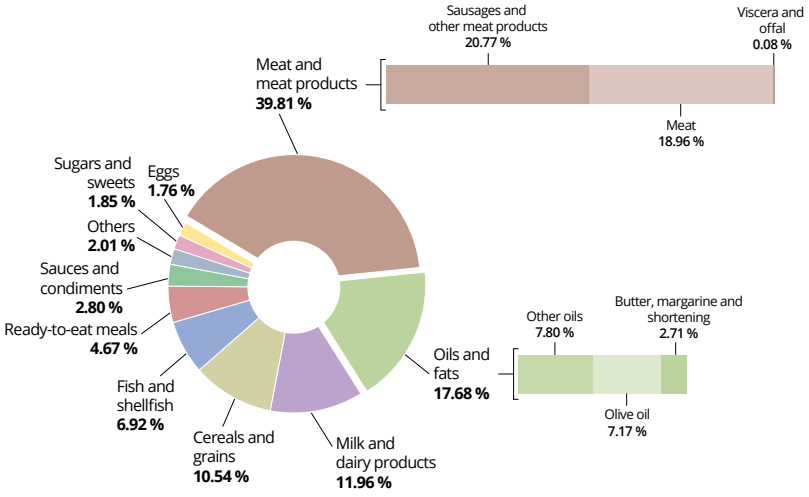

*Random sample plus boost

Dietary sources of omega-6 (%) from food and beverage groups and subgroups.

5. CHILDREN BOYS 9-12 YEARS

Sample: 126 individuals*

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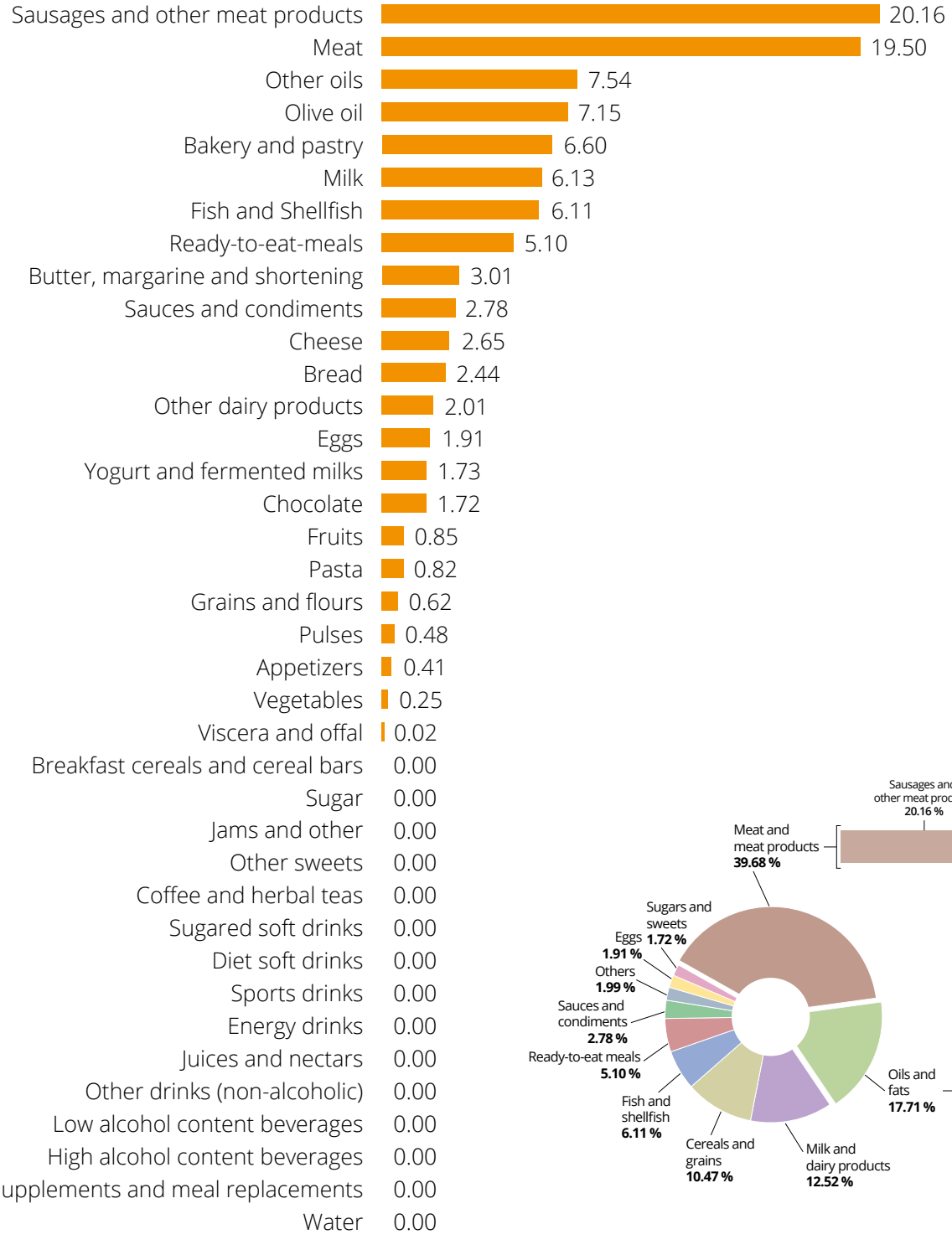
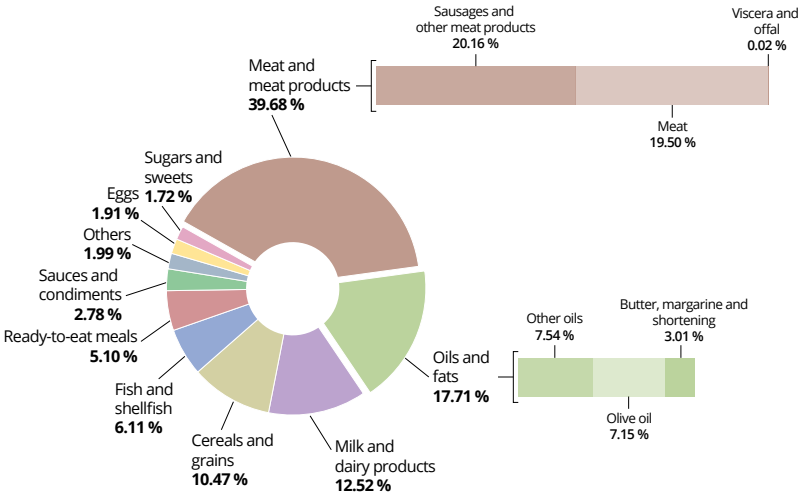




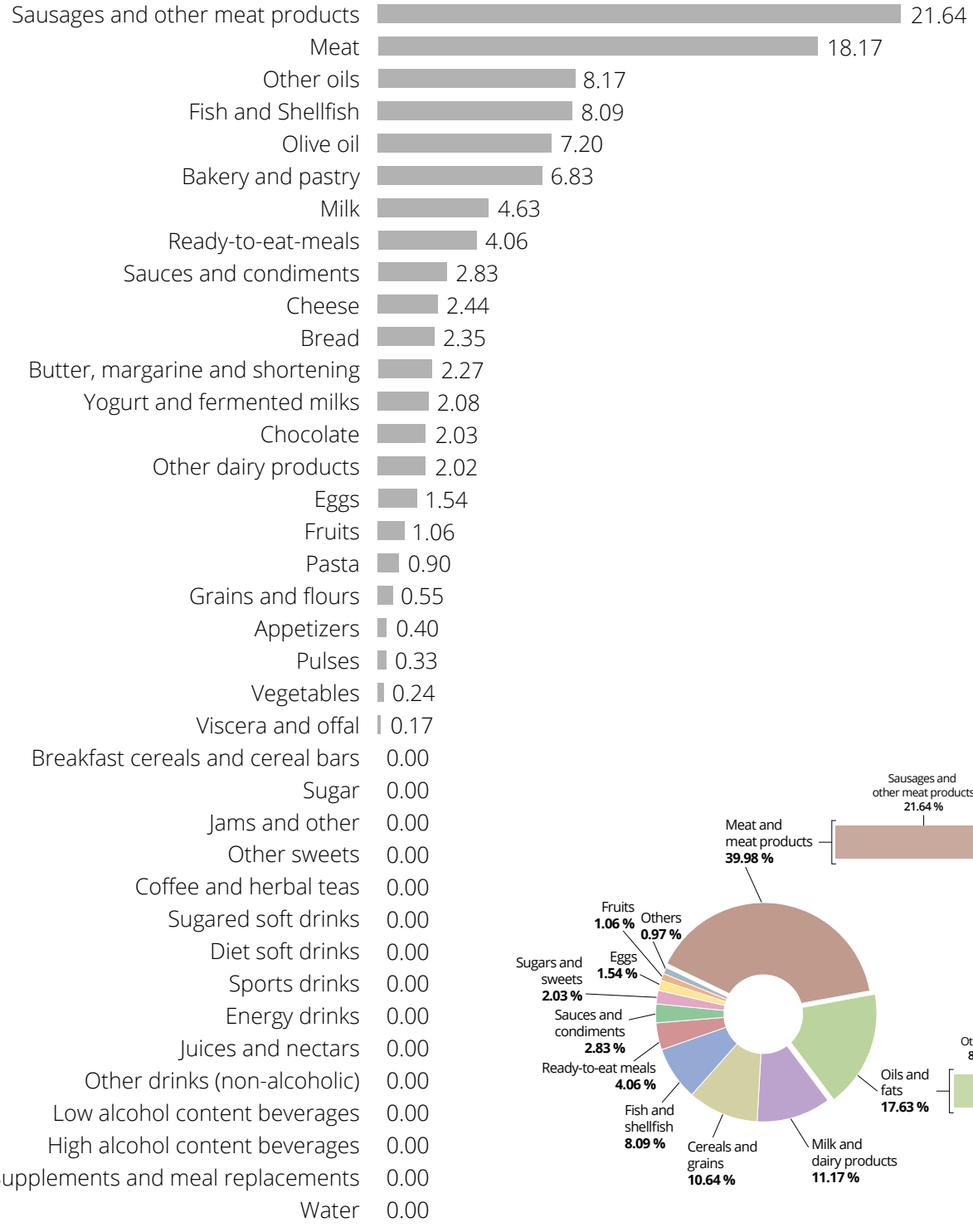
*Random sample plus boost

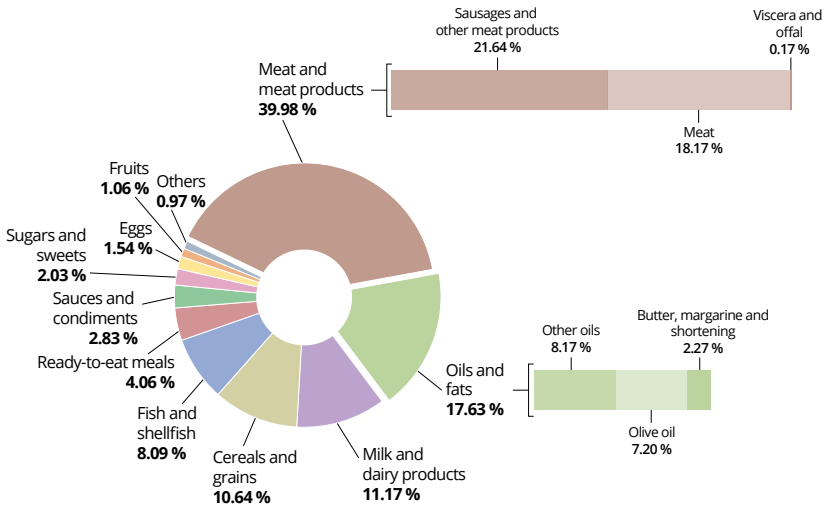
Dietary sources of omega-6 (%) from food and beverage groups and subgroups.

6. CHILDREN GIRLS 9-12 YEARS

Sample: 87 individuals*

Back to index





*Random sample plus boost

Dietary sources of omega-6 (%) from food and beverage groups and subgroups.

7. ADOLESCENTS 13-17 YEARS

Sample: 211 individuals*

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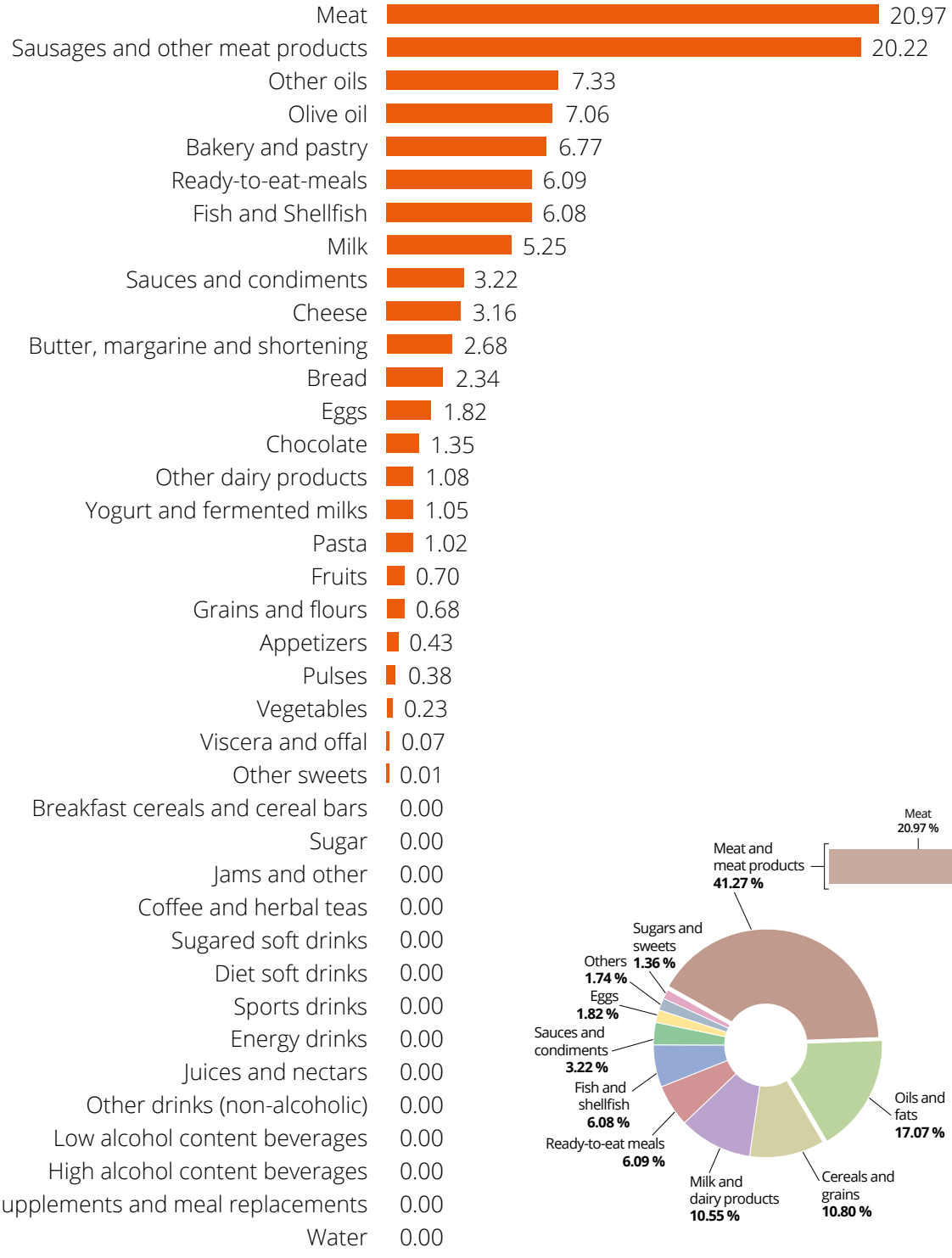

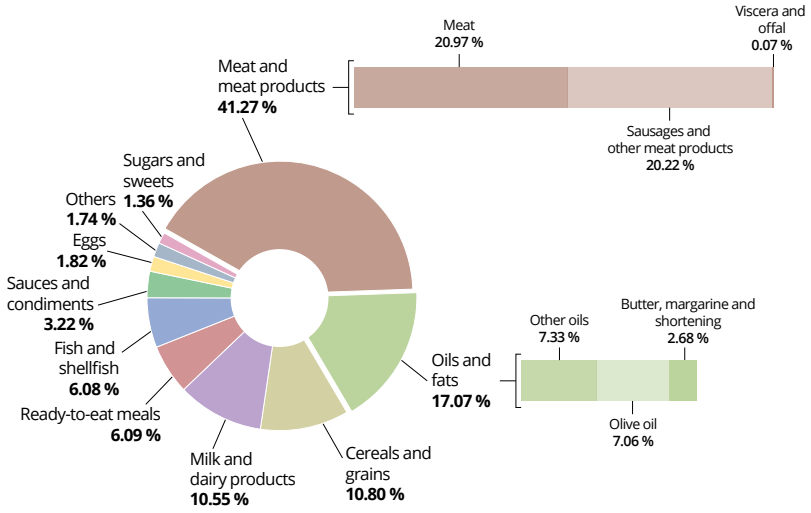

*Random sample plus boost

Dietary sources of omega-6 (%) from food and beverage groups and subgroups.

8. ADOLESCENT BOYS 13-17 YEARS

Sample: 137 individuals*

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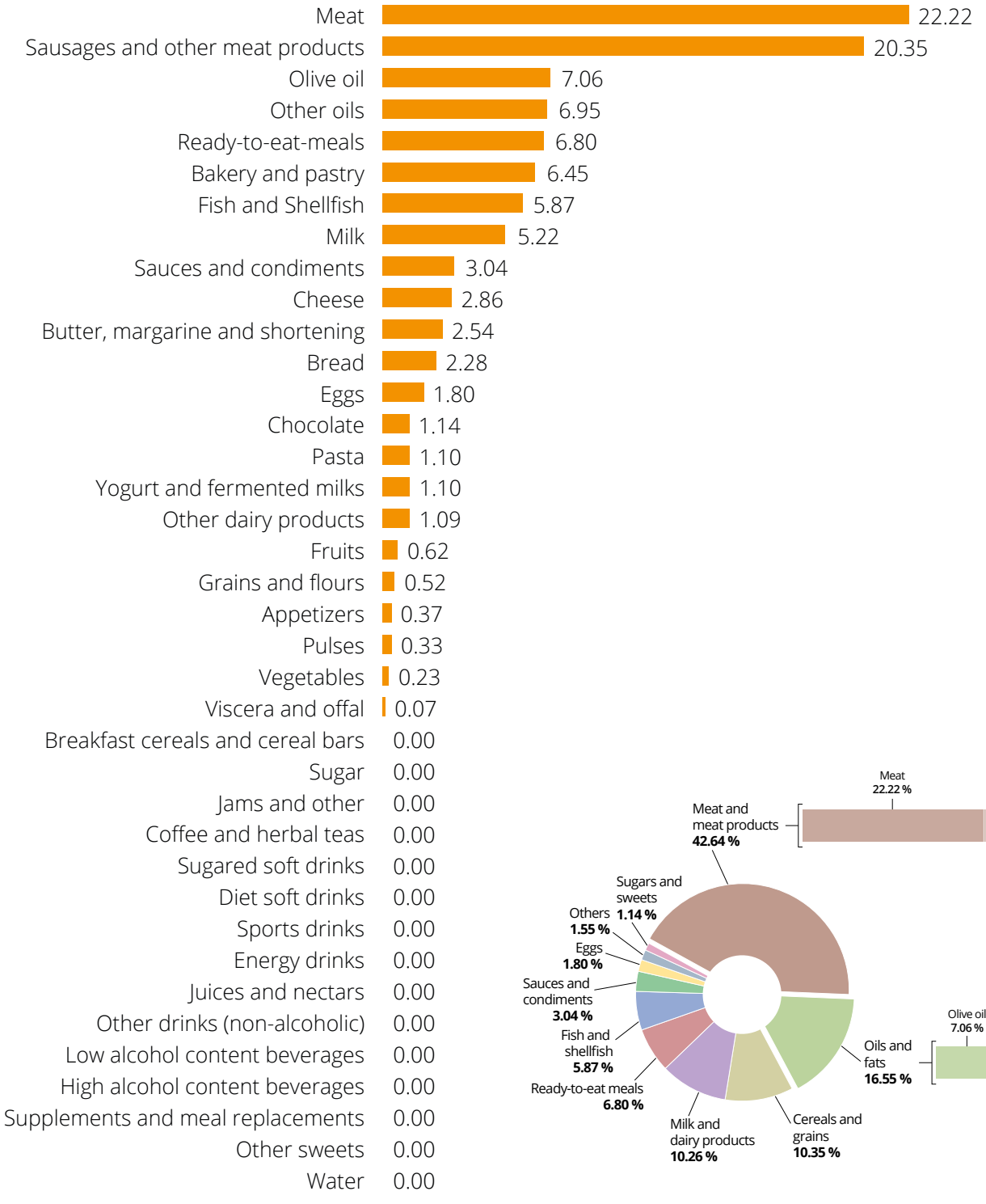

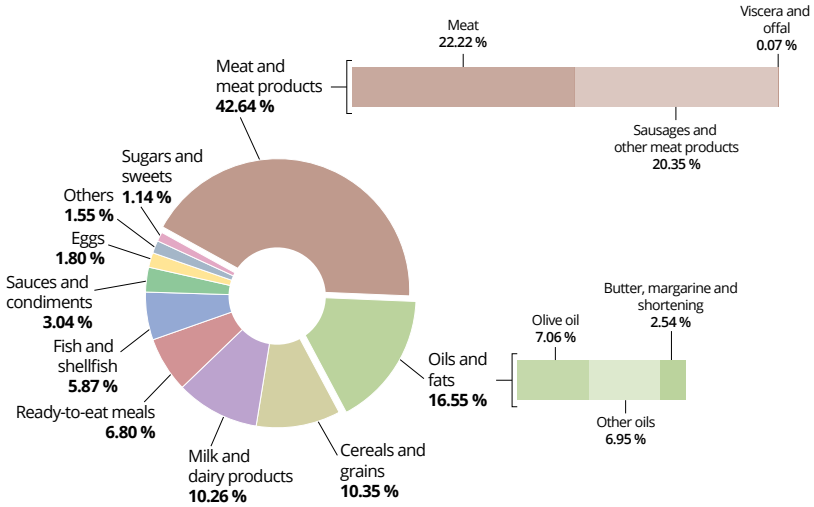

*Random sample plus boost

OMEGA-6

Dietary sources of omega-6 (%) from food and beverage groups and subgroups.

9. ADOLESCENT GIRLS 13-17 YEARS

Sample: 74 individuals*

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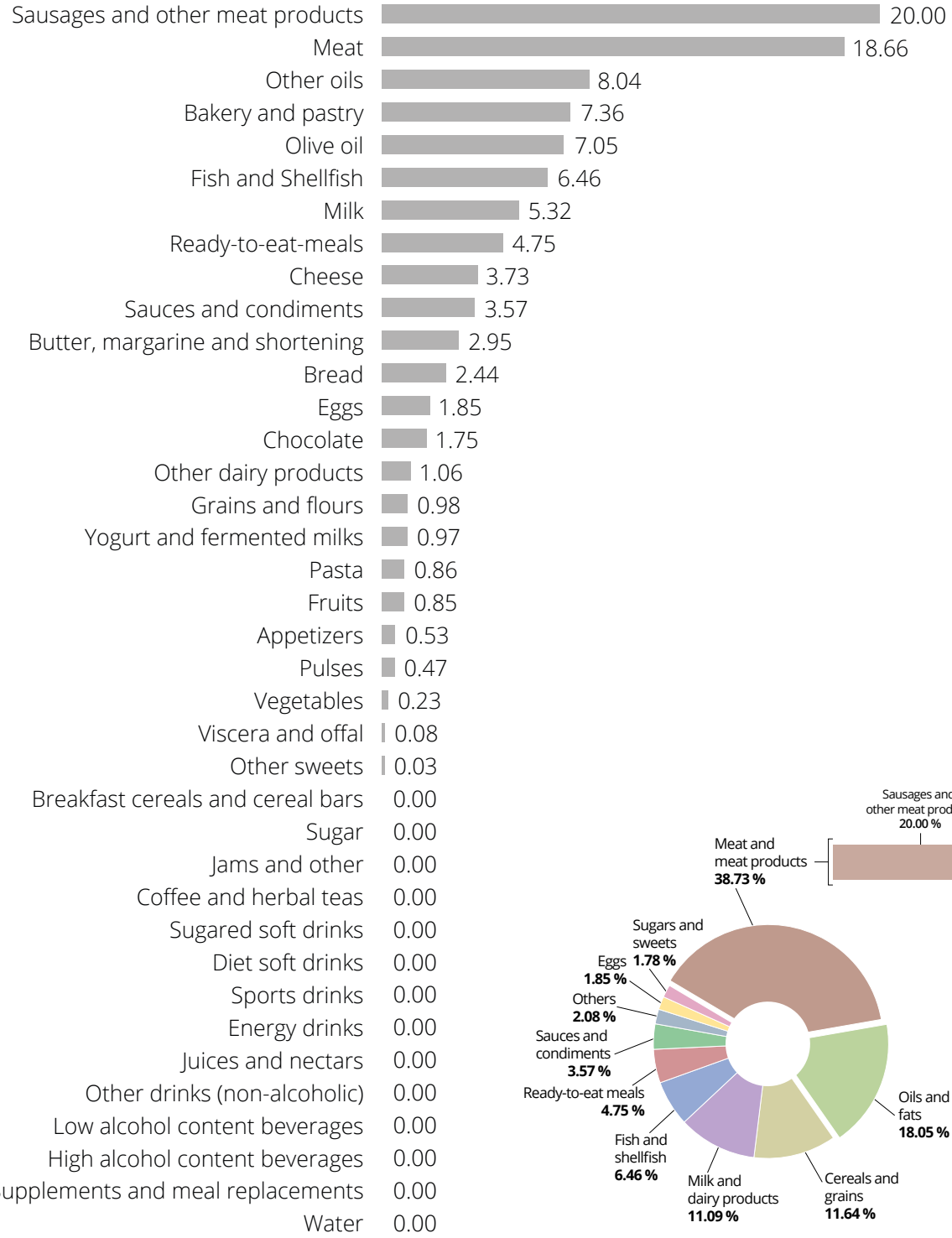

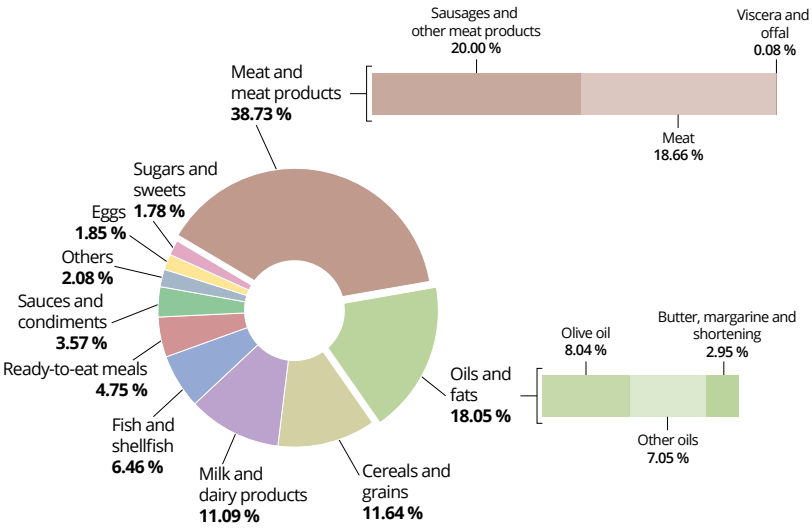

*Random sample plus boost

Dietary sources of omega-6 (%) from food and beverage groups and subgroups.

10. ADULTS 18-64 YEARS

Sample: 1,655 individuals*

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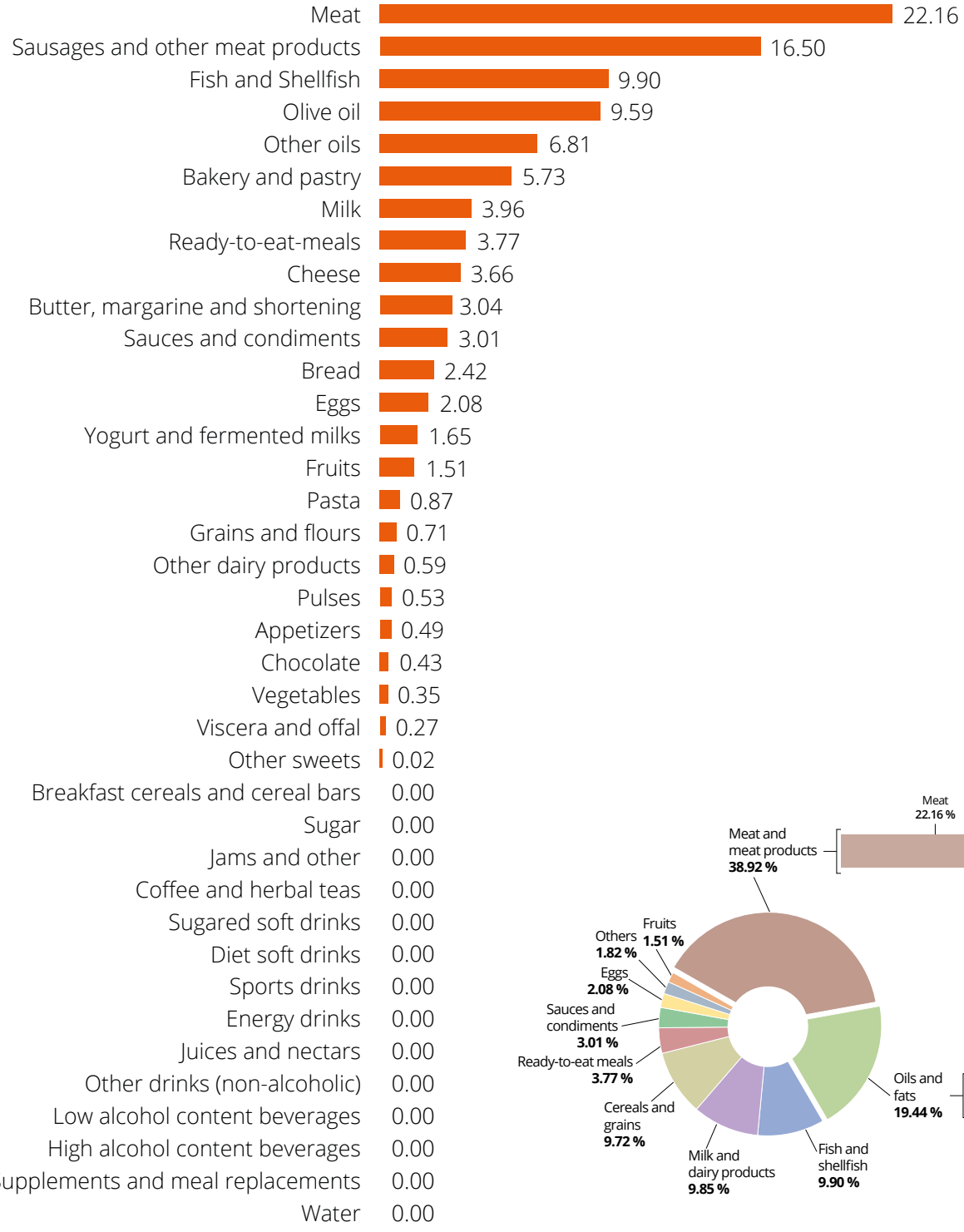

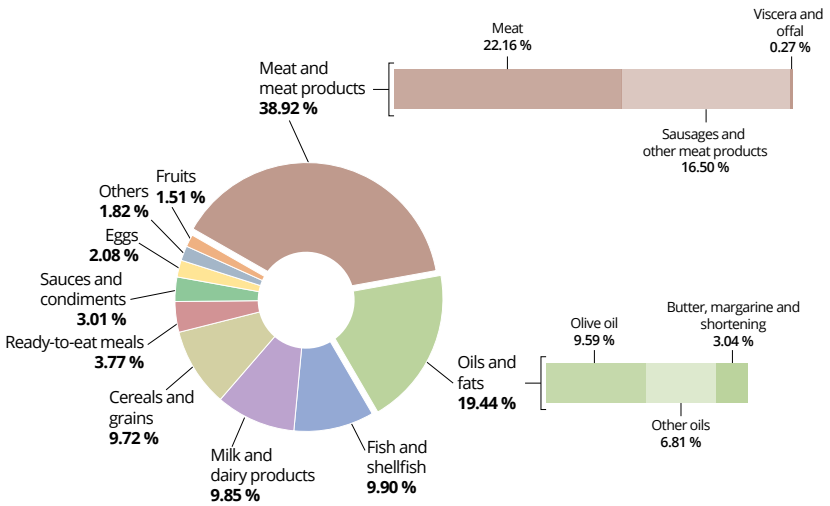

*Random sample

Dietary sources of omega-6 (%) from food and beverage groups and subgroups.

11. ADULT MEN 18-64 YEARS

Sample: 798 individuals*

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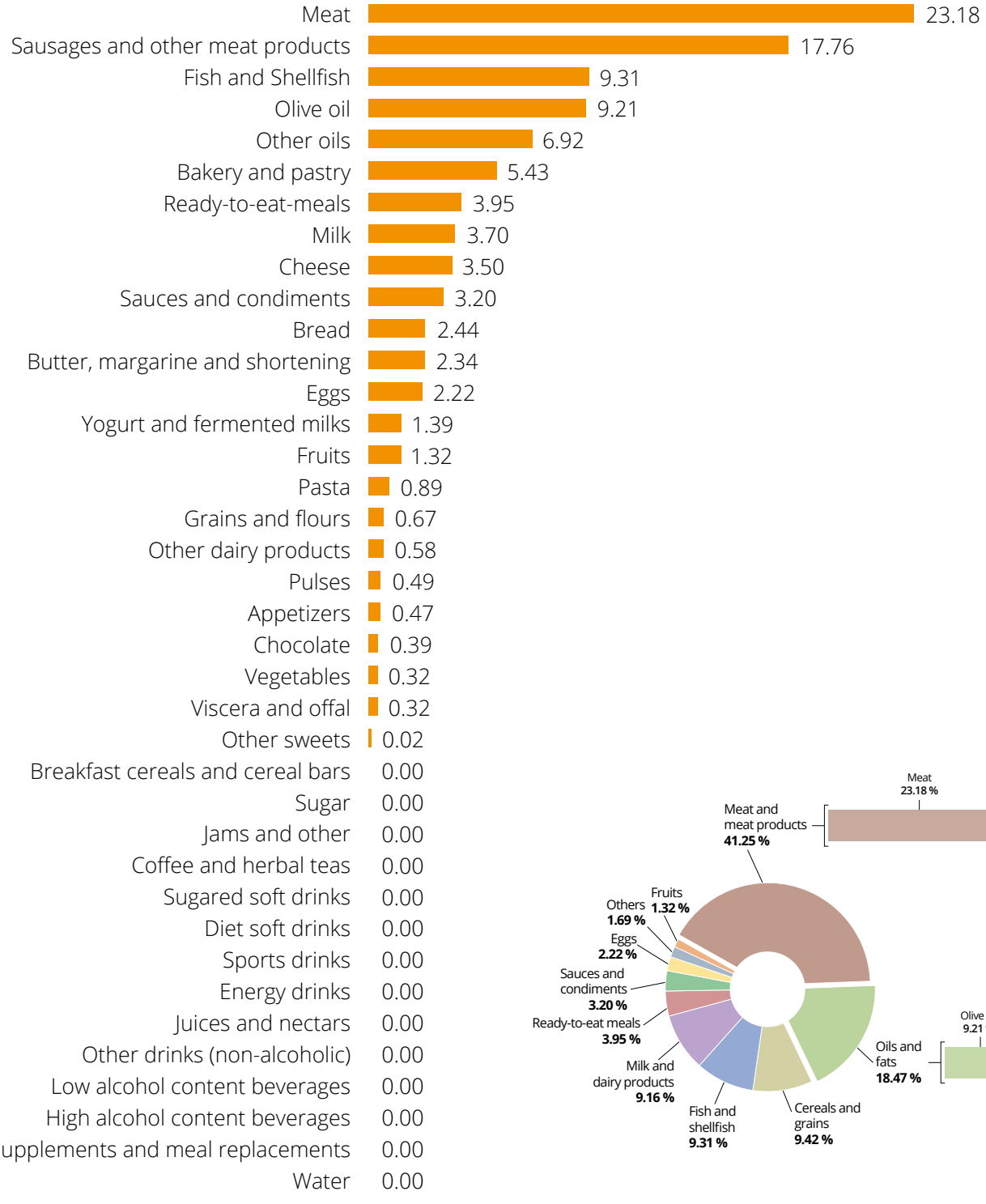

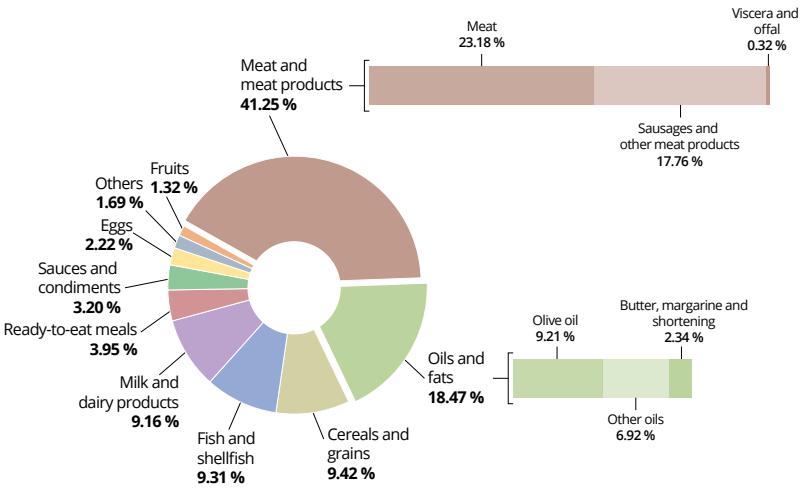

*Random sample

Dietary sources of omega-6 (%) from food and beverage groups and subgroups.

12. ADULT WOMEN 18-64 YEARS

Sample: 857 individuals*

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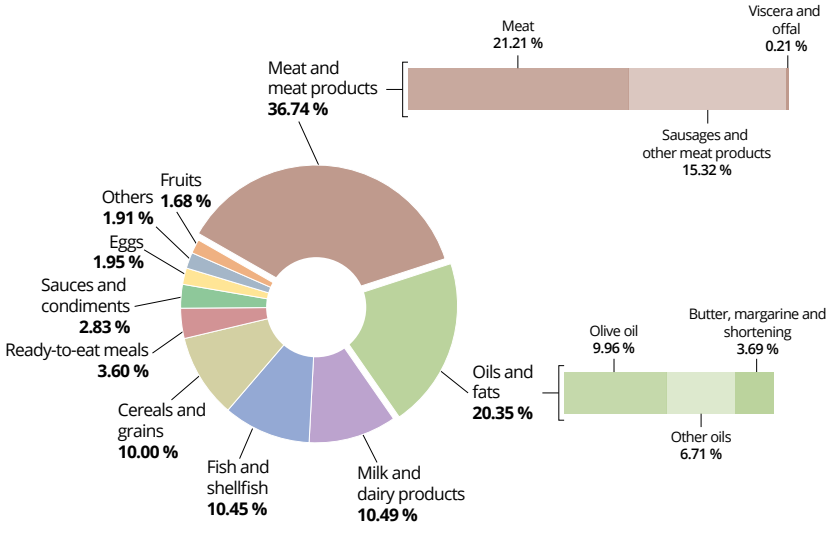
Meat	21.21
Sausages and other meat products	15.32
Fish and Shellfish	10.45
Olive oil	9.96
Other oils	6.71
Bakery and pastry	6.00
Milk	4.21
Cheese	3.80
Butter, margarine and shortening	3.69
Ready-to-eat-meals	3.60
Sauces and condiments	2.83
Bread	2.40
Eggs	1.95
Yogurt and fermented milks	1.89
Fruits	1.68
Pasta	0.85
Grains and flours	0.74
Other dairy products	0.60
Pulses	0.56
Appetizers	0.50
Chocolate	0.47
Vegetables	0.37
Viscera and offal	0.21
Other sweets	0.01
Breakfast cereals and cereal bars	0.00
Sugar	0.00
Jams and other	0.00
Coffee and herbal teas	0.00
Sugared soft drinks	0.00
Diet soft drinks	0.00
Sports drinks	0.00
Energy drinks	0.00
Juices and nectars	0.00
Other drinks (non-alcoholic)	0.00
Low alcohol content beverages	0.00
High alcohol content beverages	0.00
Supplements and meal replacements	0.00
Water	0.00



*Random sample

Dietary sources of omega-6 (%) from food and beverage groups and subgroups.

13. ERDERLY 65-75 YEARS

Sample: 206 individuals*

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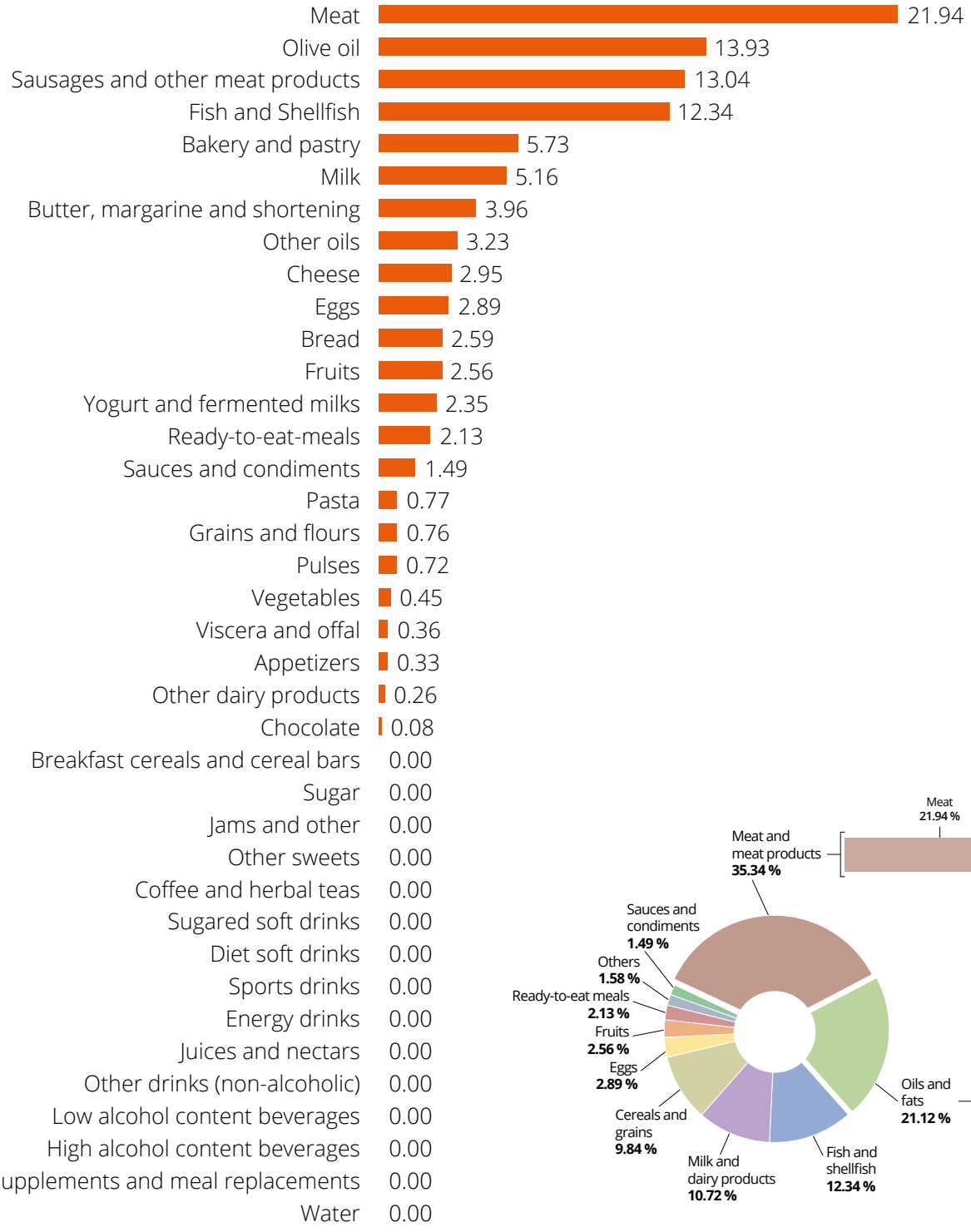

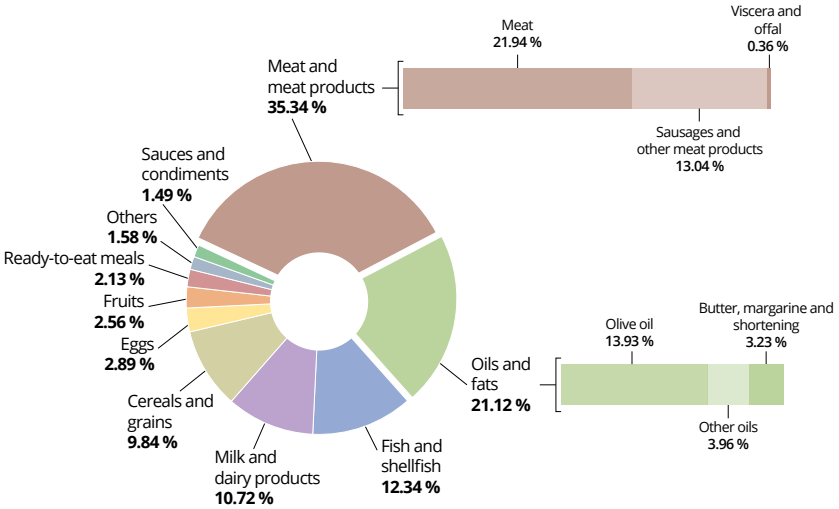

*Random sample

Dietary sources of omega-6 (%) from food and beverage groups and subgroups.

14. ELDERLY MEN 65-75 YEARS

Sample: 99 individuals*

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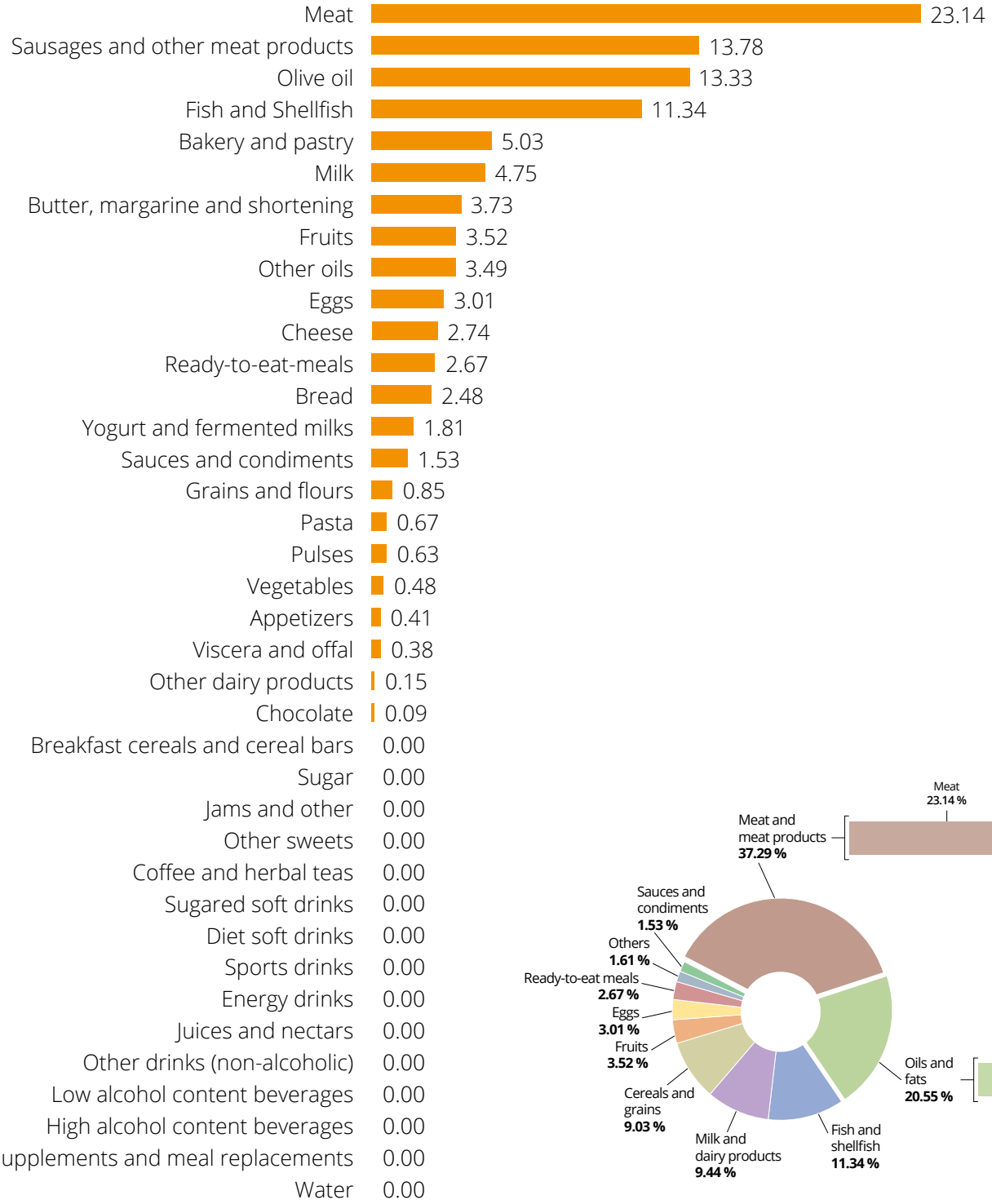

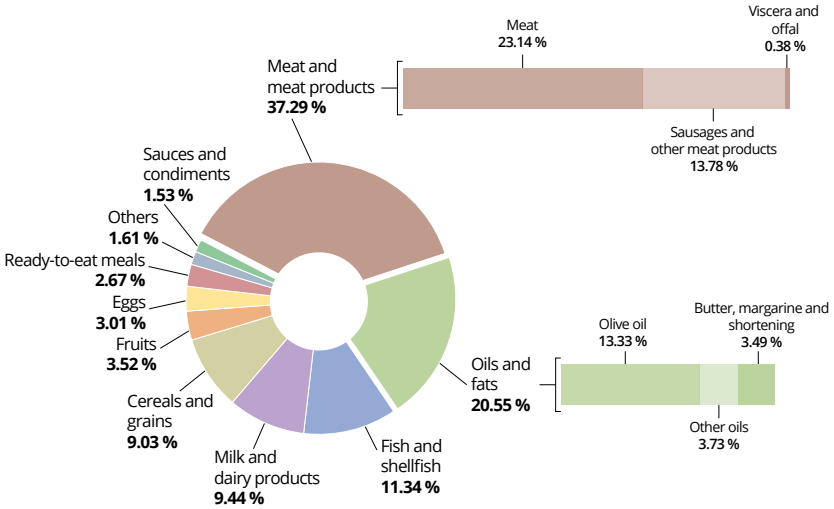

*Random sample

OMEGA-6

Dietary sources of omega-6 (%) from food and beverage groups and subgroups.

15. ELDERLY WOMEN 65-75 YEARS

Sample: 107 individuals*

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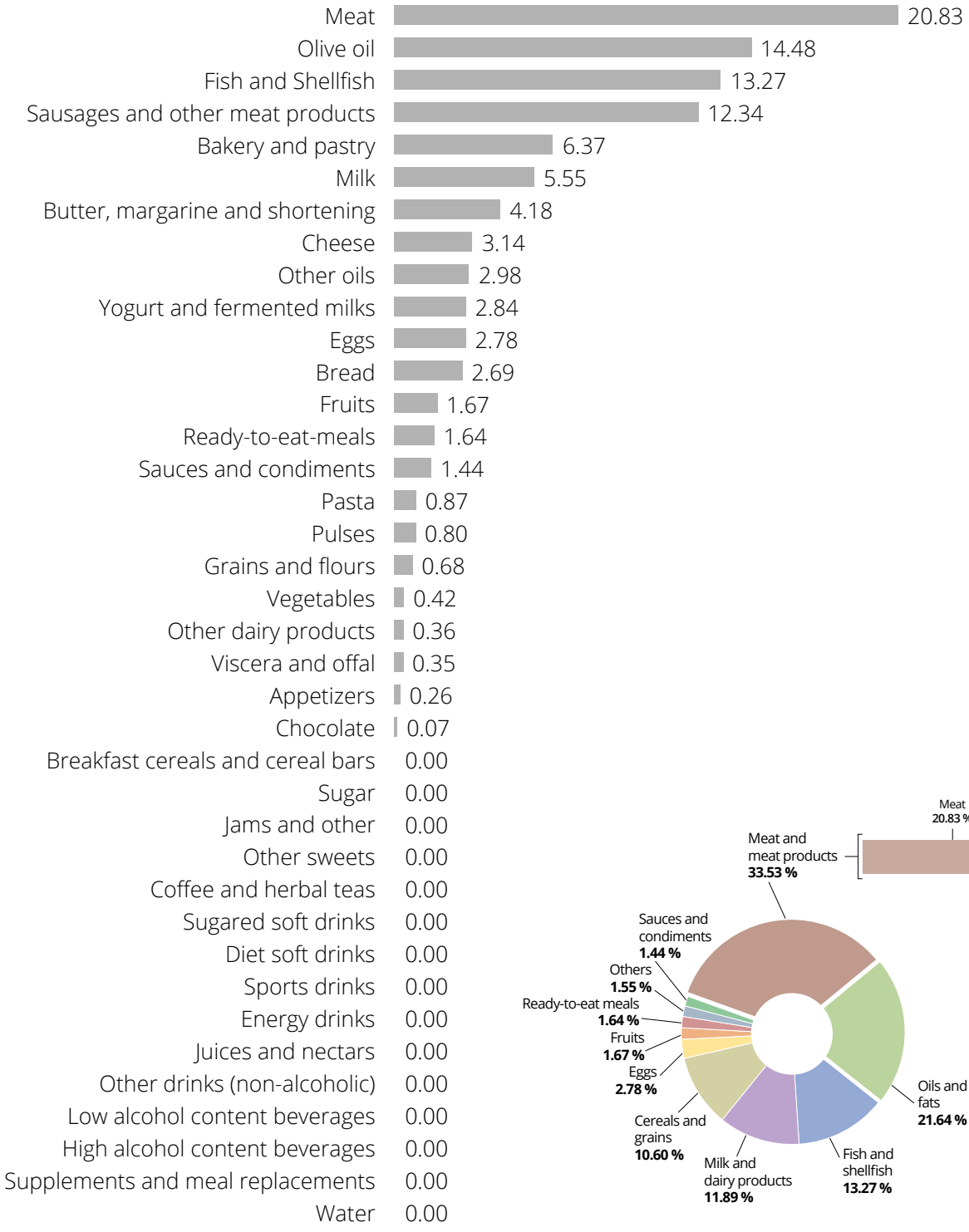

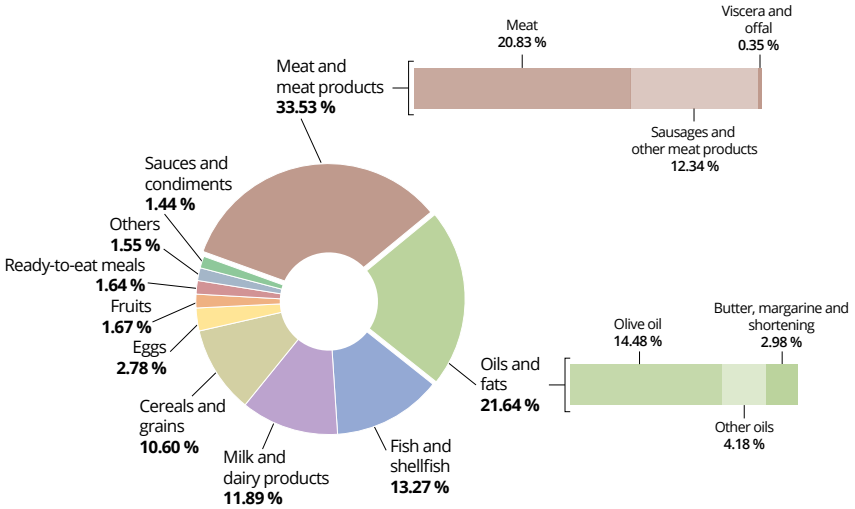

*Random sample

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Dietary sources of **omega-3** (%) from food and beverage groups and subgroups

Dietary sources of omega-3 (%) from food and beverage groups and subgroups.

1. GENERAL 9-75 YEARS

Sample: 2,009 individuals*

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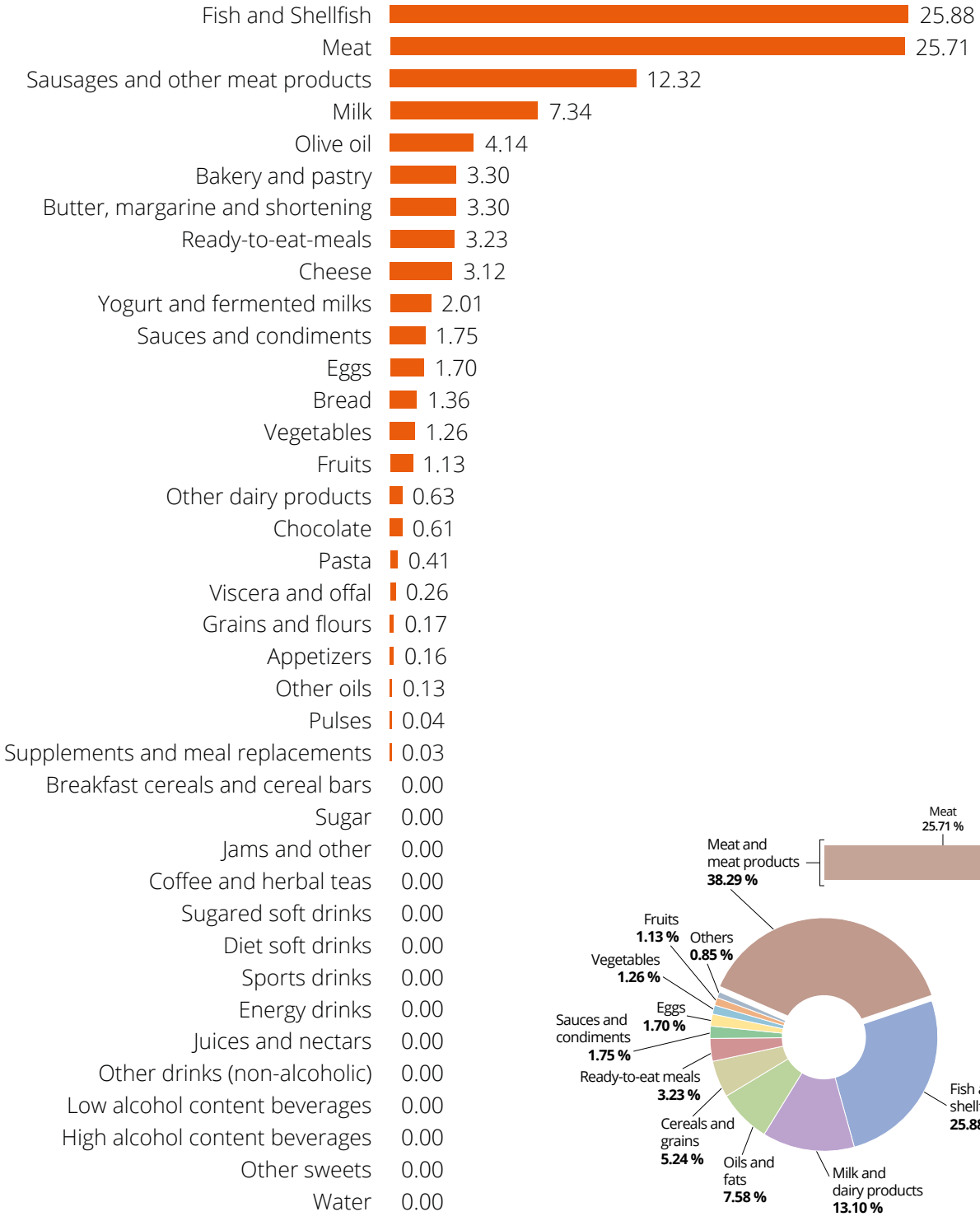

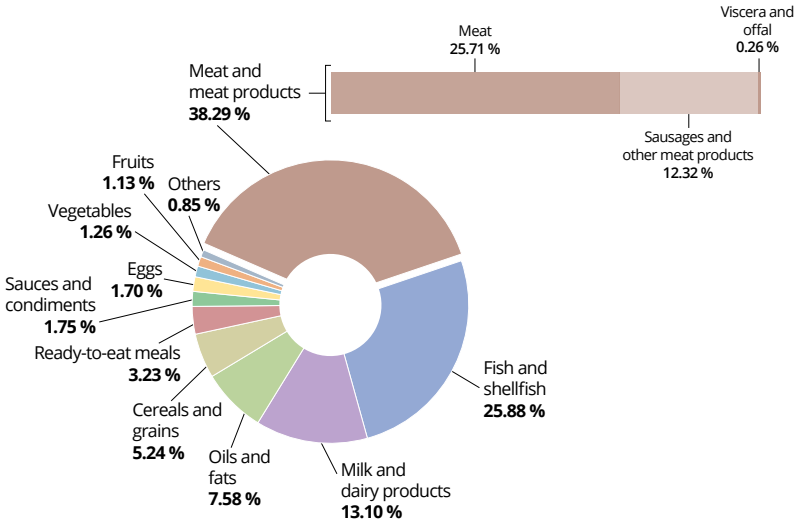

*Random sample

Dietary sources of omega-3 (%) from food and beverage groups and subgroups.

2. GENERAL MEN 9-75 YEARS

Sample: 1,013 individuals*

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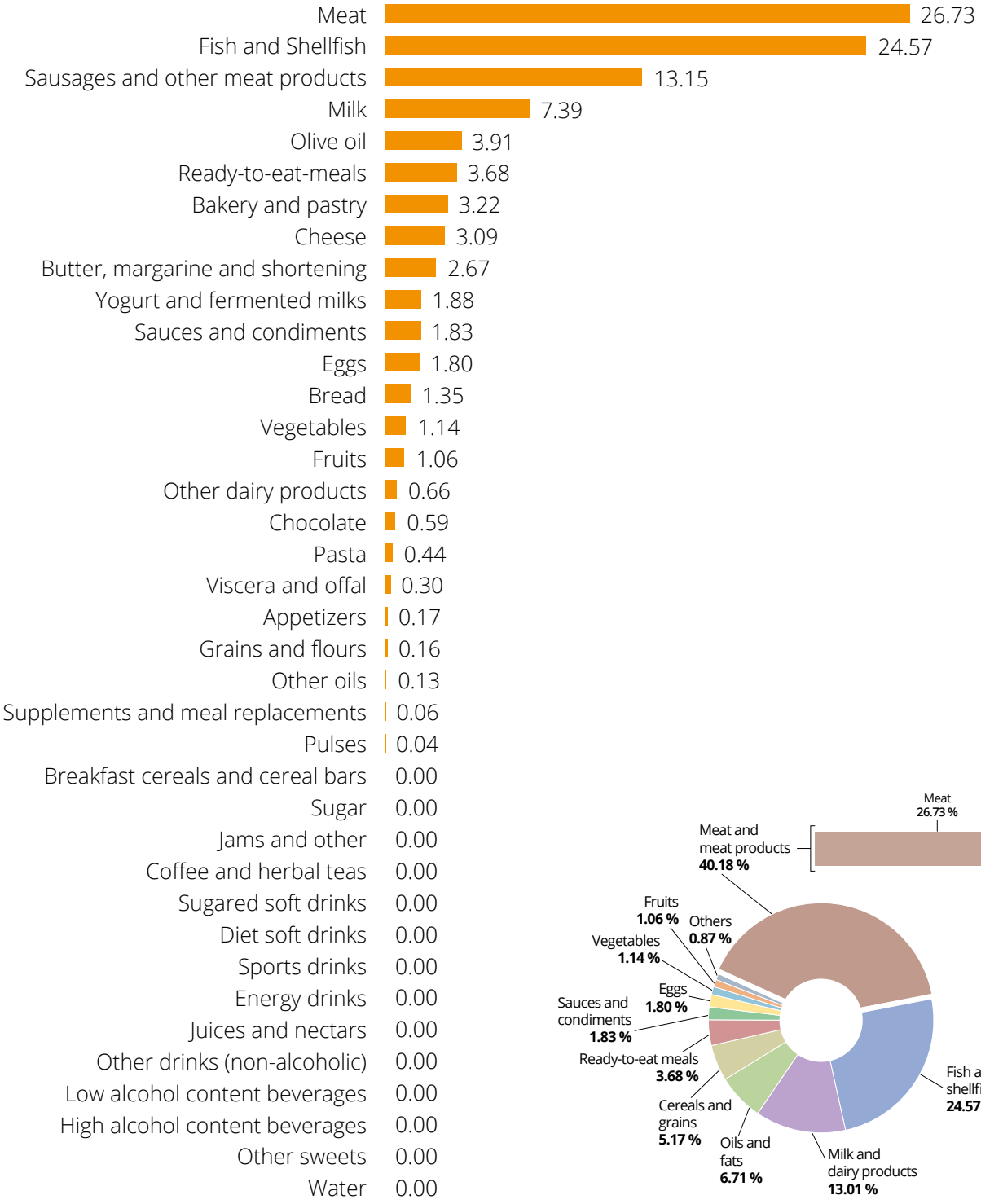

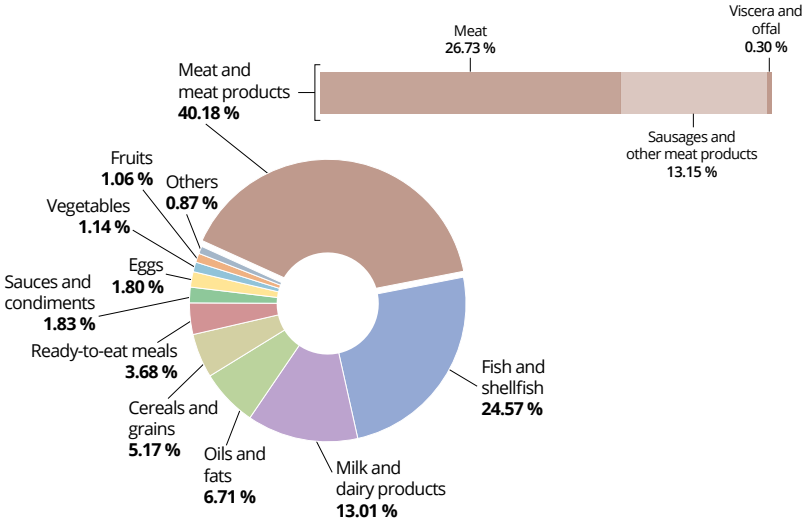

*Random sample

OMEGA-3

Dietary sources of omega-3 (%) from food and beverage groups and subgroups.

3. GENERAL WOMEN 9-75 YEARS

Sample: 996 individuals*

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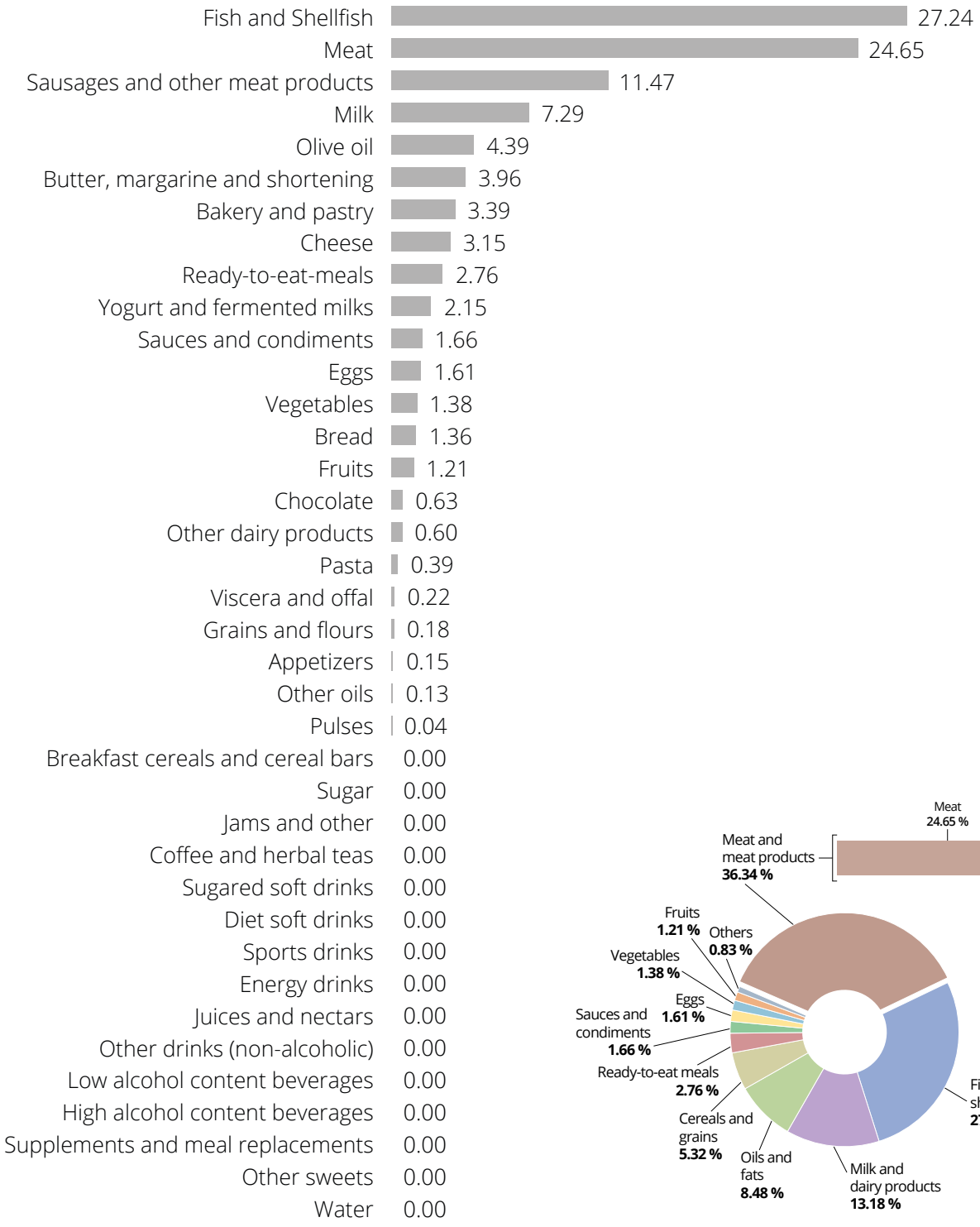

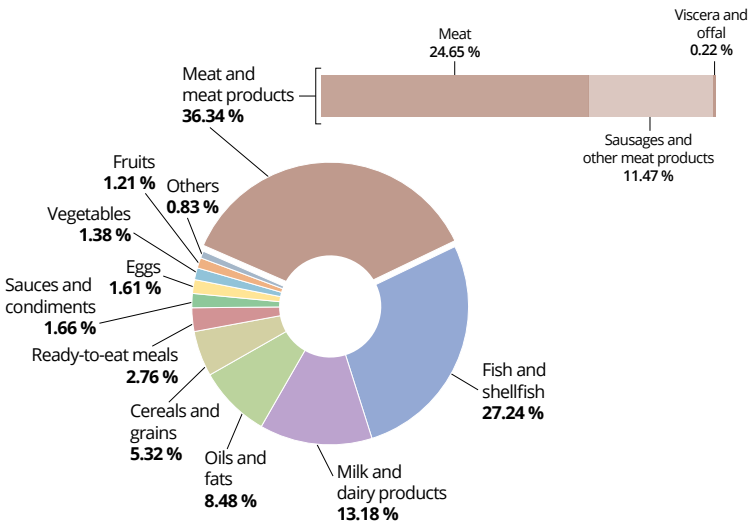

*Random sample

Dietary sources of omega-3 (%) from food and beverage groups and subgroups.

4. CHILDREN BOYS AND GIRLS 9-12 YEARS

Sample: 213 individuals*

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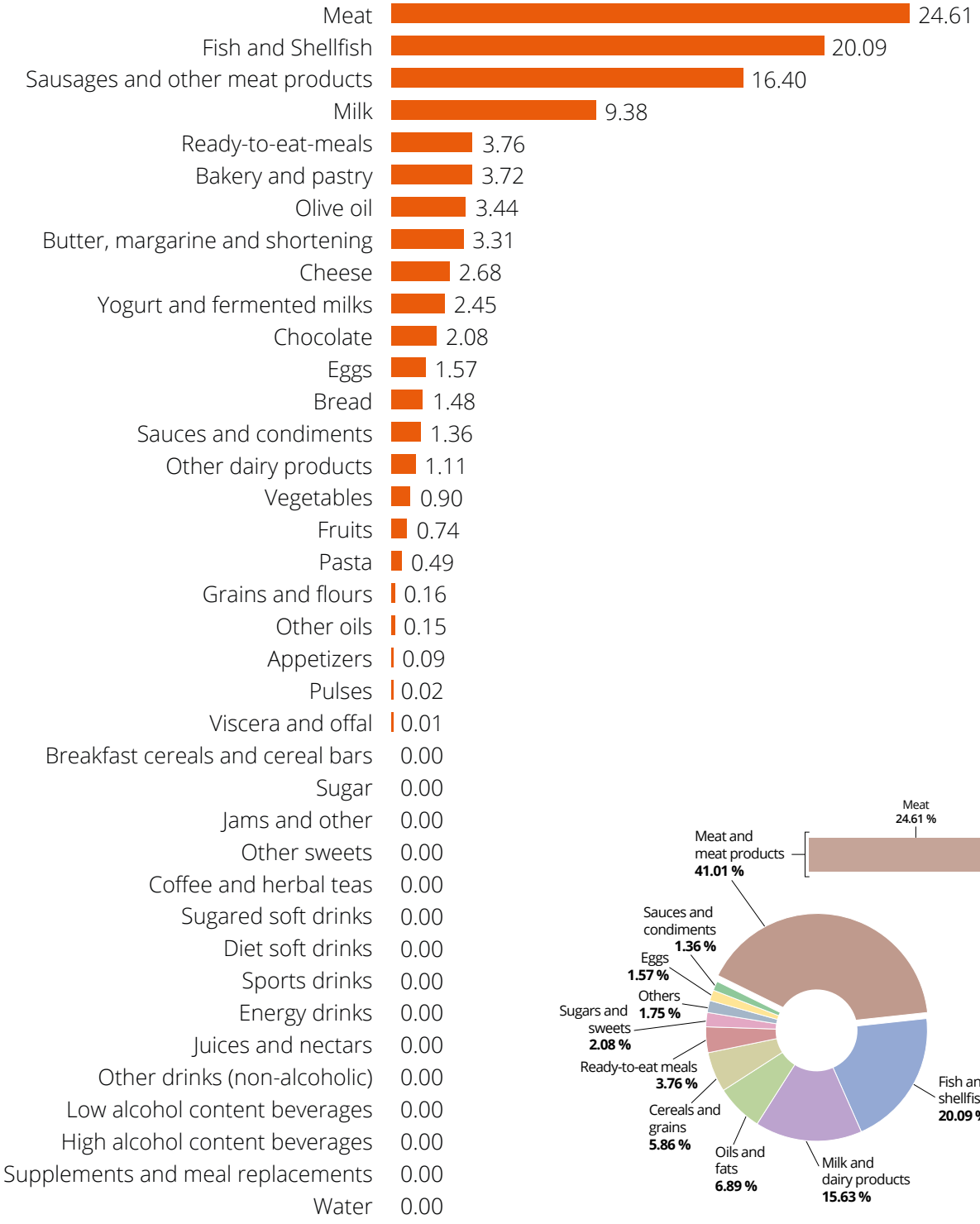

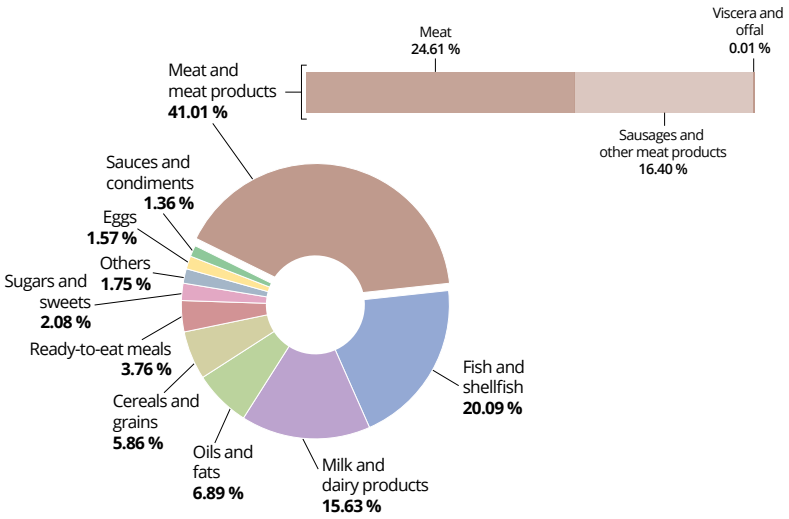

*Random sample plus boost

Dietary sources of omega-3 (%) from food and beverage groups and subgroups.

5. CHILDREN BOYS 9-12 YEARS

Sample: 126 individuals*

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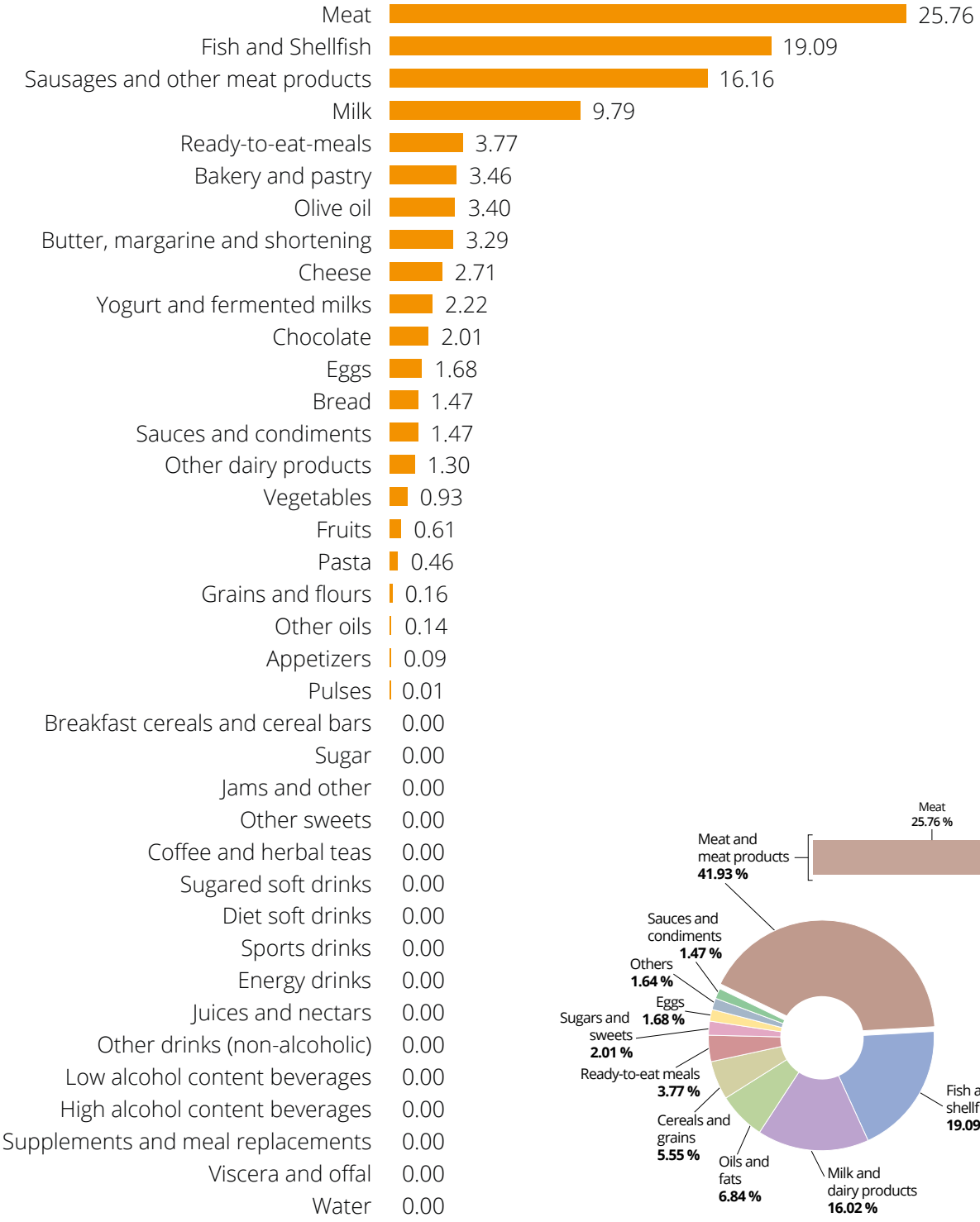

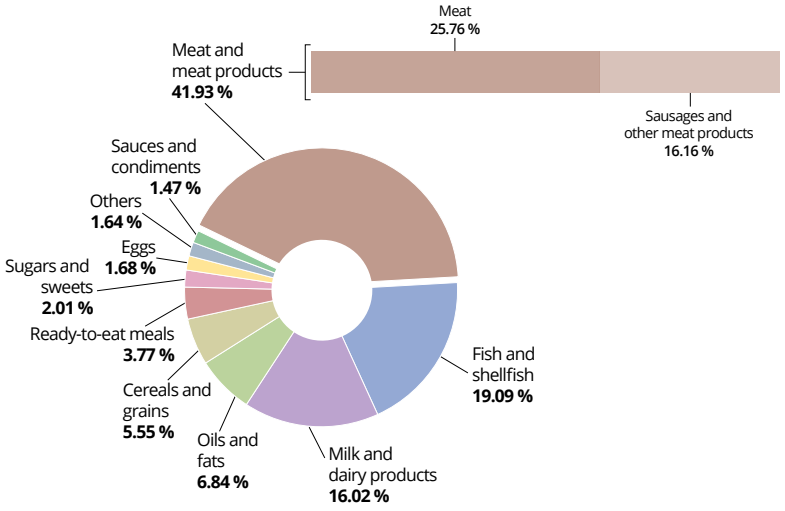

*Random sample plus boost

OMEGA-3

Dietary sources of omega-3 (%) from food and beverage groups and subgroups.

6. CHILDREN GIRLS 9-12 YEARS

Sample: 87 individuals*

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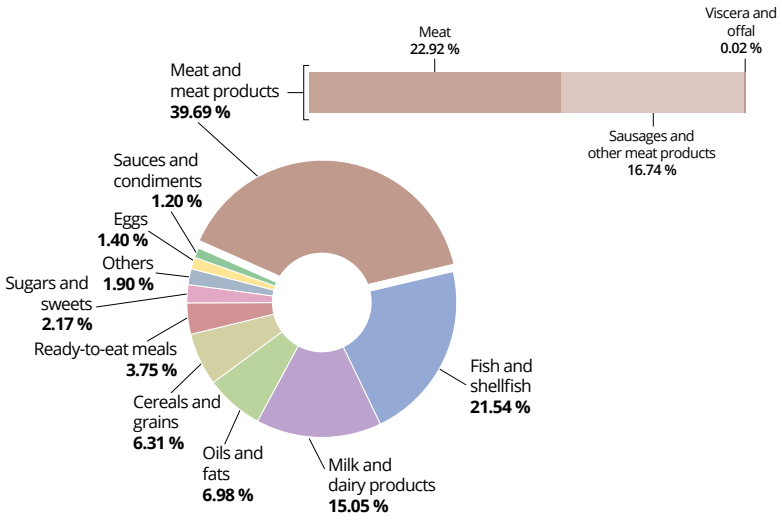
Meat	22.92
Fish and Shellfish	21.54
Sausages and other meat products	16.74
Milk	8.79
Bakery and pastry	4.09
Ready-to-eat-meals	3.75
Olive oil	3.48
Butter, margarine and shortening	3.35
Yogurt and fermented milks	2.77
Cheese	2.64
Chocolate	2.17
Bread	1.49
Eggs	1.40
Sauces and condiments	1.20
Fruits	0.92
Vegetables	0.87
Other dairy products	0.85
Pasta	0.55
Grains and flours	0.17
Other oils	0.15
Appetizers	0.09
Viscera and offal	0.02
Pulses	0.02
Breakfast cereals and cereal bars	0.00
Sugar	0.00
Jams and other	0.00
Other sweets	0.00
Coffee and herbal teas	0.00
Sugared soft drinks	0.00
Diet soft drinks	0.00
Sports drinks	0.00
Energy drinks	0.00
Juices and nectars	0.00
Other drinks (non-alcoholic)	0.00
Low alcohol content beverages	0.00
High alcohol content beverages	0.00
Supplements and meal replacements	0.00
Water	0.00



*Random sample plus boost

Dietary sources of omega-3 (%) from food and beverage groups and subgroups.

7. ADOLESCENTS 13-17 YEARS

Sample: 211 individuals*

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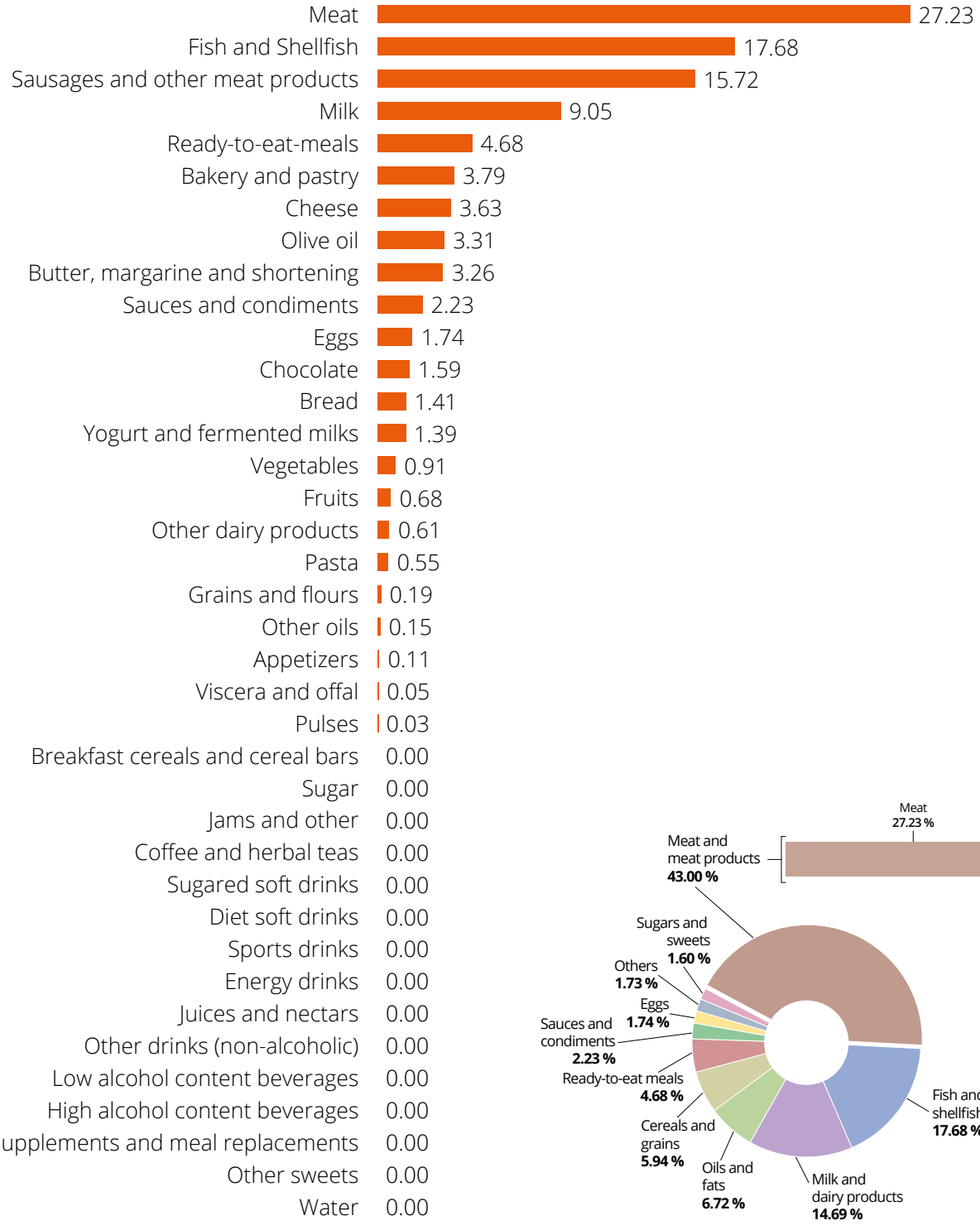

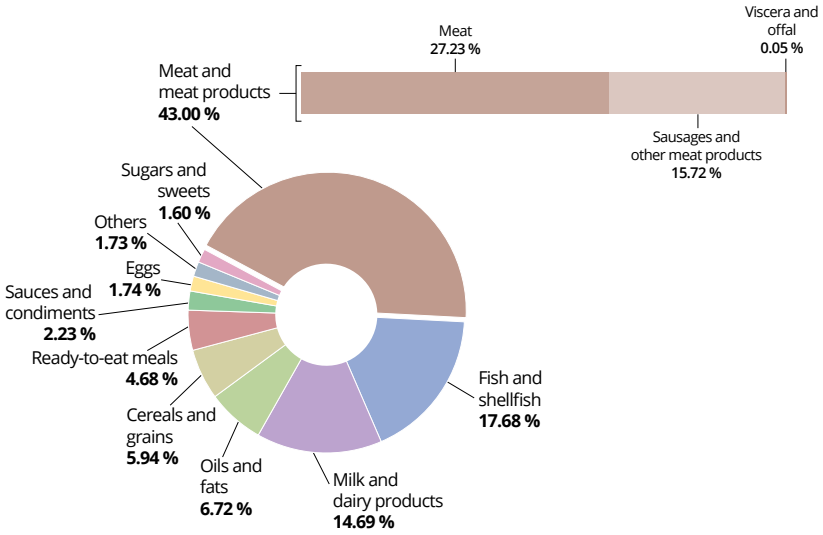

*Random sample plus boost

Dietary sources of omega-3 (%) from food and beverage groups and subgroups.

8. ADOLESCENT BOYS 13-17 YEARS

Sample: 137 individuals*

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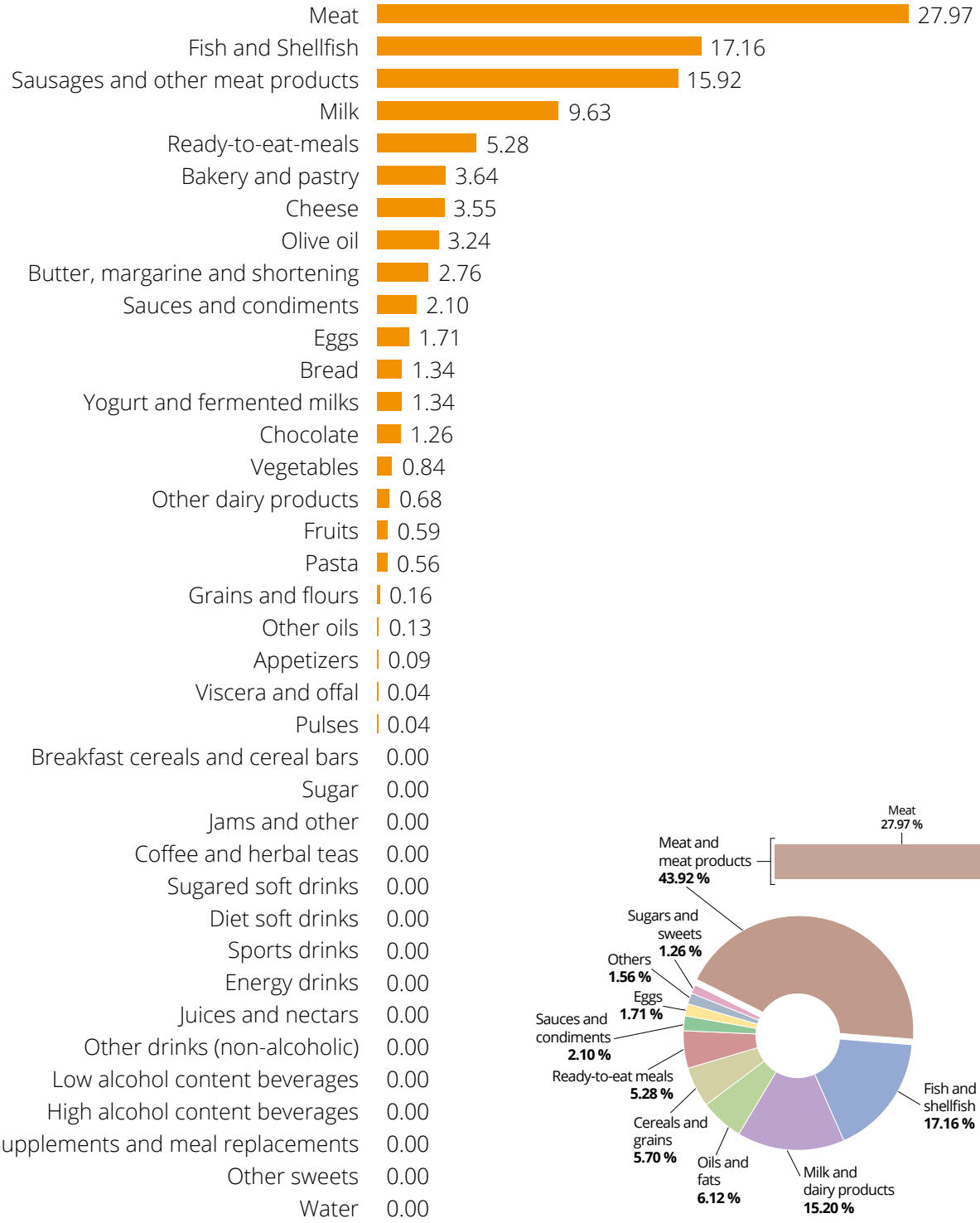

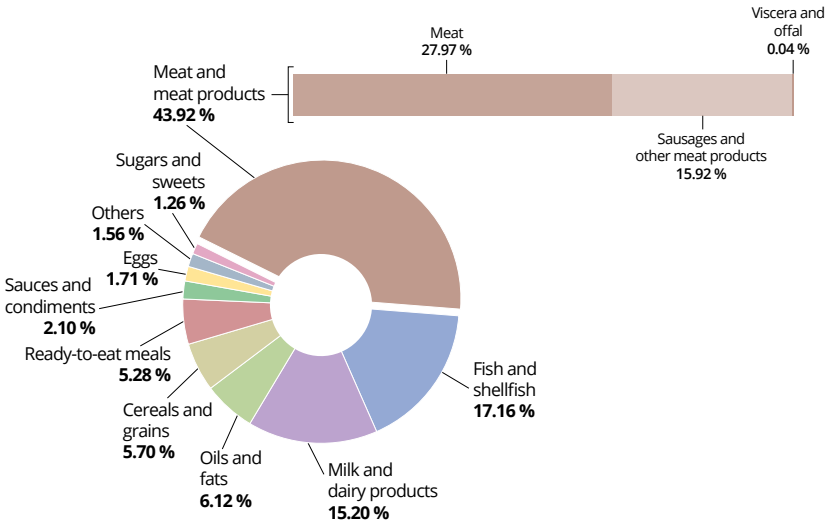

*Random sample plus boost

Dietary sources of omega-3 (%) from food and beverage groups and subgroups.

9. ADOLESCENT GIRLS 13-17 YEARS

Sample: 74 individuals*

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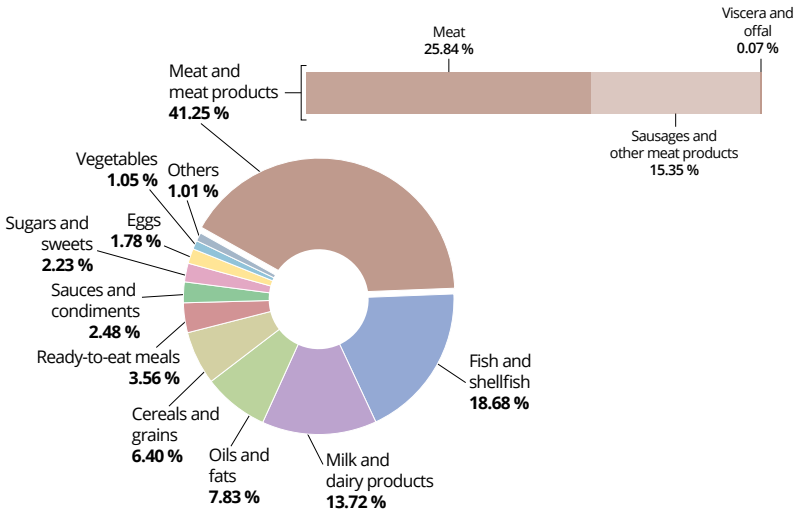
Meat	25.84
Fish and Shellfish	18.68
Sausages and other meat products	15.35
Milk	7.95
Butter, margarine and shortening	4.19
Bakery and pastry	4.08
Cheese	3.79
Ready-to-eat-meals	3.56
Olive oil	3.45
Sauces and condiments	2.48
Chocolate	2.22
Eggs	1.78
Bread	1.54
Yogurt and fermented milks	1.50
Vegetables	1.05
Fruits	0.86
Pasta	0.53
Other dairy products	0.48
Grains and flours	0.24
Other oils	0.18
Appetizers	0.14
Viscera and offal	0.07
Pulses	0.01
Other sweets	0.01
Breakfast cereals and cereal bars	0.00
Sugar	0.00
Jams and other	0.00
Coffee and herbal teas	0.00
Sugared soft drinks	0.00
Diet soft drinks	0.00
Sports drinks	0.00
Energy drinks	0.00
Juices and nectars	0.00
Other drinks (non-alcoholic)	0.00
Low alcohol content beverages	0.00
High alcohol content beverages	0.00
Supplements and meal replacements	0.00
Water	0.00



*Random sample plus boost

Dietary sources of omega-3 (%) from food and beverage groups and subgroups.

10. ADULTS 18-64 YEARS

Sample: 1,655 individuals*

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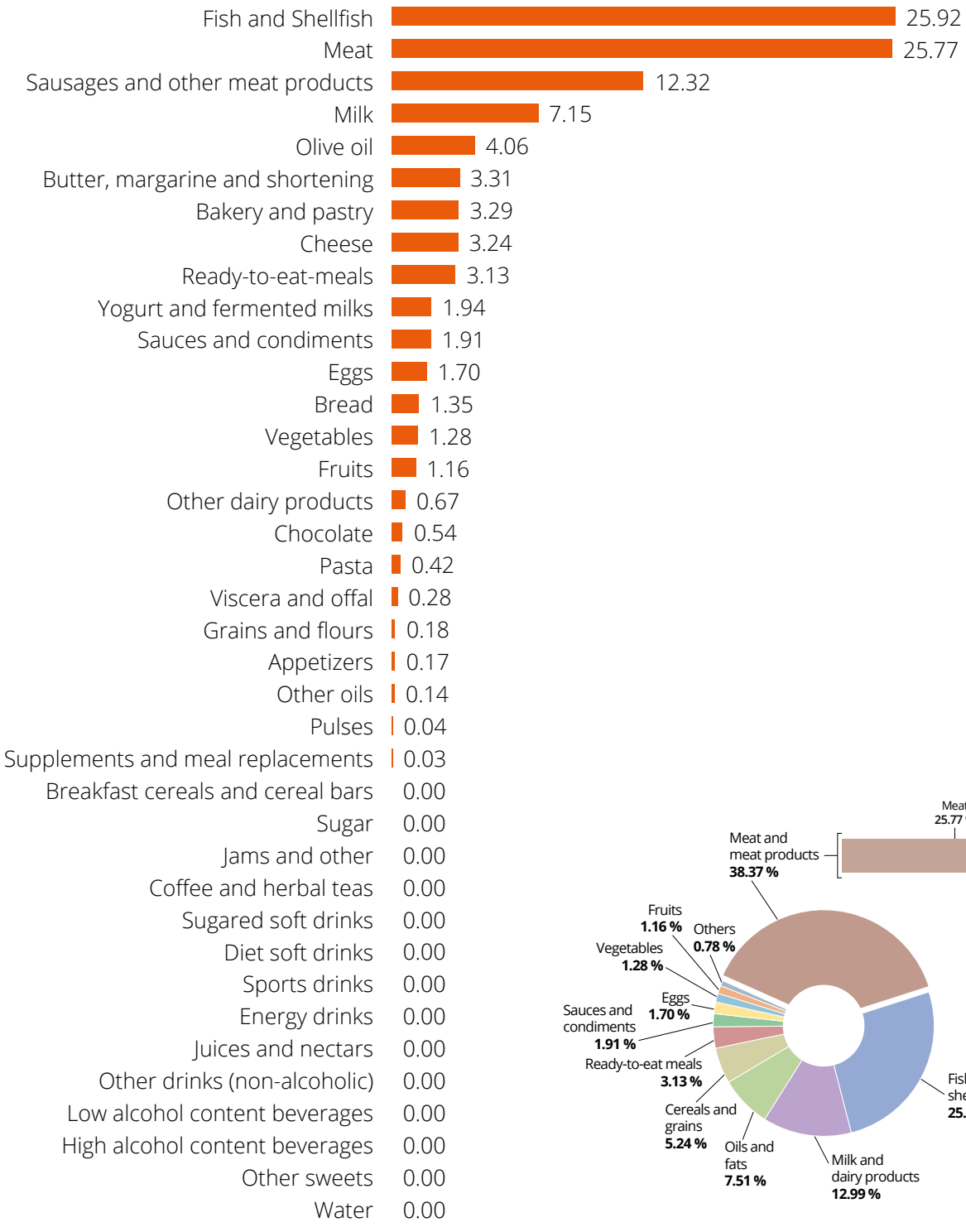

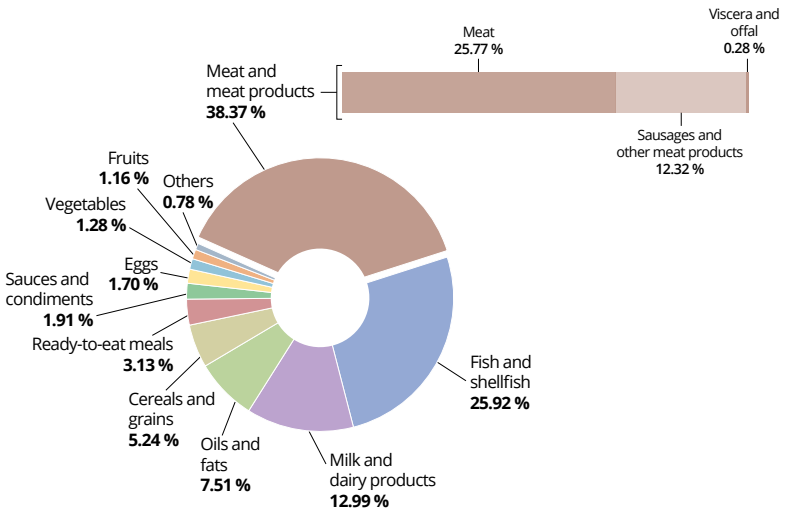

*Random sample

Dietary sources of omega-3 (%) from food and beverage groups and subgroups.

11. ADULT MEN 18-64 YEARS

Sample: 798 individuals*

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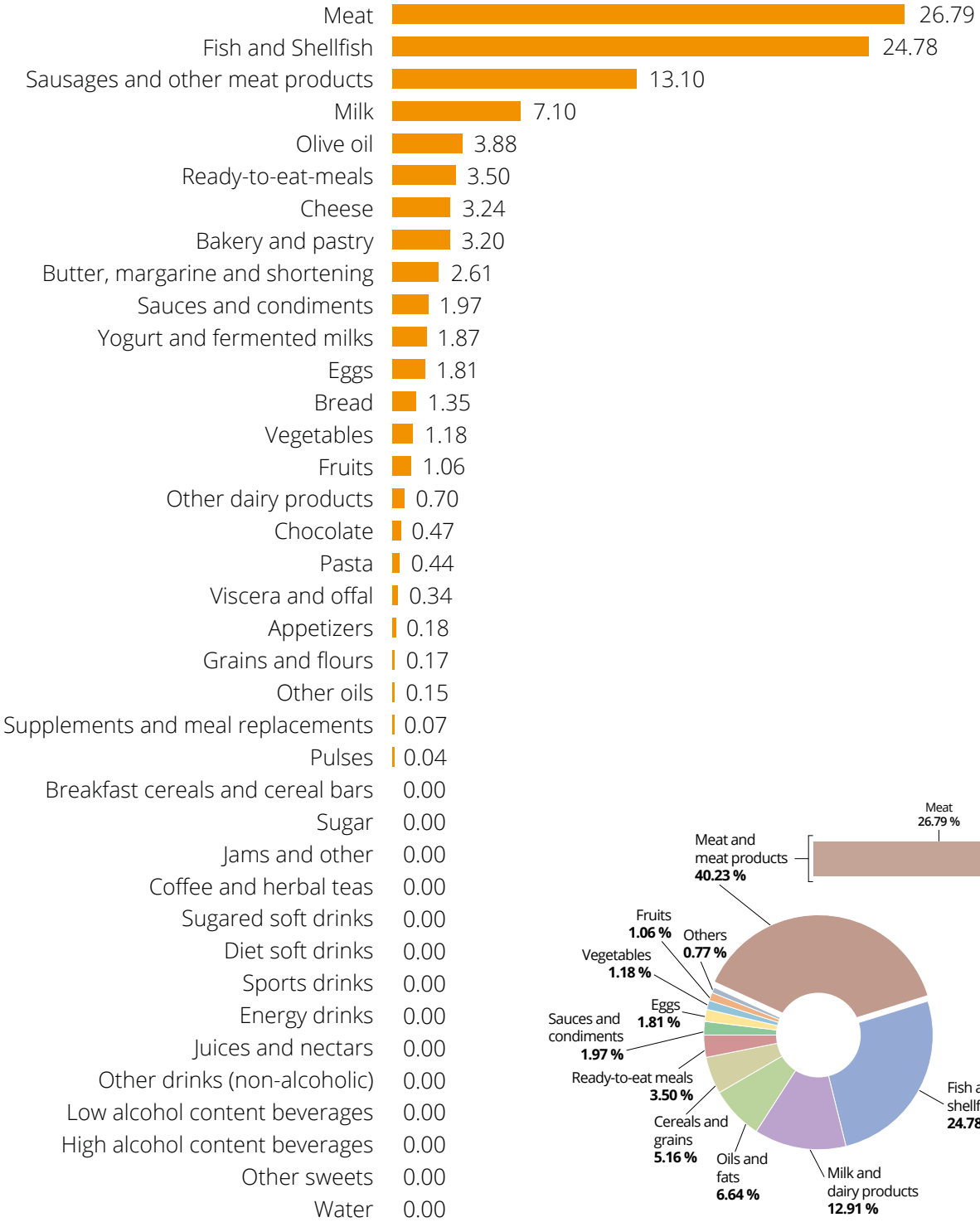

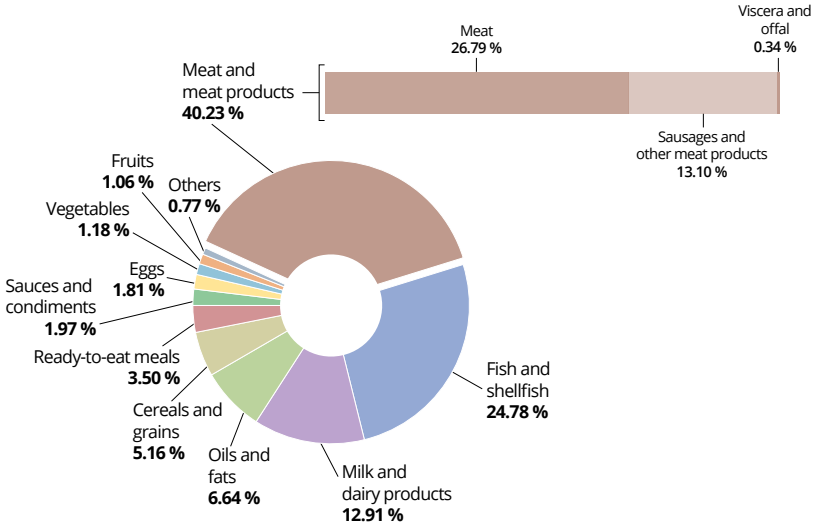

*Random sample

Dietary sources of omega-3 (%) from food and beverage groups and subgroups.

12. ADULT WOMEN 18-64 YEARS

Sample: 857 individuals*

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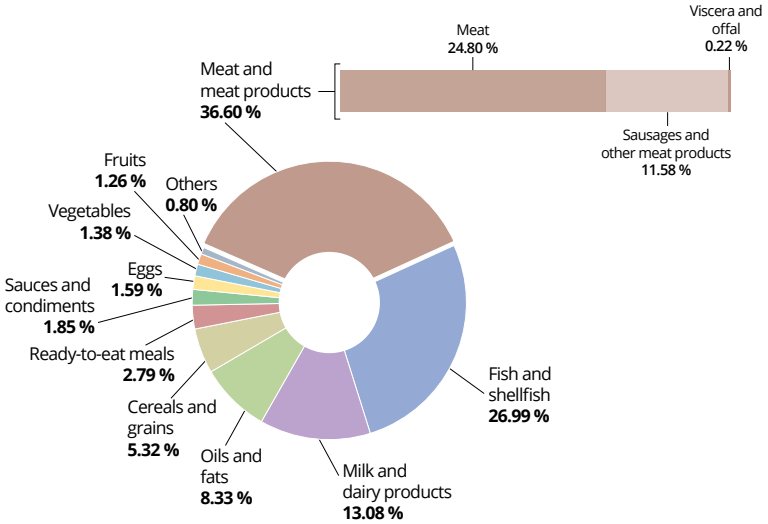
Fish and Shellfish	26.99
Meat	24.80
Sausages and other meat products	11.58
Milk	7.20
Olive oil	4.23
Butter, margarine and shortening	3.97
Bakery and pastry	3.39
Cheese	3.23
Ready-to-eat-meals	2.79
Yogurt and fermented milks	2.01
Sauces and condiments	1.85
Eggs	1.59
Vegetables	1.38
Bread	1.36
Fruits	1.26
Other dairy products	0.64
Chocolate	0.60
Pasta	0.39
Viscera and offal	0.22
Grains and flours	0.18
Appetizers	0.16
Other oils	0.13
Pulses	0.04
Breakfast cereals and cereal bars	0.00
Sugar	0.00
Jams and other	0.00
Coffee and herbal teas	0.00
Sugared soft drinks	0.00
Diet soft drinks	0.00
Sports drinks	0.00
Energy drinks	0.00
Juices and nectars	0.00
Other drinks (non-alcoholic)	0.00
Low alcohol content beverages	0.00
High alcohol content beverages	0.00
Supplements and meal replacements	0.00
Other sweets	0.00
Water	0.00



*Random sample

Dietary sources of omega-3 (%) from food and beverage groups and subgroups.

13. ERDERLY 65-75 YEARS

Sample: 206 individuals*

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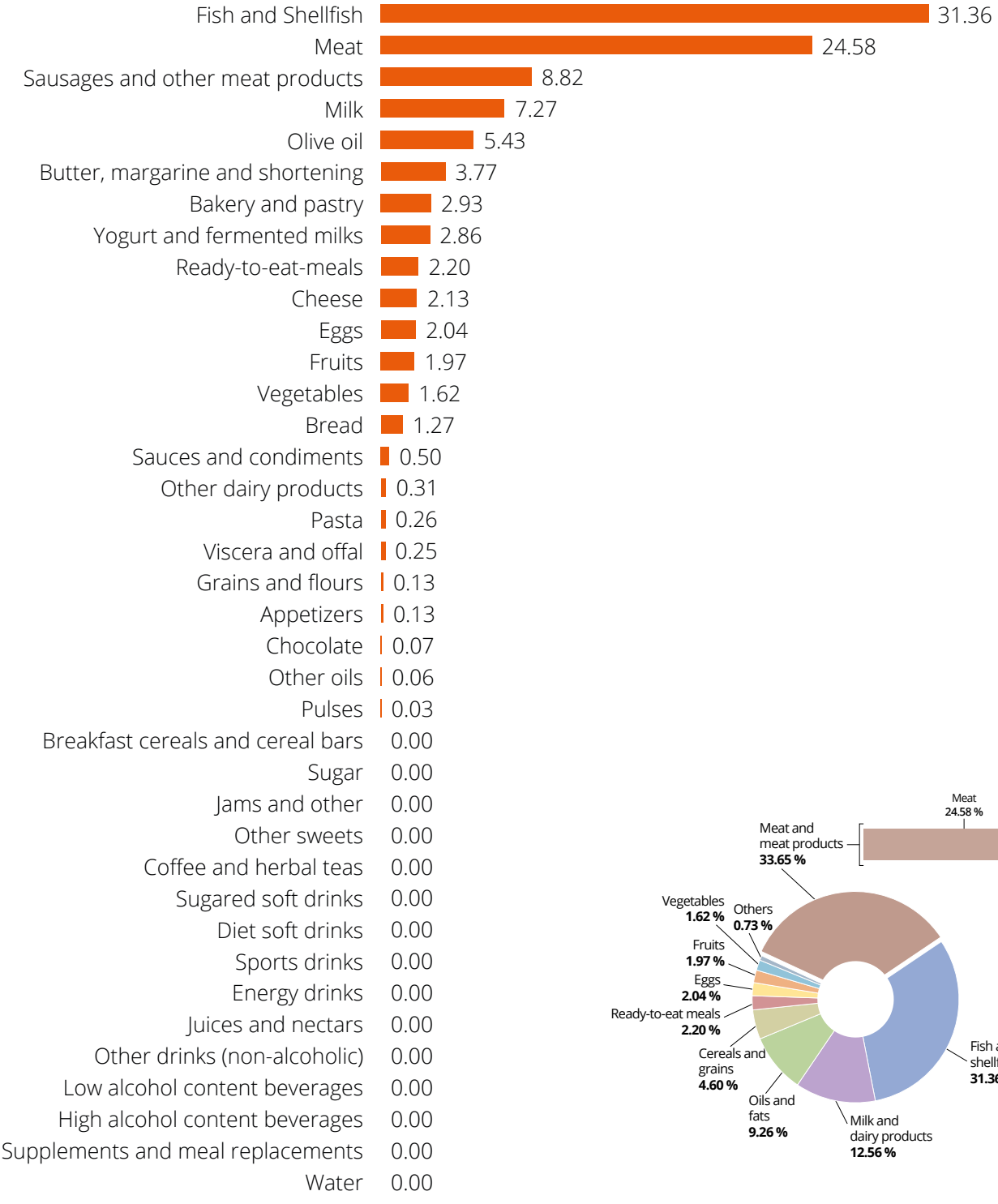

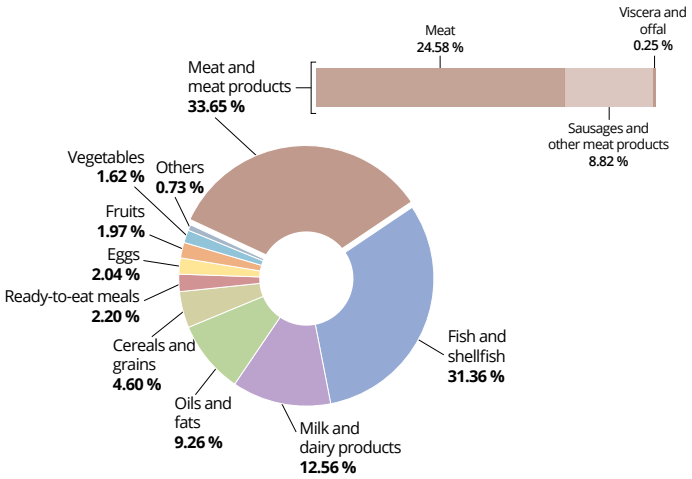

*Random sample

Dietary sources of omega-3 (%) from food and beverage groups and subgroups.

14. ELDERLY MEN 65-75 YEARS

Sample: 99 individuals*

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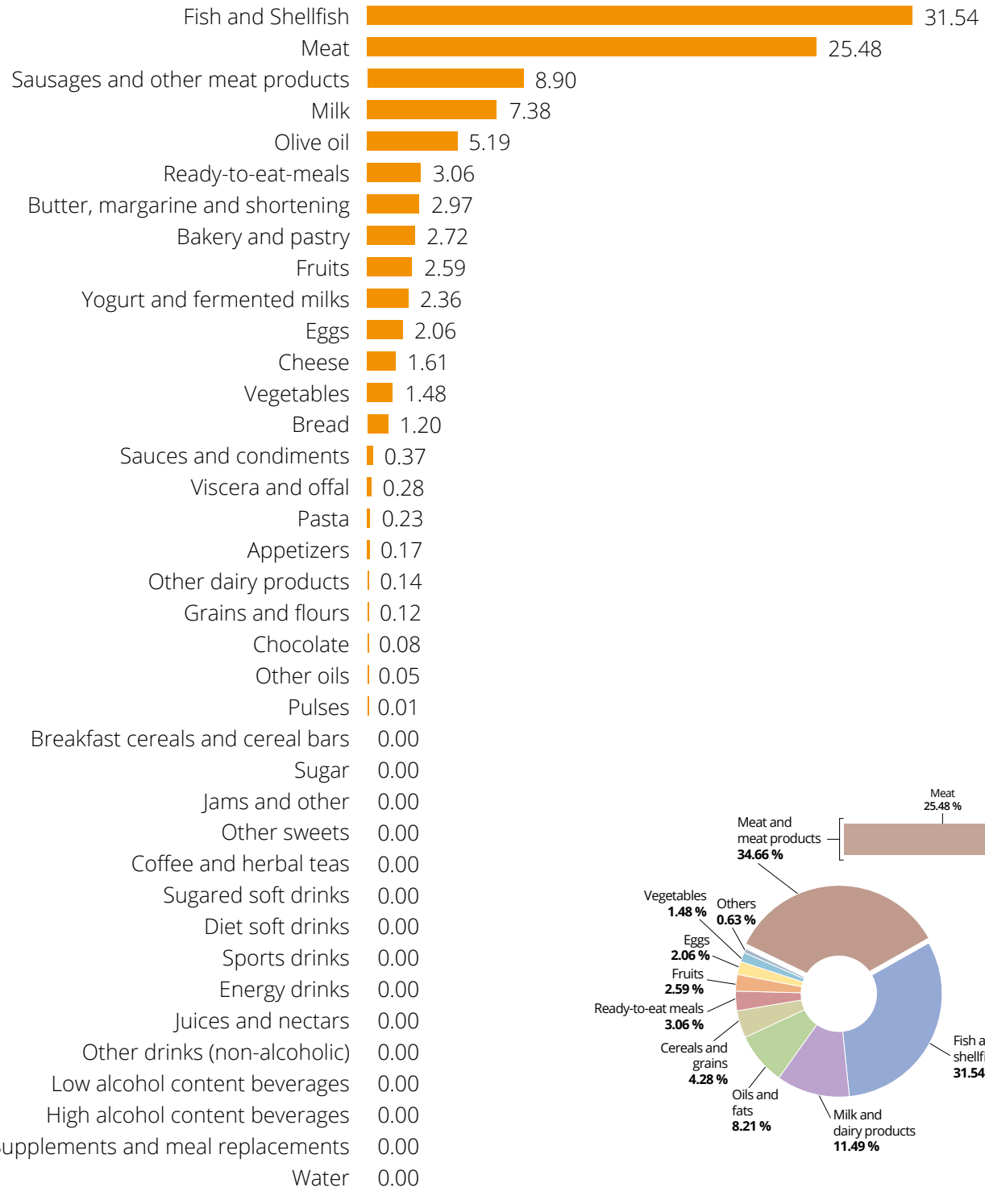

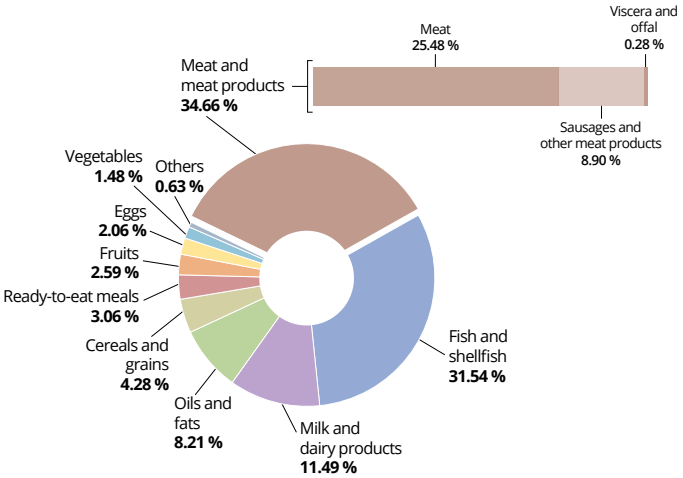

*Random sample

Dietary sources of omega-3 (%) from food and beverage groups and subgroups.

15. ELDERLY WOMEN 65-75 YEARS

Sample: 107 individuals*

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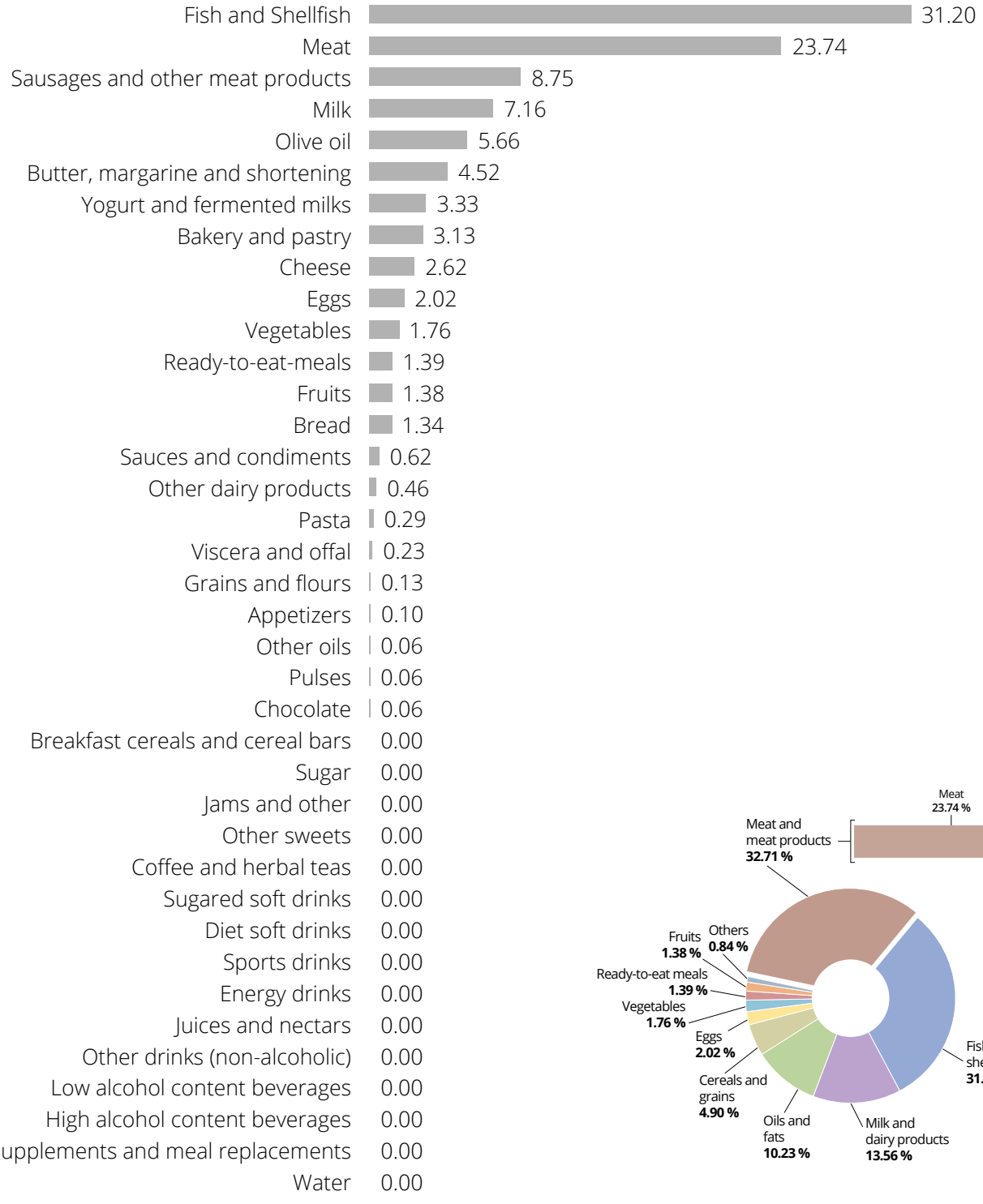

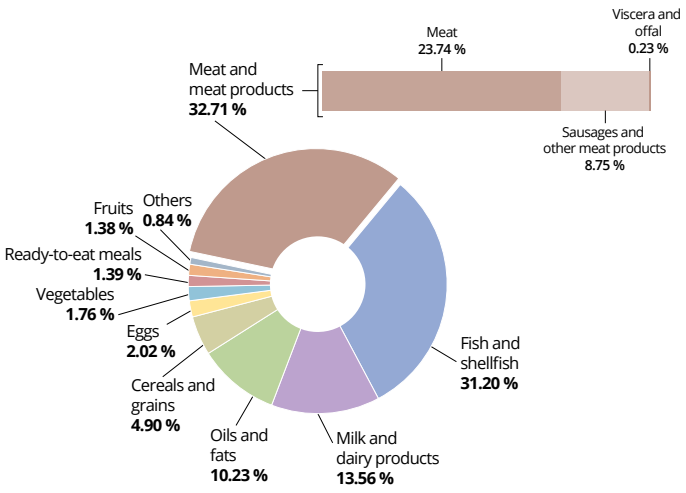

*Random sample

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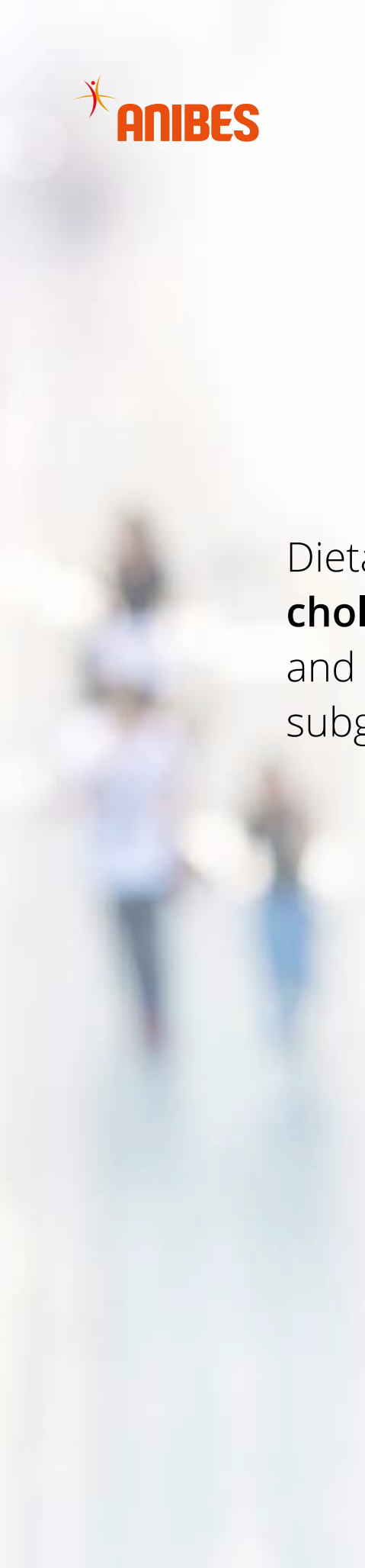

Dietary sources of **cholesterol** (%) from food and beverage groups and subgroups

Dietary sources of cholesterol (%) from food and beverage groups and subgroups.

1. GENERAL 9-75 YEARS

Sample: 2,009 individuals*

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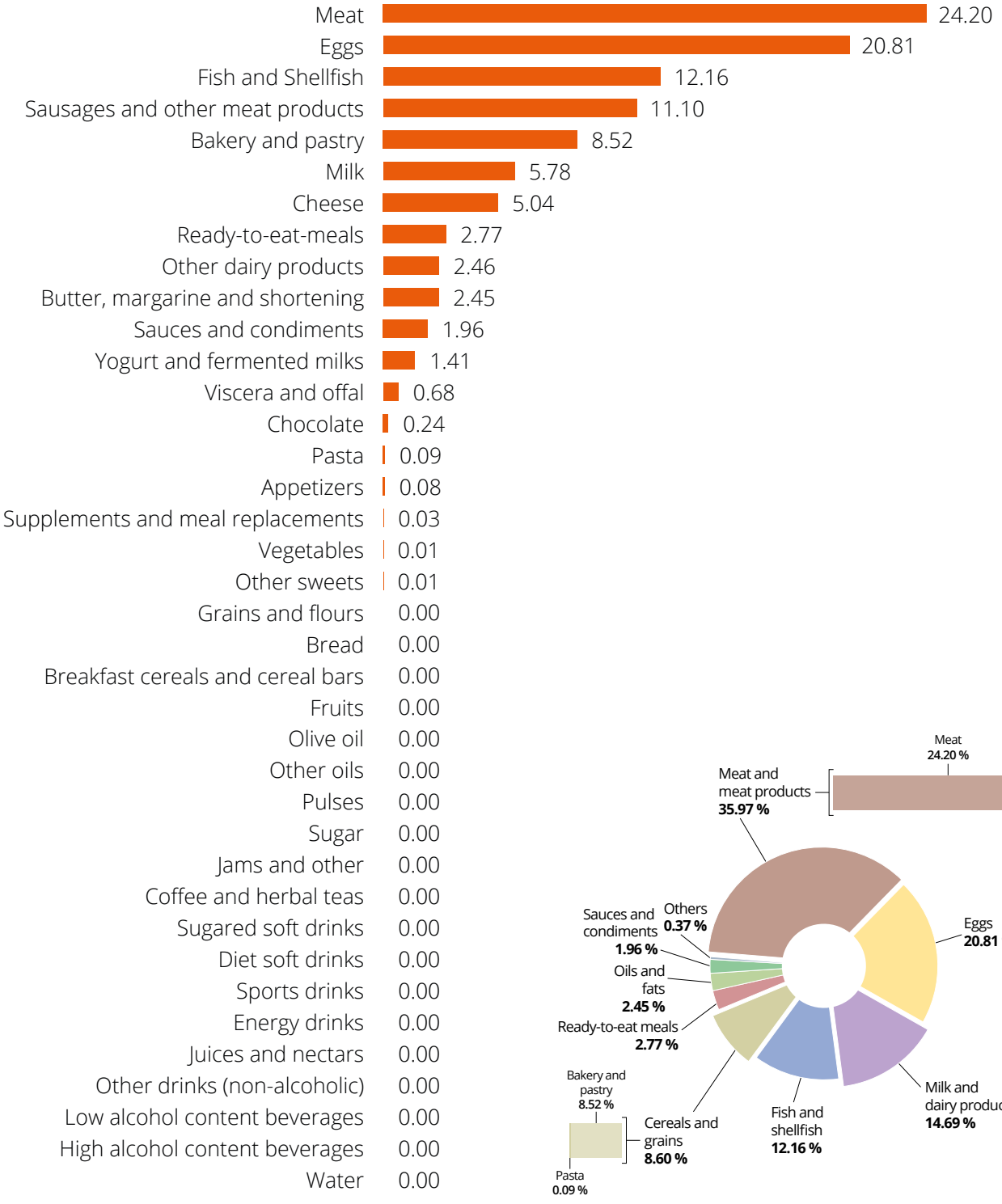

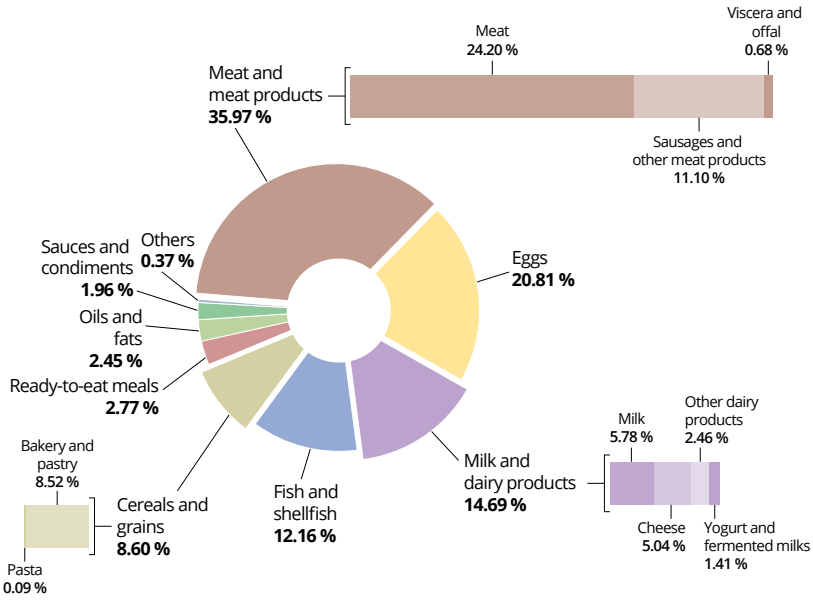

*Random sample

Dietary sources of cholesterol (%) from food and beverage groups and subgroups.

2. GENERAL MEN 9-75 YEARS

Sample: 1,013 individuals*

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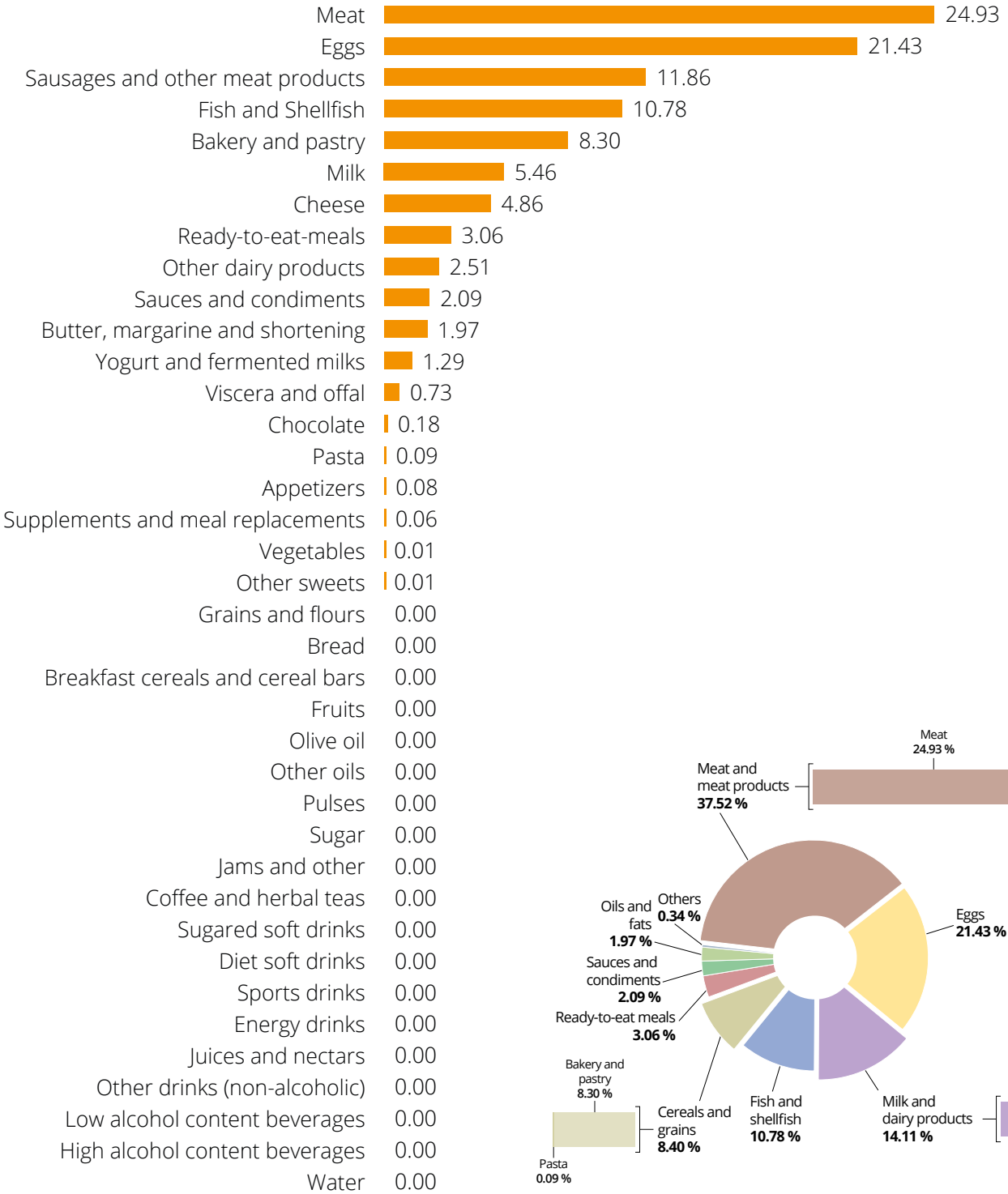

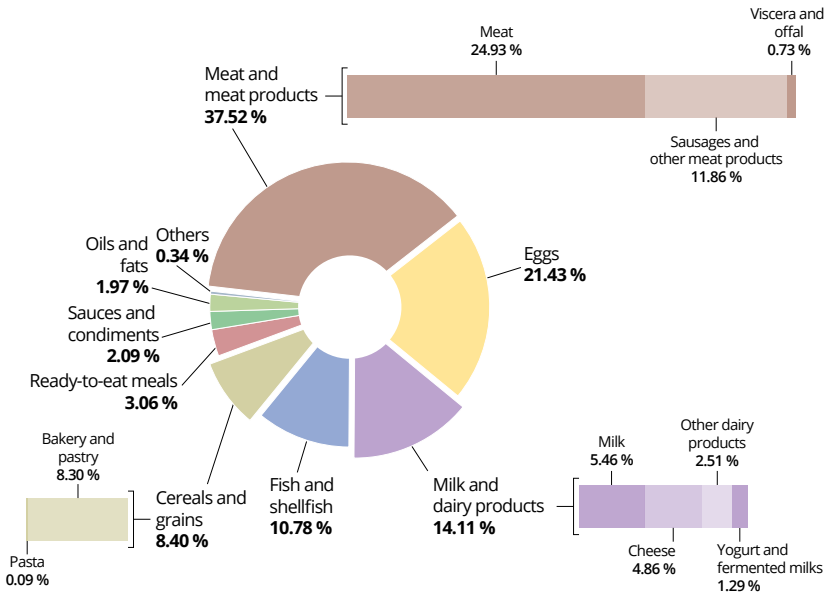

*Random sample

Dietary sources of cholesterol (%) from food and beverage groups and subgroups.

3. GENERAL WOMEN 9-75 YEARS

Sample: 996 individuals*

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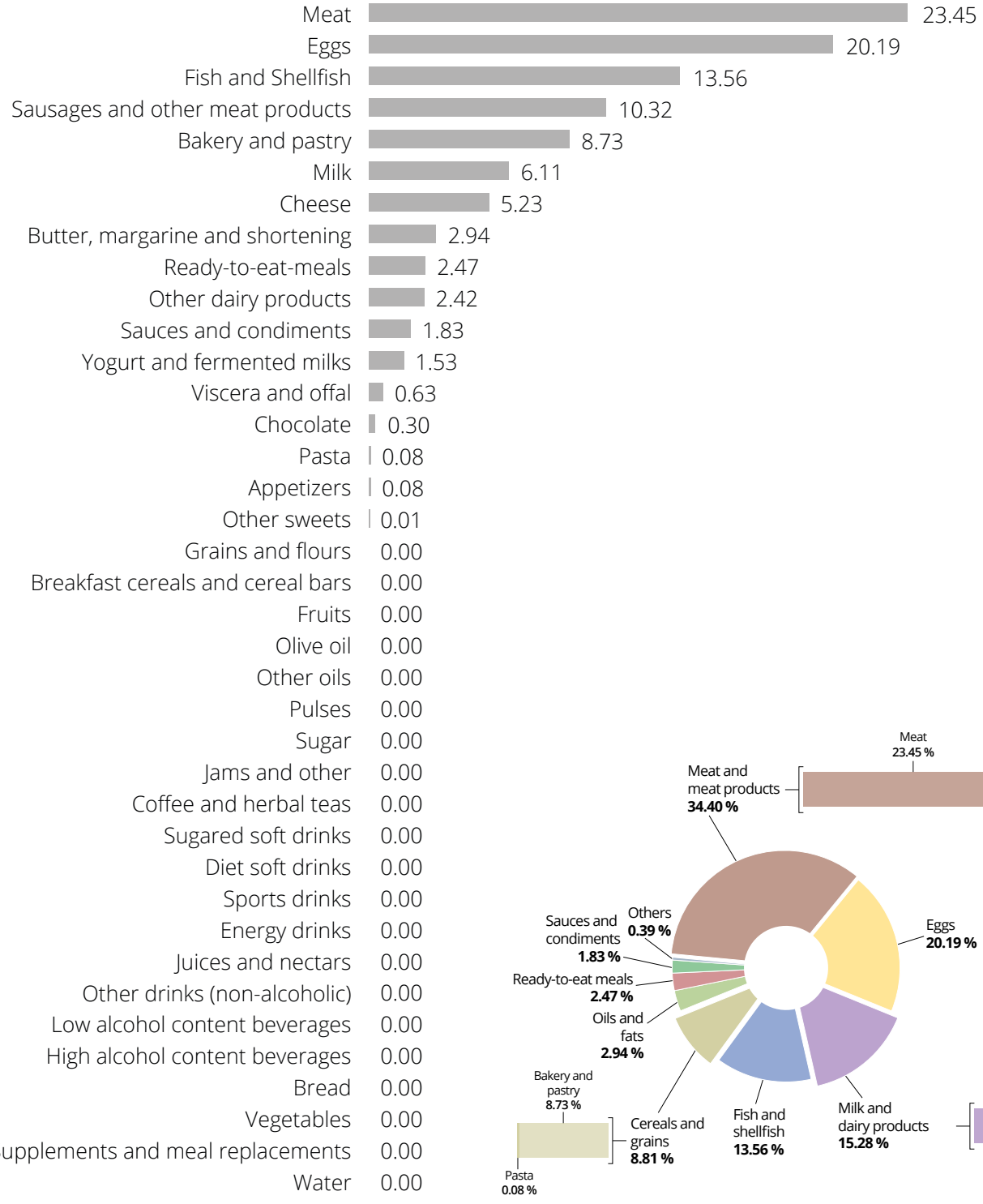

*Random sample

Dietary sources of cholesterol (%) from food and beverage groups and subgroups.

4. CHILDREN BOYS AND GIRLS 9-12 YEARS

Sample: 213 individuals*

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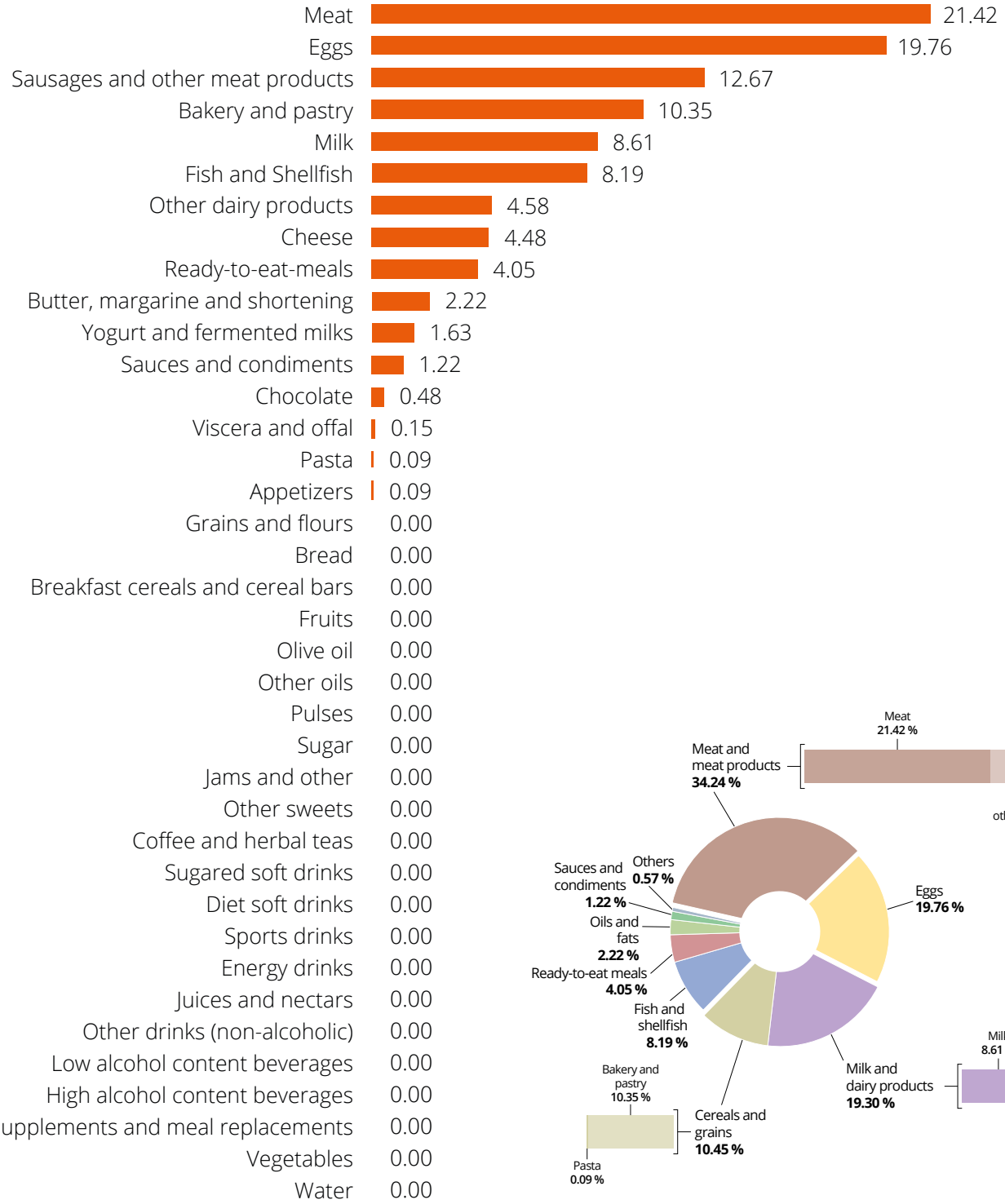

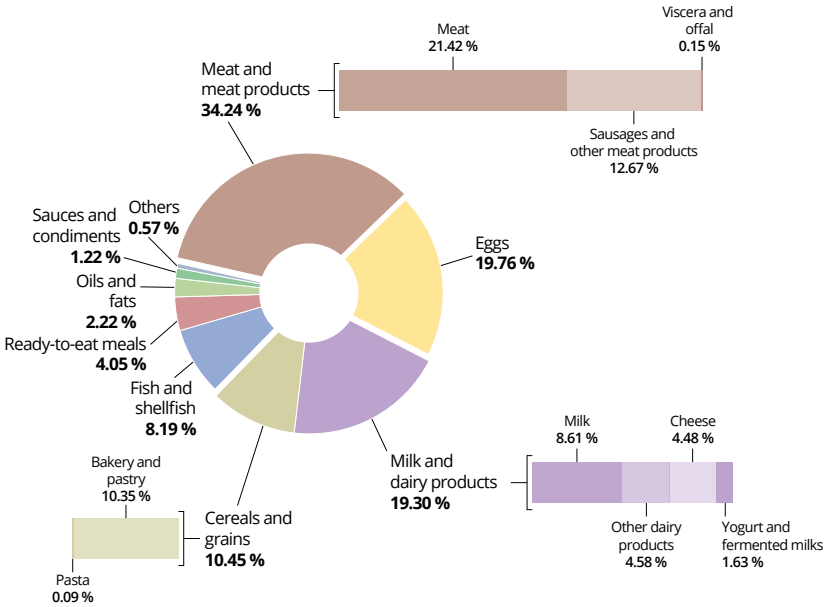

*Random sample plus boost

Dietary sources of cholesterol (%) from food and beverage groups and subgroups.

5. CHILDREN BOYS 9-12 YEARS

Sample: 126 individuals*

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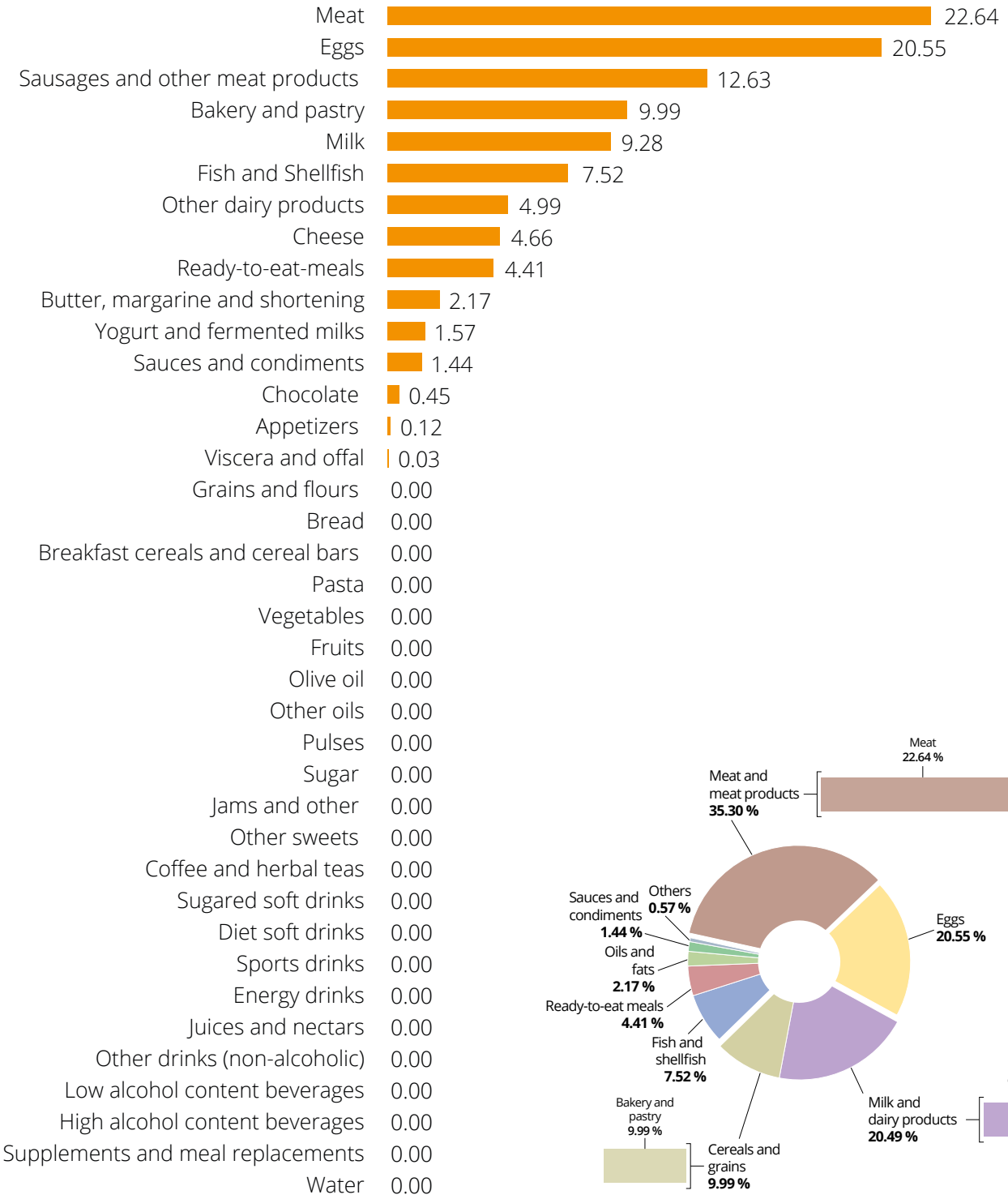

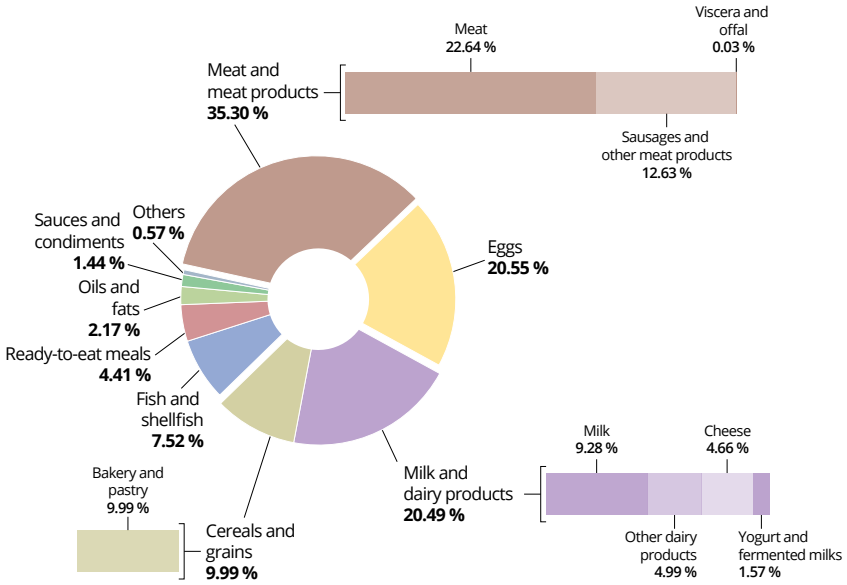

*Random sample plus boost

Dietary sources of cholesterol (%) from food and beverage groups and subgroups.

6. CHILDREN GIRLS 9-12 YEARS

Sample: 87 individuals*

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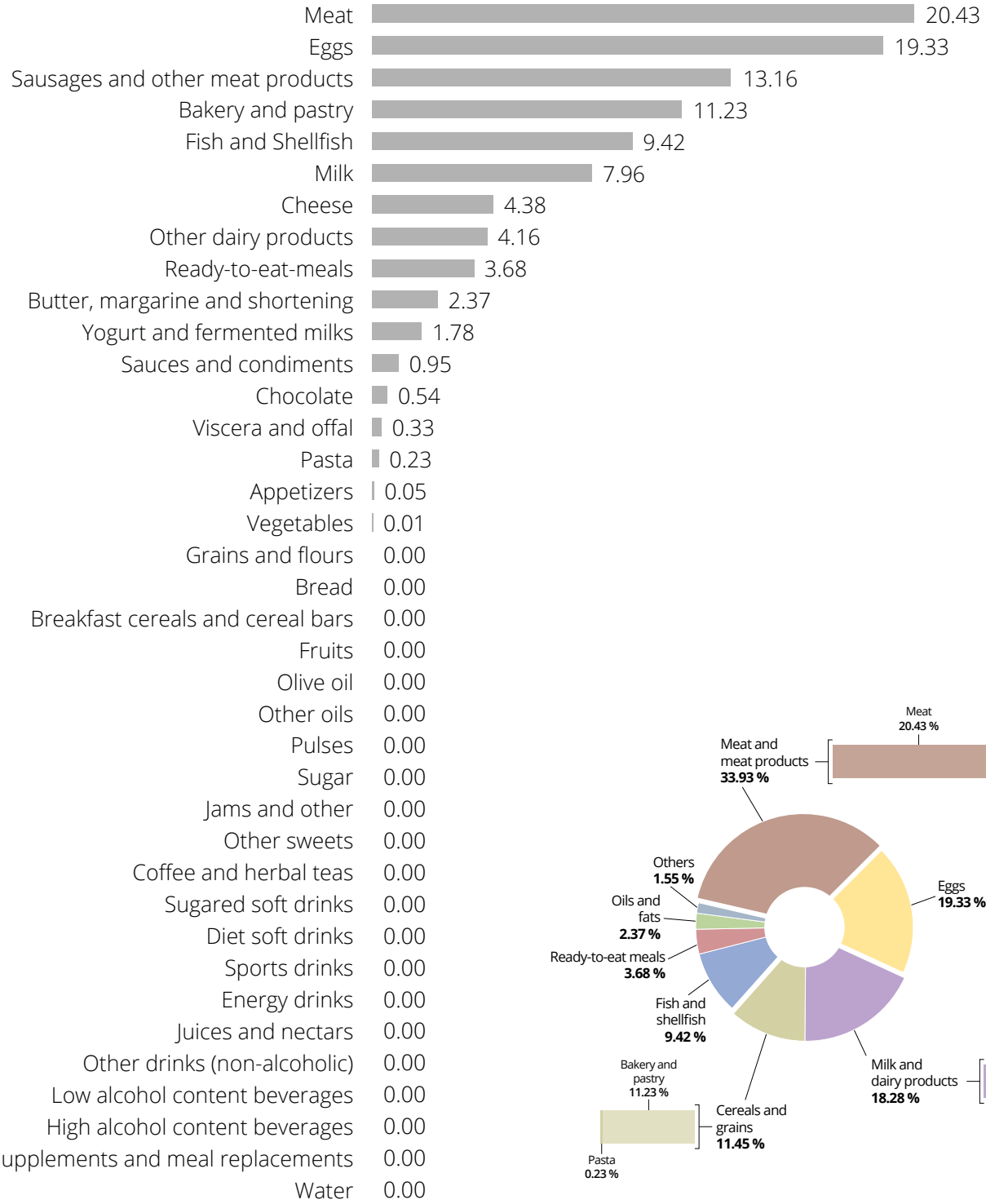

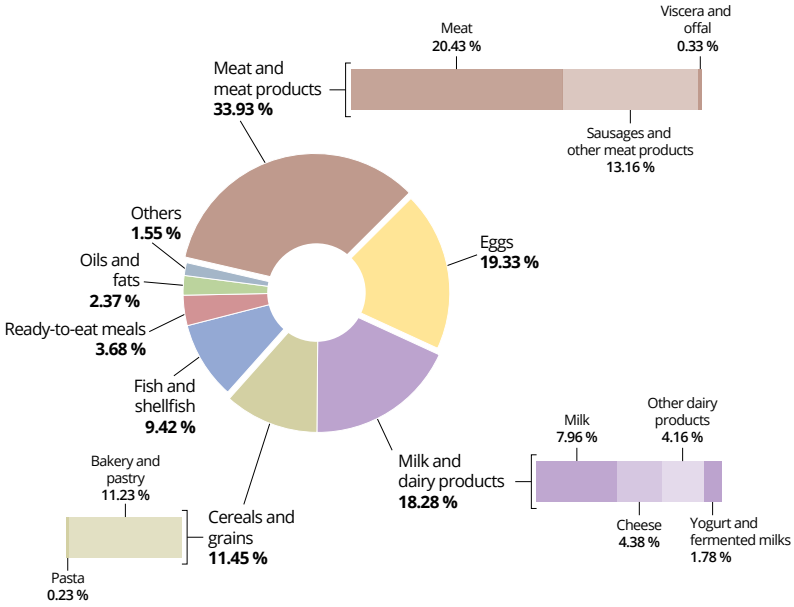

*Random sample plus boost

Dietary sources of cholesterol (%) from food and beverage groups and subgroups.

7. ADOLESCENTS 13-17 YEARS

Sample: 211 individuals*

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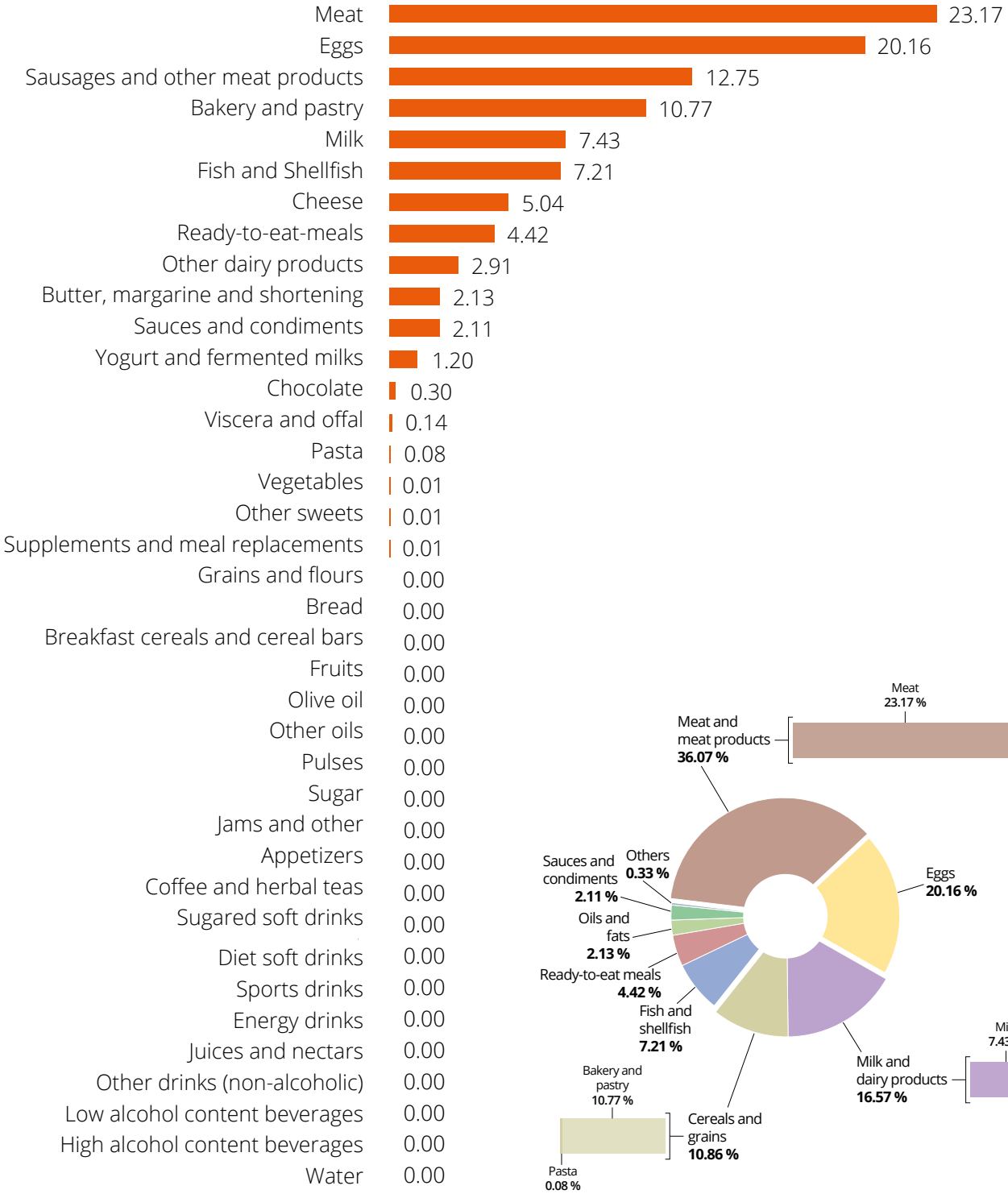

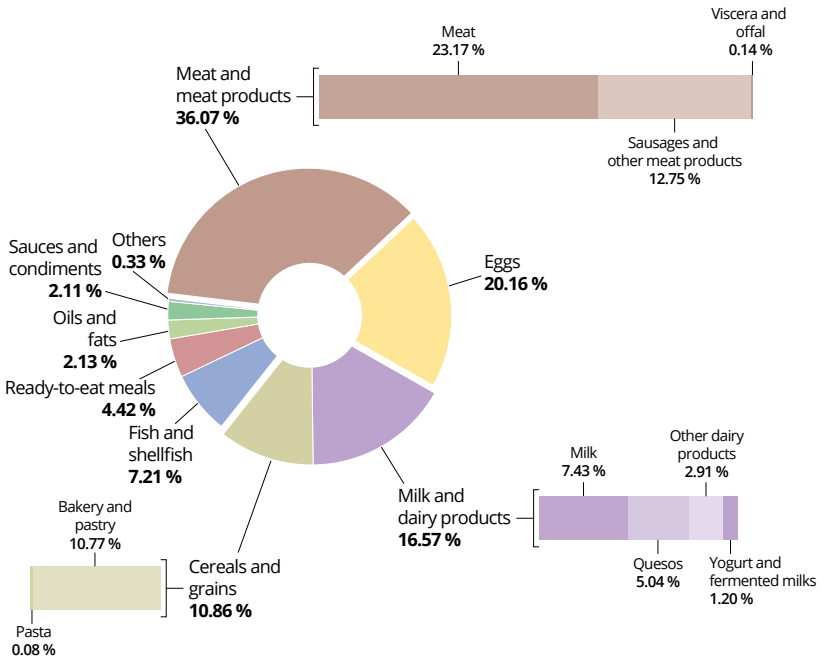

*Random sample plus boost

Dietary sources of cholesterol (%) from food and beverage groups and subgroups.

8. ADOLESCENT BOYS 13-17 YEARS

Sample: 137 individuals*

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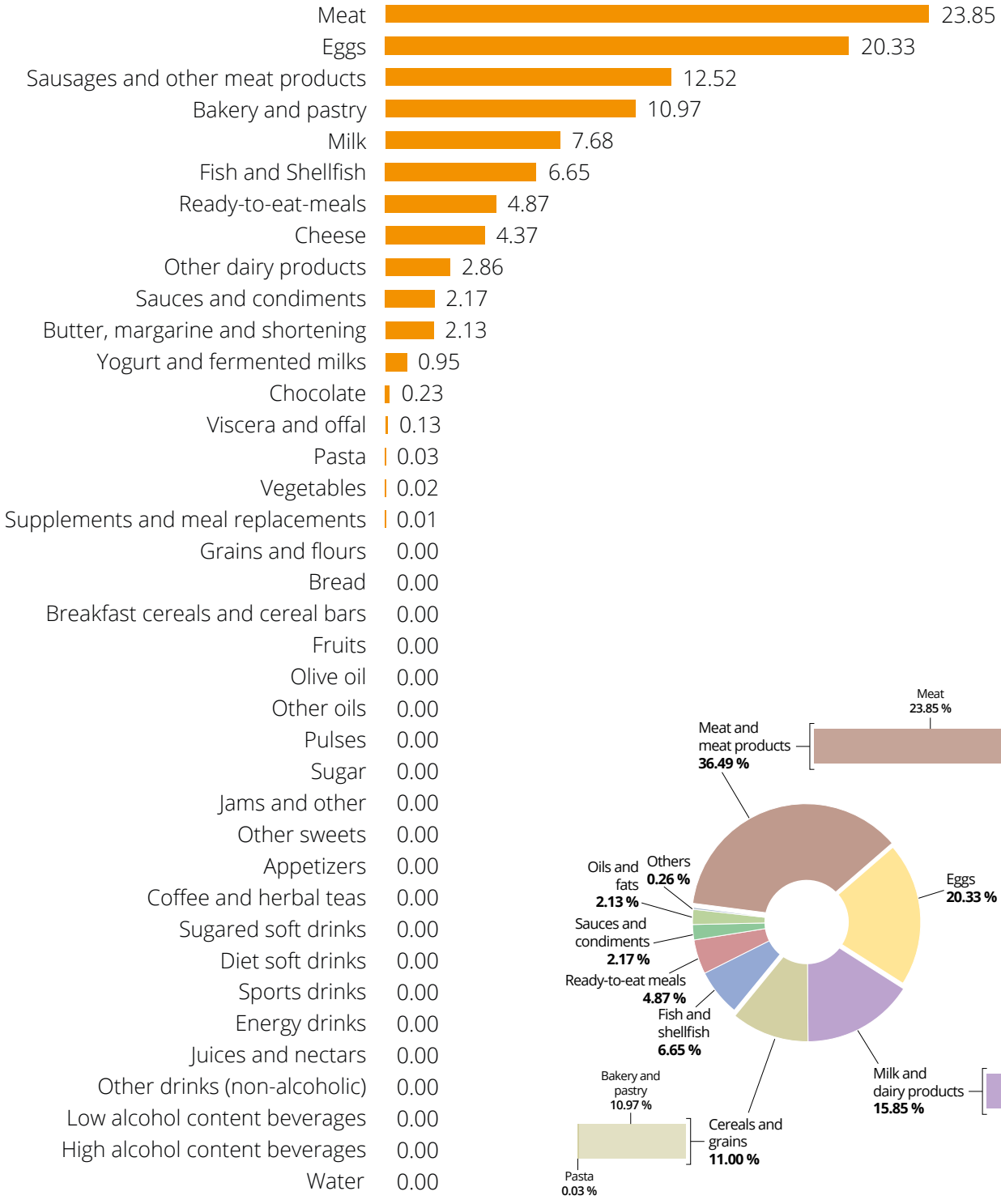

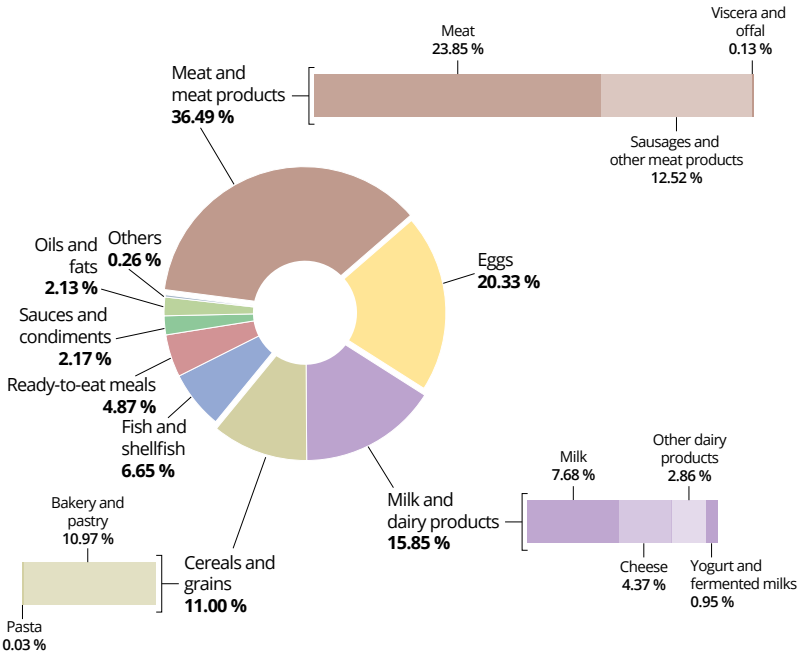

*Random sample plus boost

Dietary sources of cholesterol (%) from food and beverage groups and subgroups.

9. ADOLESCENT GIRLS 13-17 YEARS

Sample: 74 individuals*

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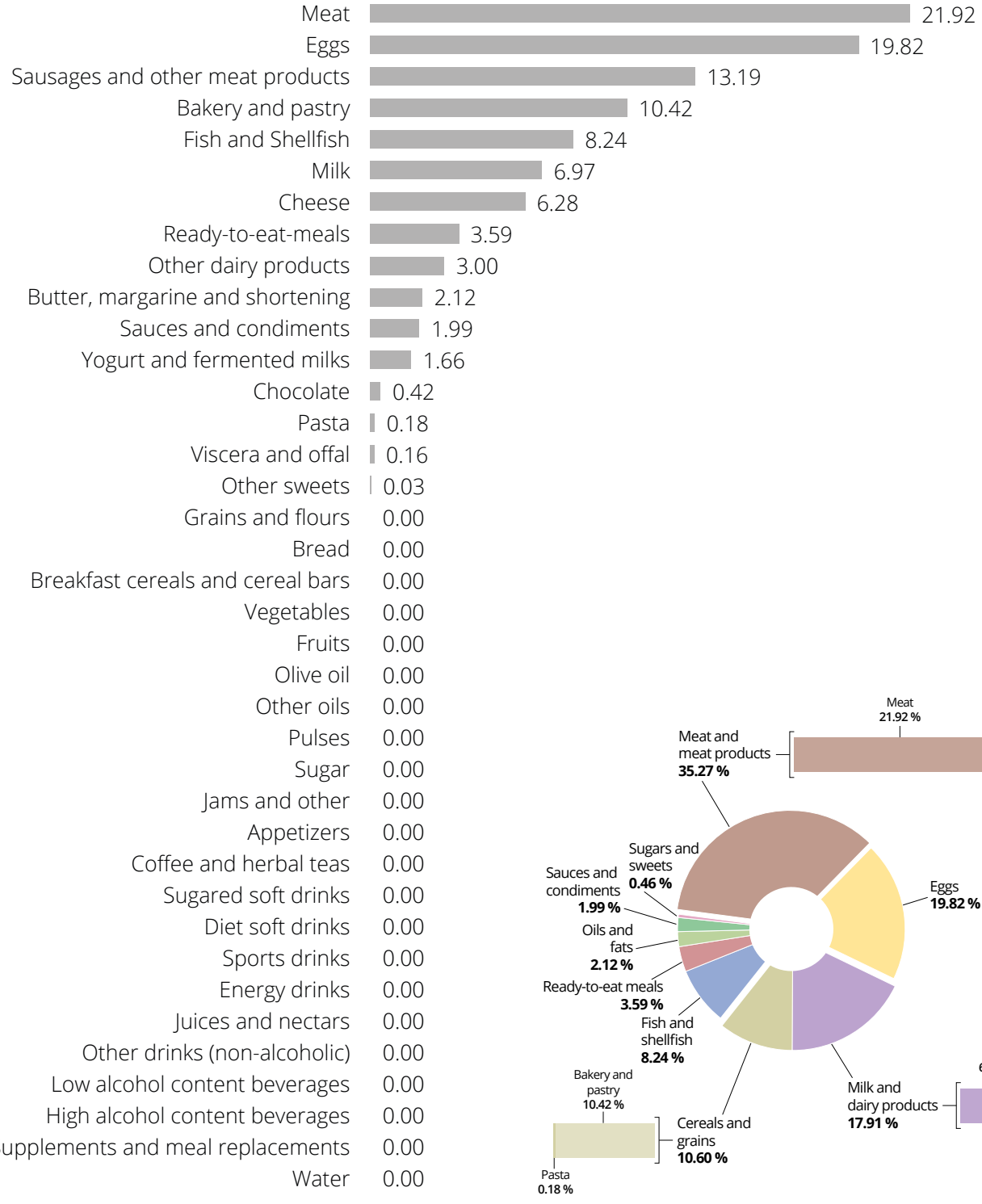

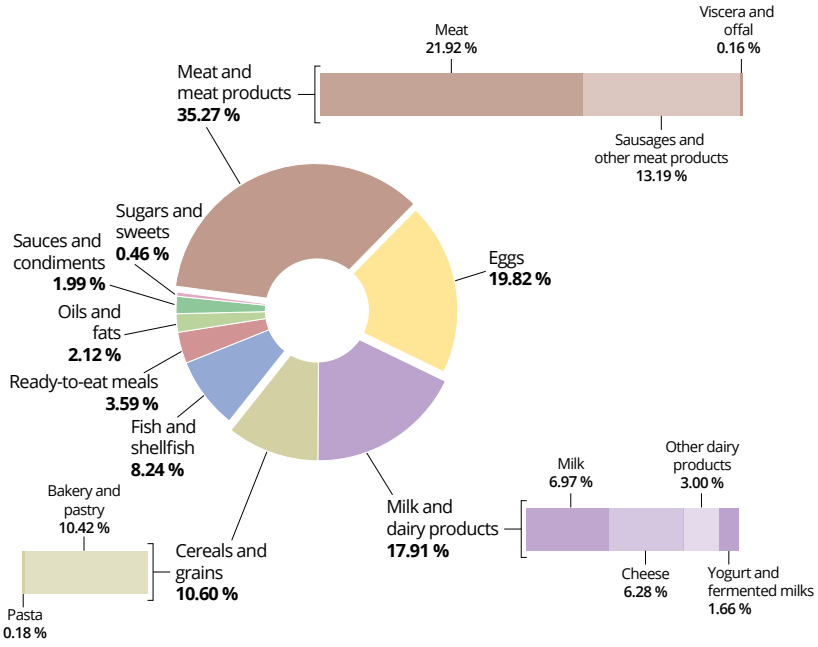

*Random sample plus boost

CHOLESTEROL

Dietary sources of cholesterol (%) from food and beverage groups and subgroups.

10. ADULTS 18-64 YEARS

Sample: 1,655 individuals*

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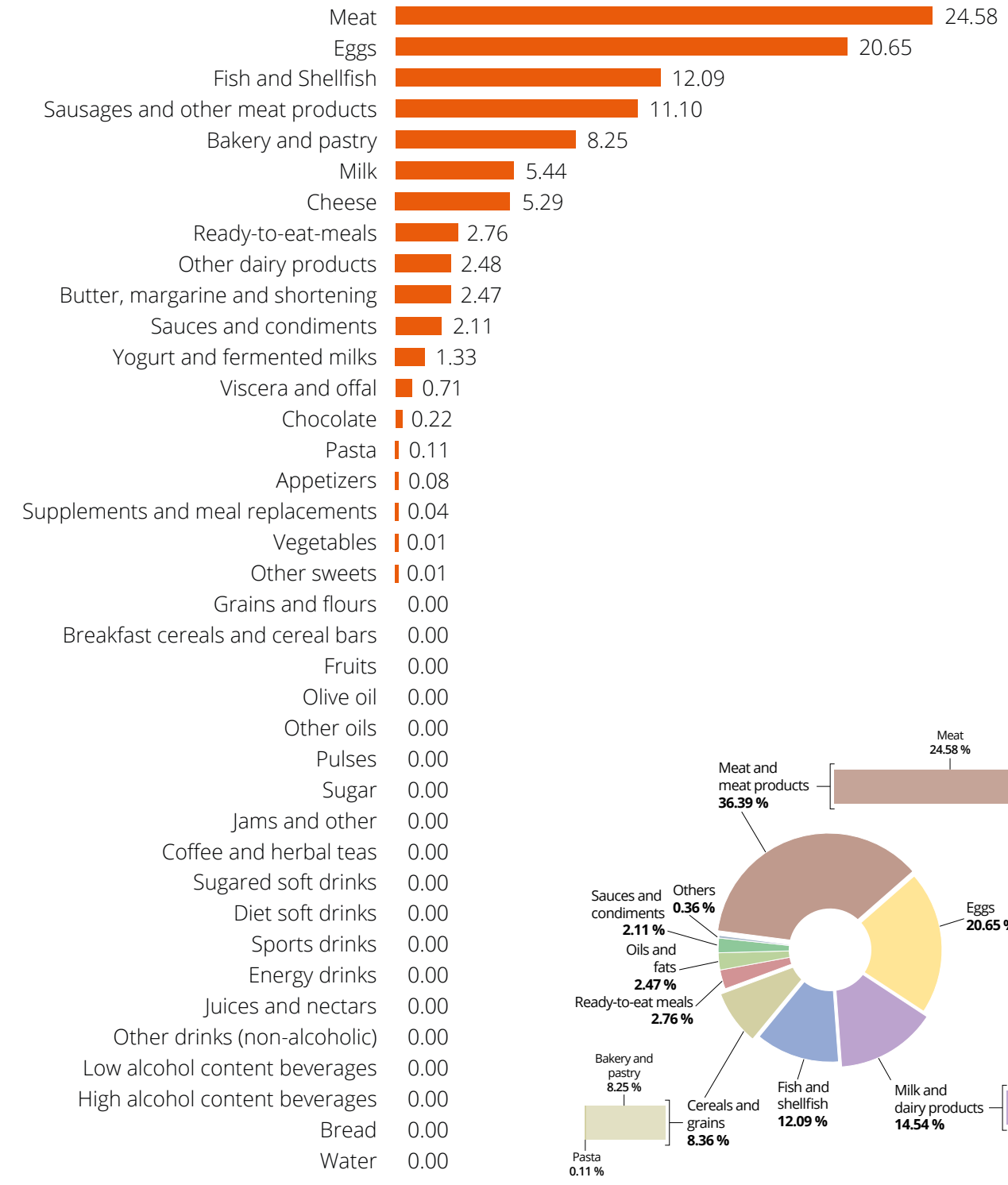

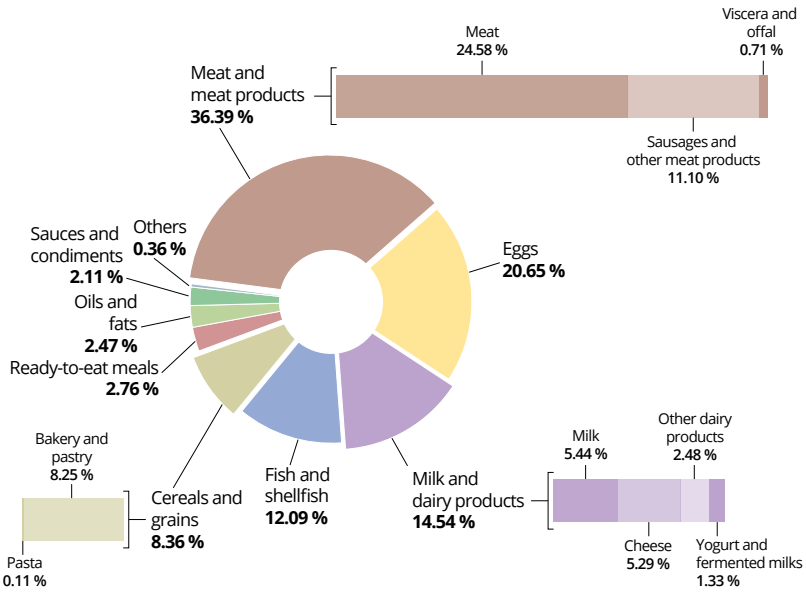

*Random sample

Dietary sources of cholesterol (%) from food and beverage groups and subgroups.

11. ADULT MEN 18-64 YEARS

Sample: 798 individuals*

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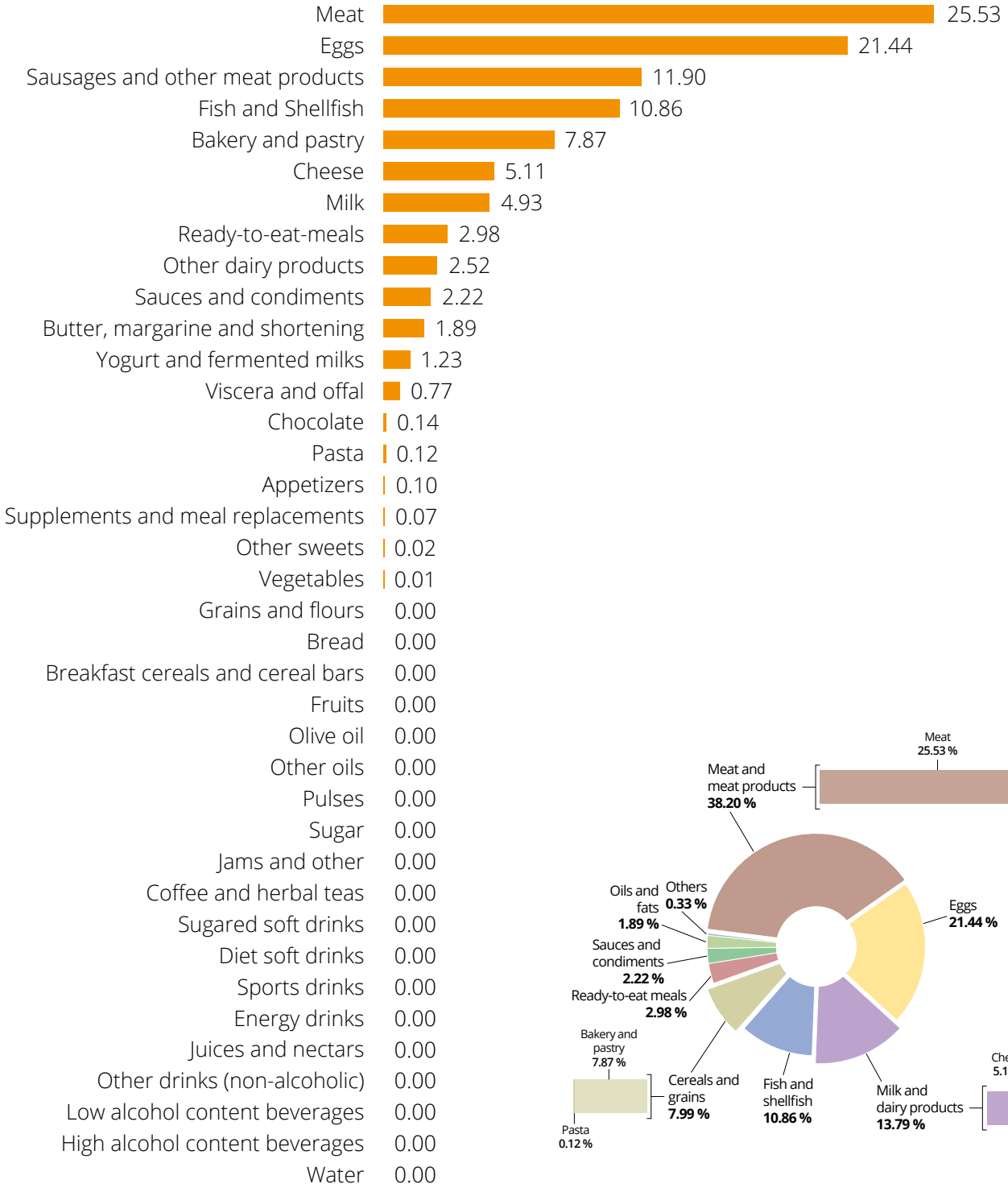

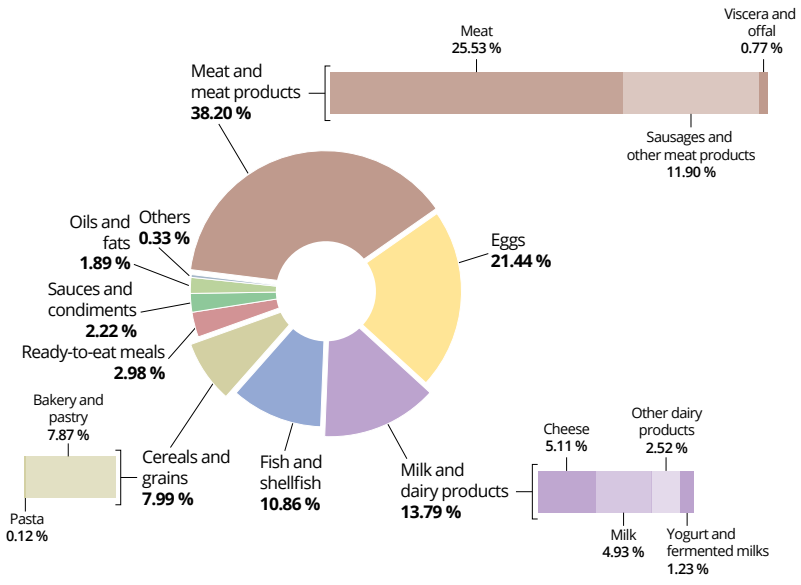

*Random sample

Dietary sources of cholesterol (%) from food and beverage groups and subgroups.

12. ADULT WOMEN 18-64 YEARS

Sample: 857 individuals*

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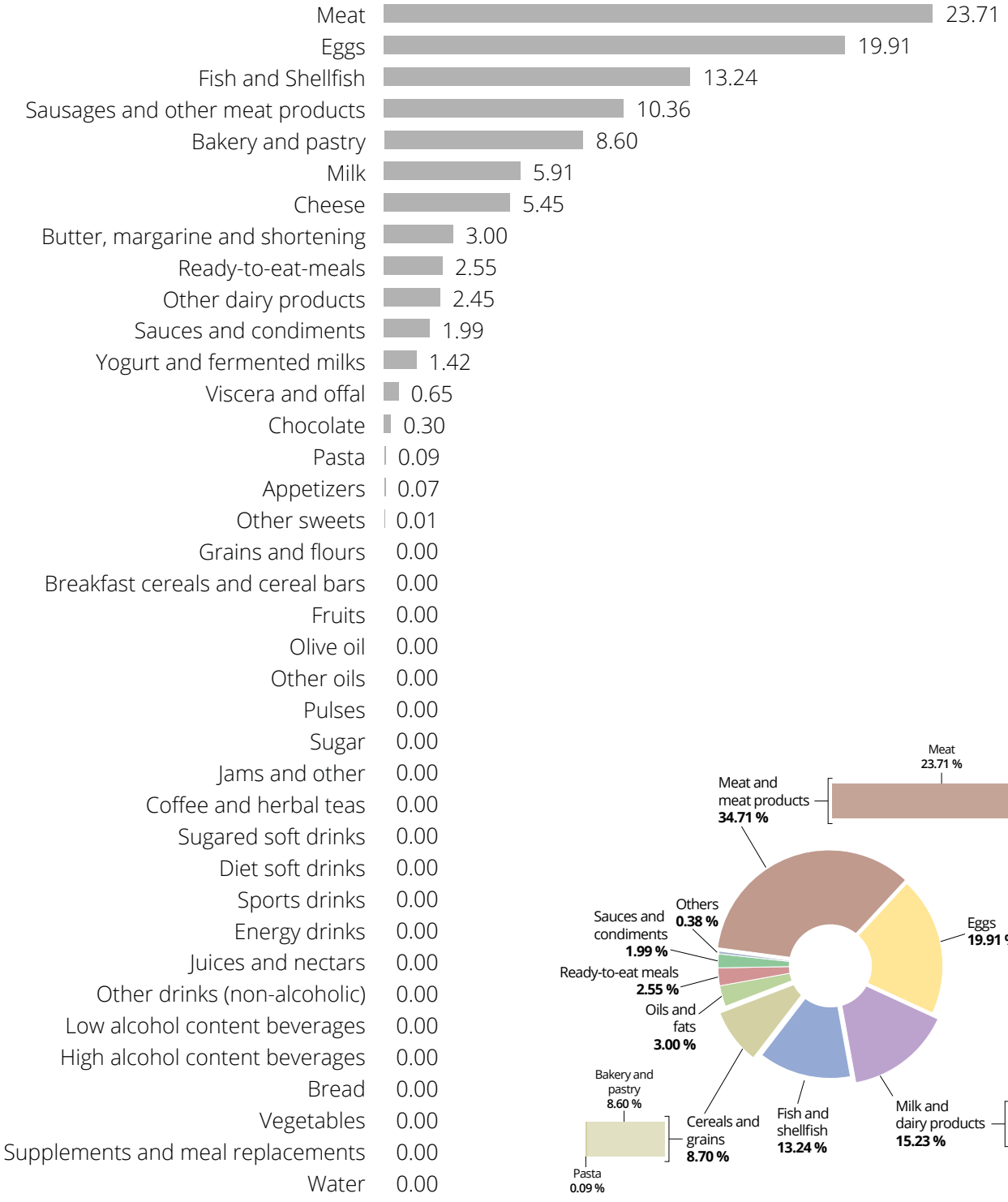

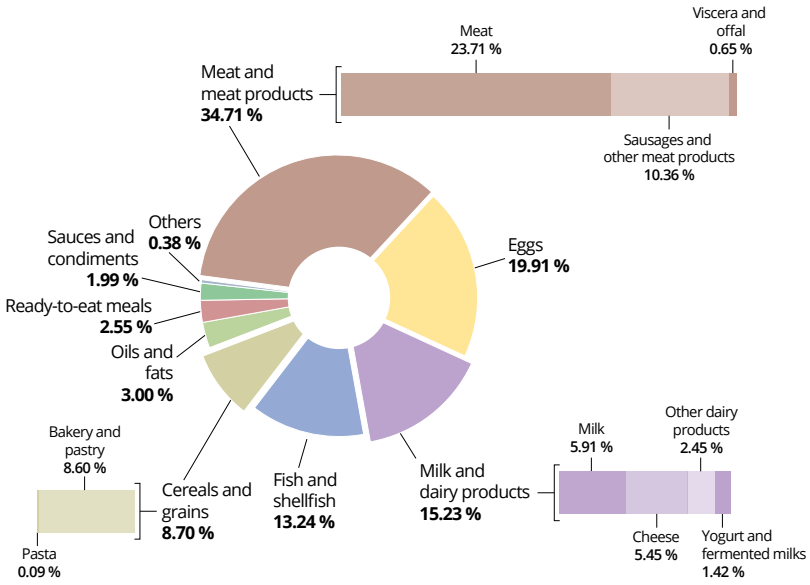

*Random sample

Dietary sources of cholesterol (%) from food and beverage groups and subgroups.

13. ERDERLY 65-75 YEARS

Sample: 206 individuals*

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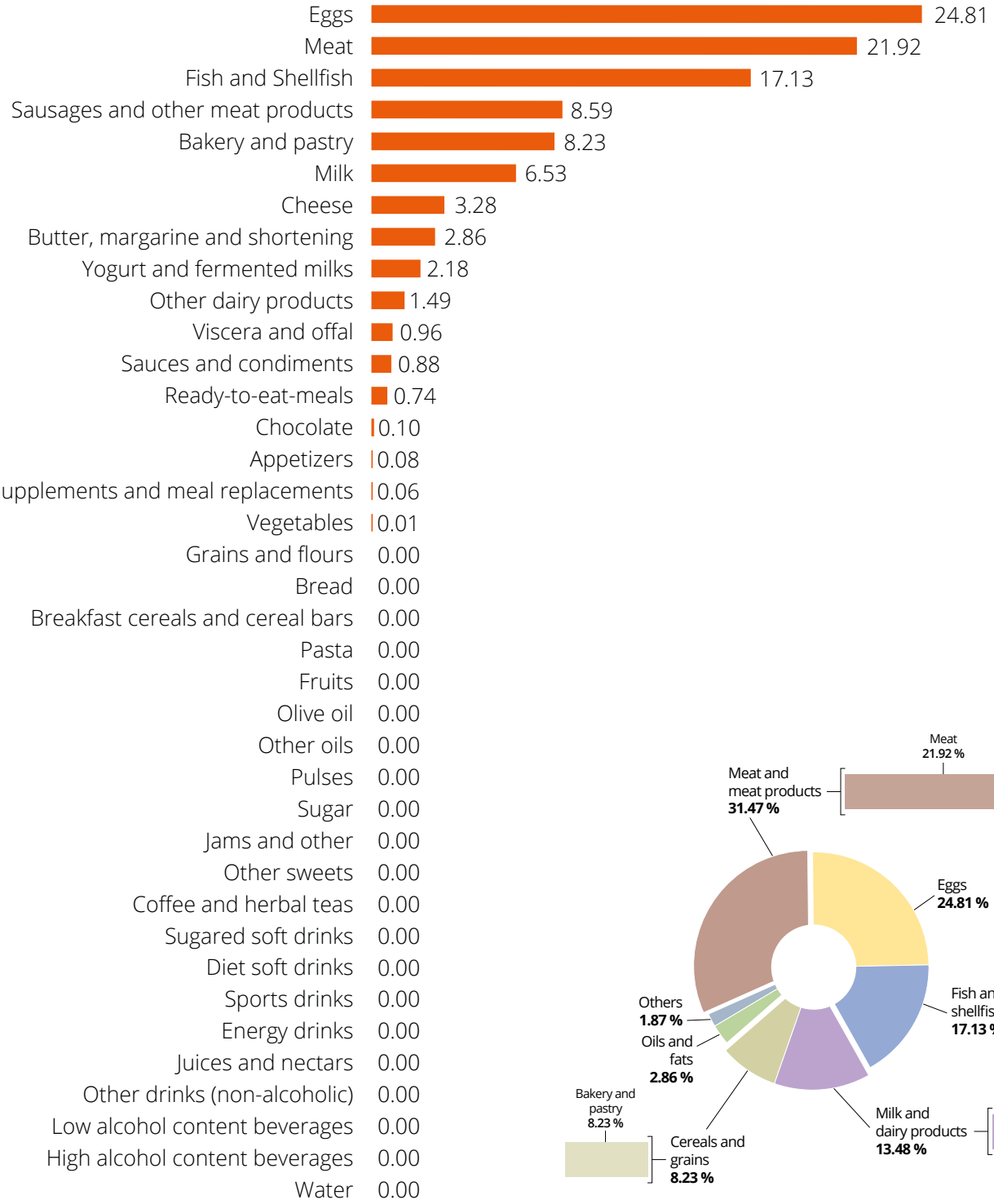

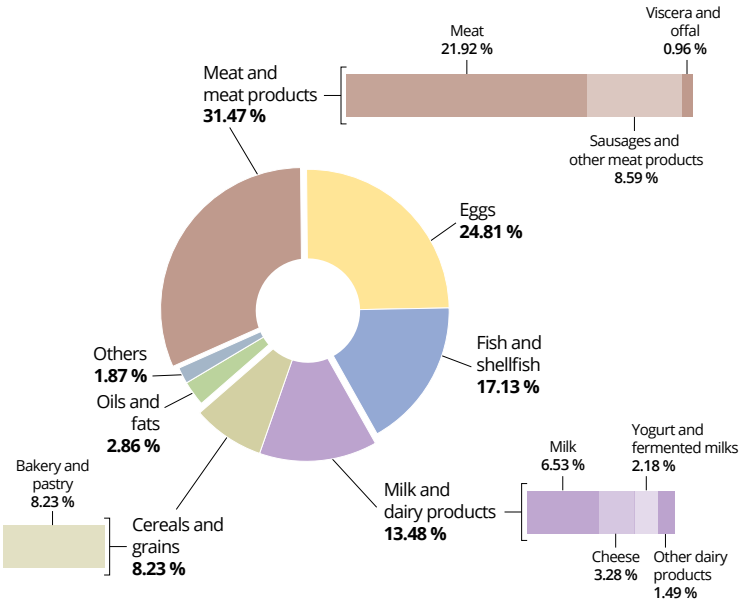

*Random sample

Dietary sources of cholesterol (%) from food and beverage groups and subgroups.

14. ELDERLY MEN 65-75 YEARS

Sample: 99 individuals*

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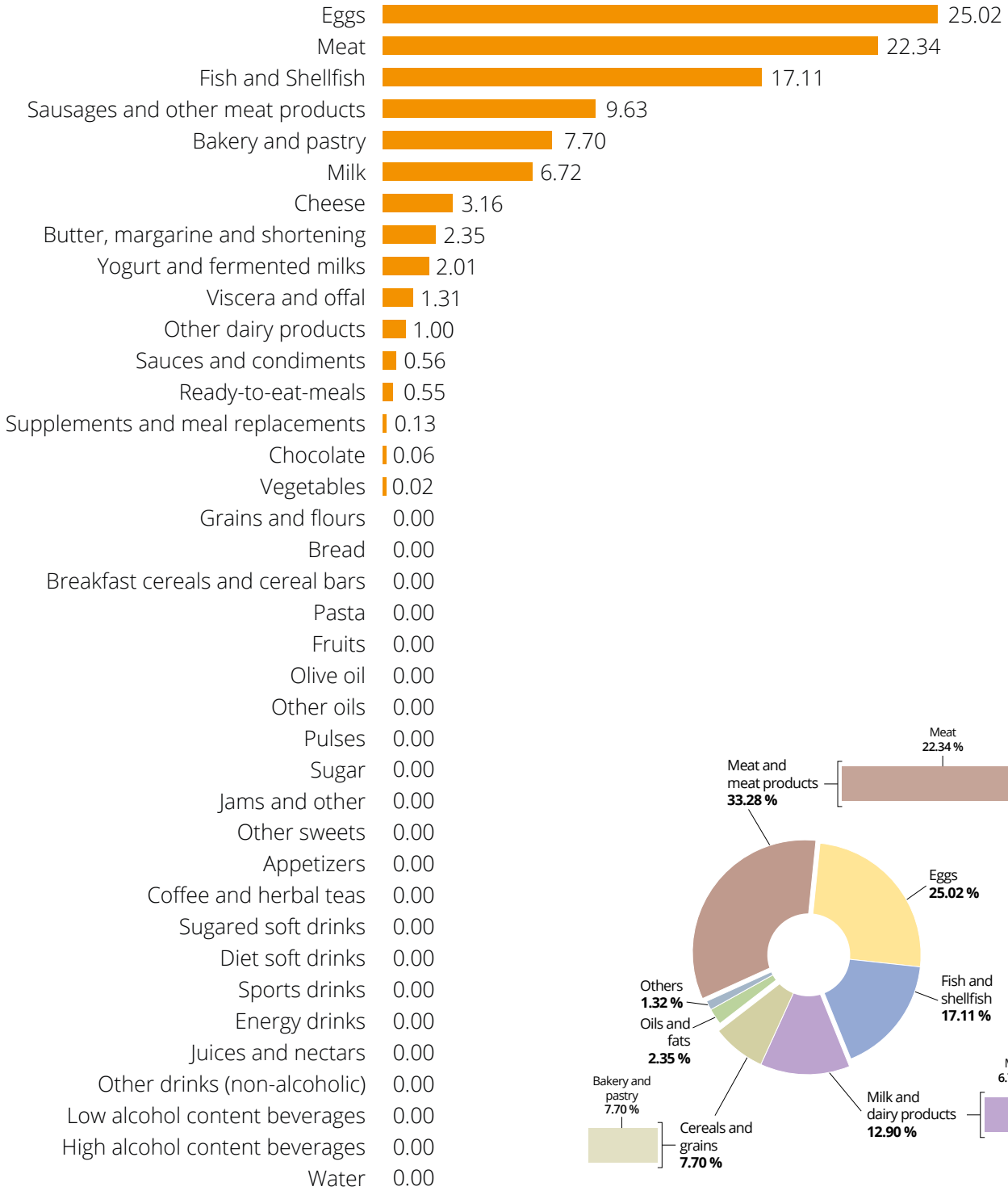

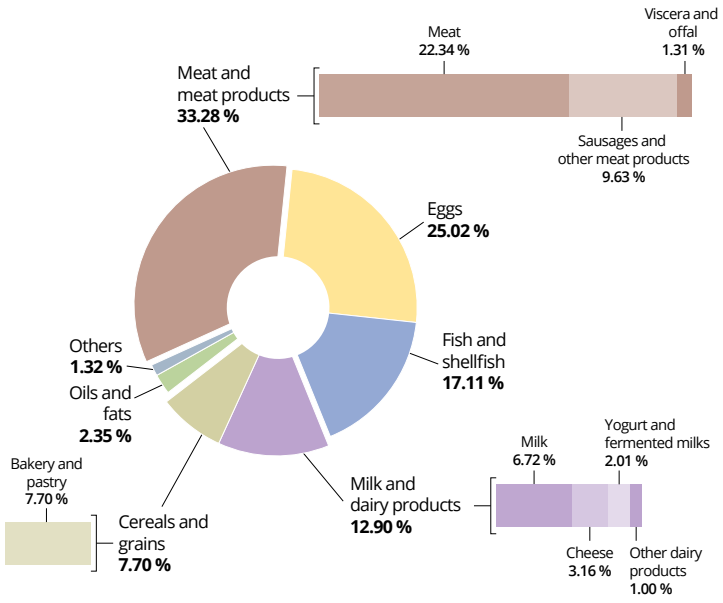

*Random sample

Dietary sources of cholesterol (%) from food and beverage groups and subgroups.

15. ELDERLY WOMEN 65-75 YEARS

Sample: 107 individuals*

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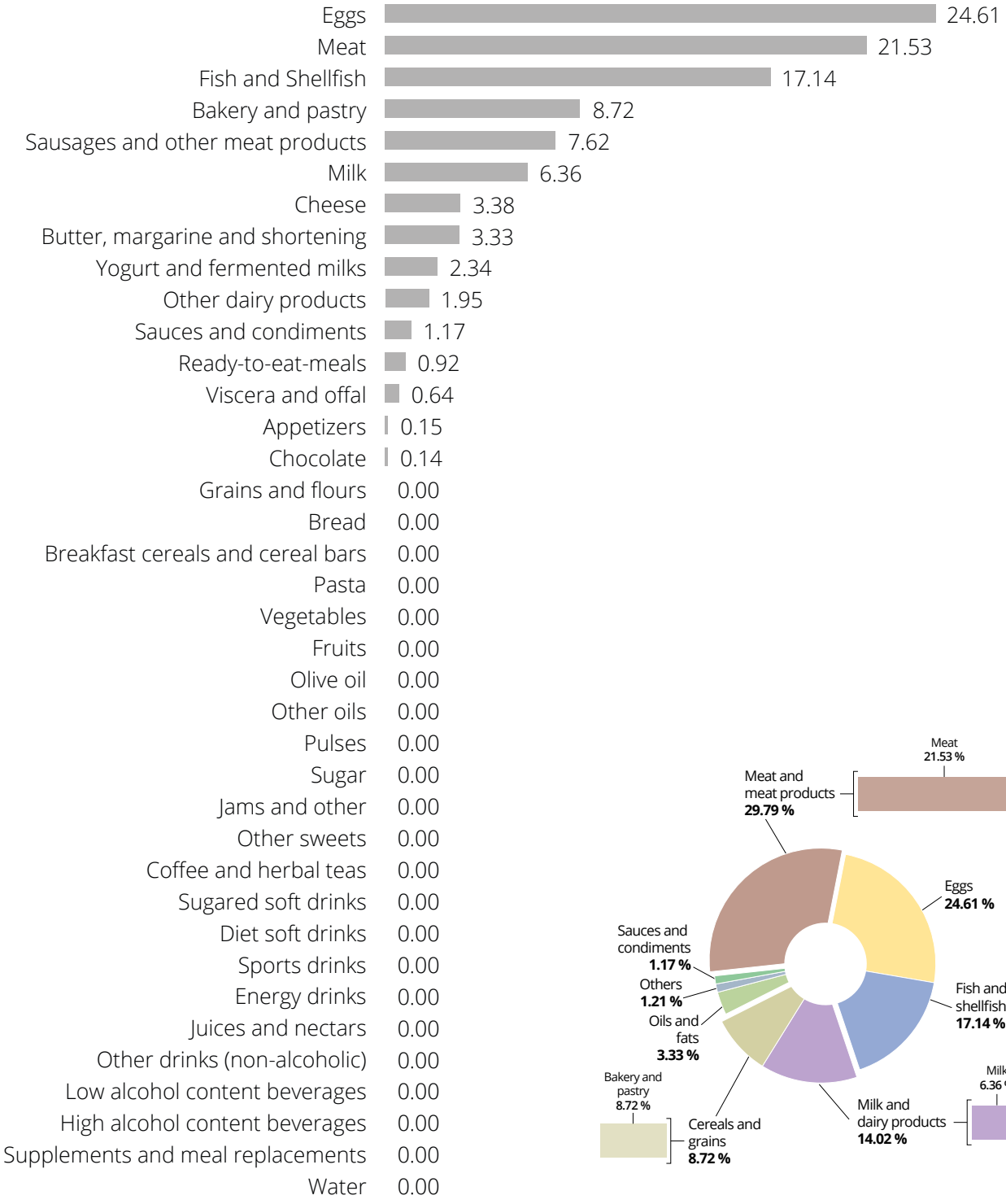

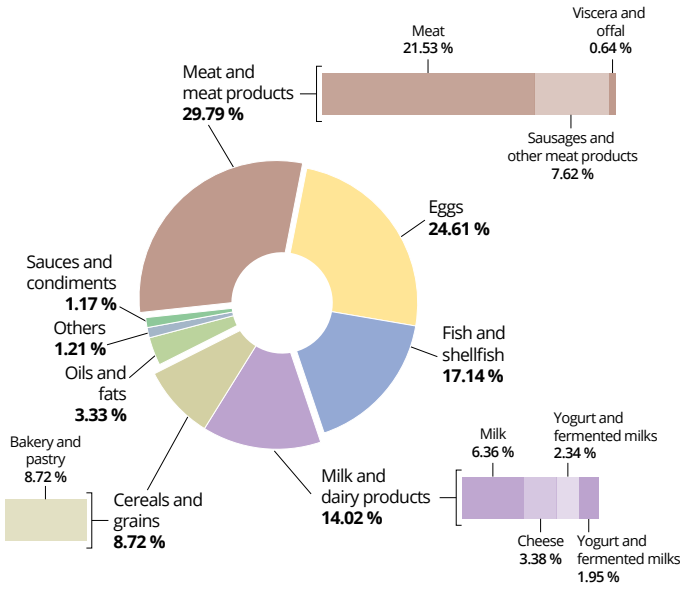

*Random sample

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Dietary sources of **fiber** (%) from food and beverage groups and subgroups

Dietary sources of fiber (%) from food and beverage groups and subgroups.

1. GENERAL 9-75 YEARS

Sample: 2,009 individuals*

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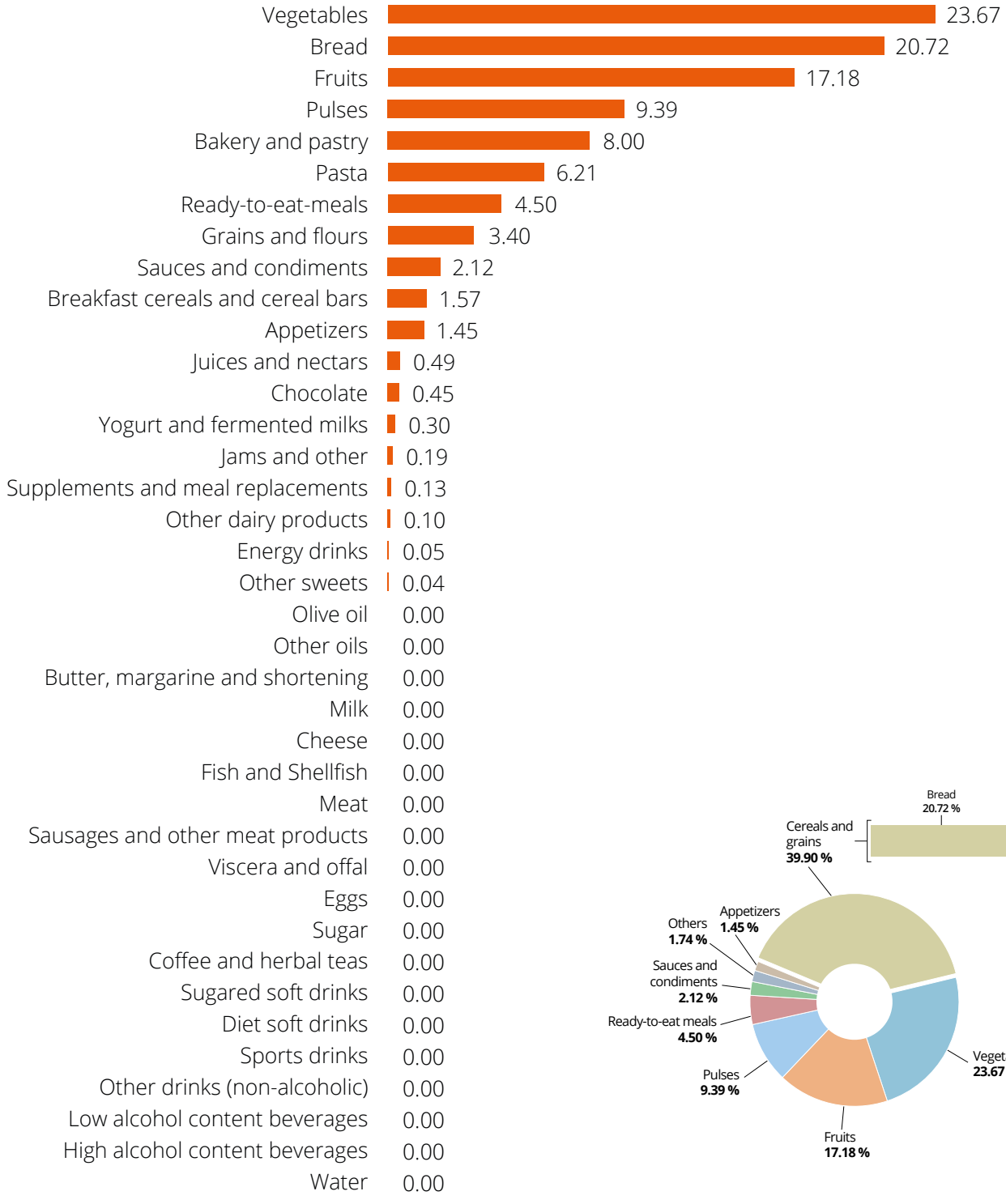

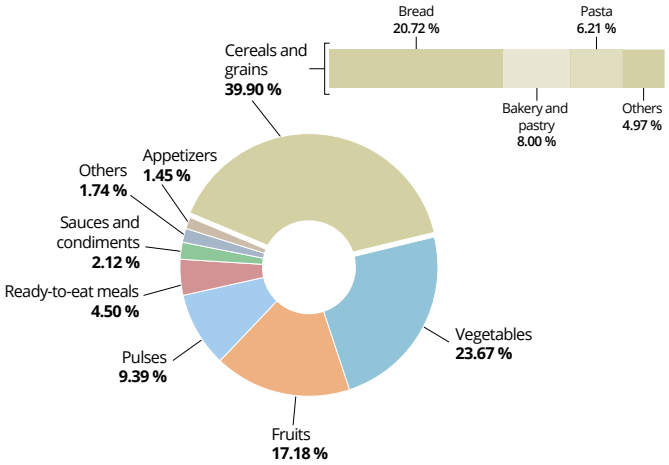

*Random sample

Dietary sources of fiber (%) from food and beverage groups and subgroups.

2. GENERAL MEN 9-75 YEARS

Sample: 1,013 individuals*

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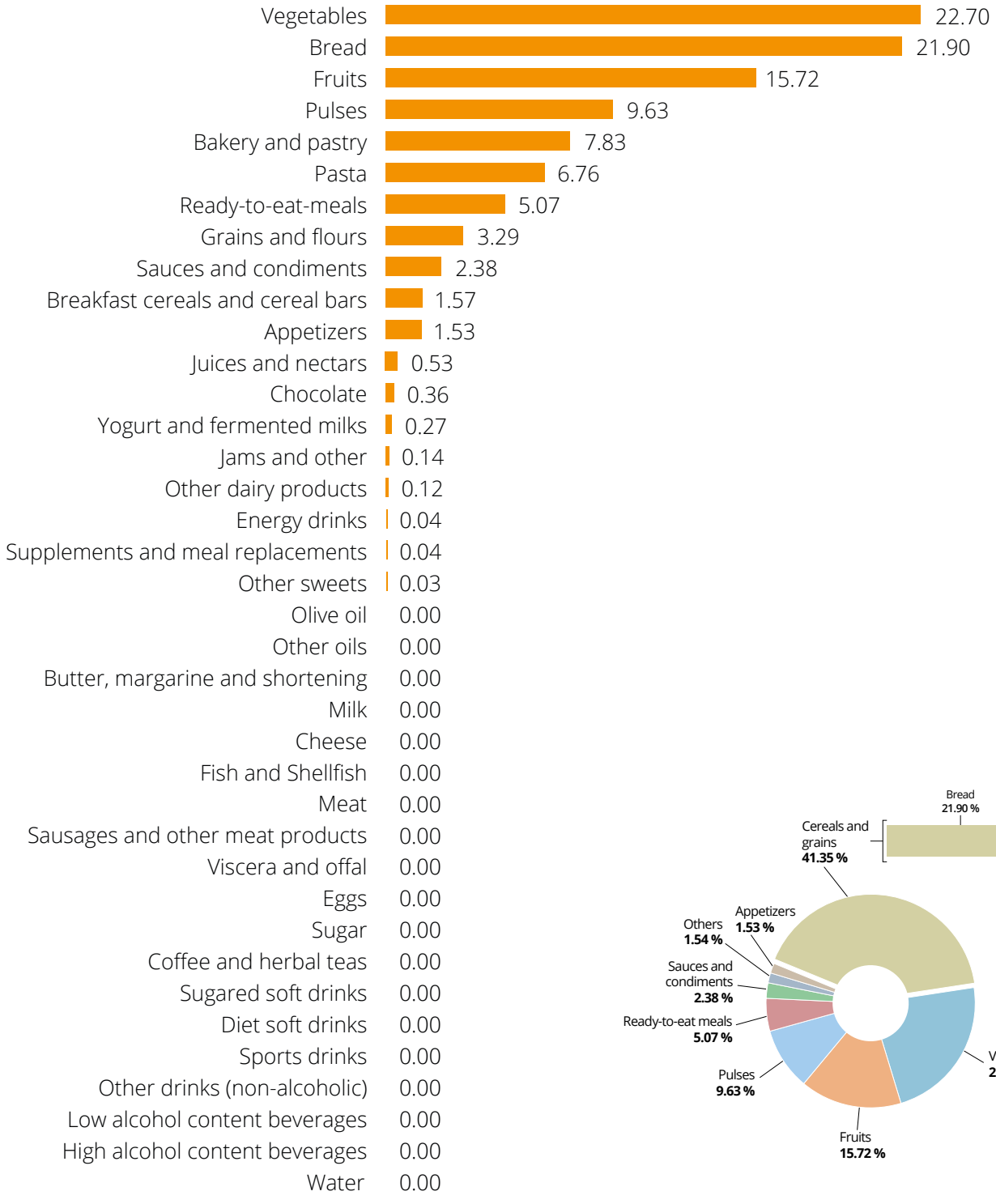

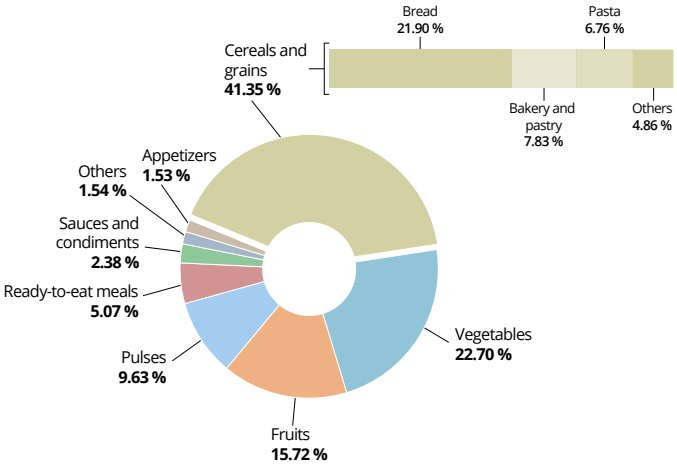

*Random sample

FIBER

Dietary sources of fiber (%) from food and beverage groups and subgroups.

3. GENERAL WOMEN 9-75 YEARS

Sample: 996 individuals*

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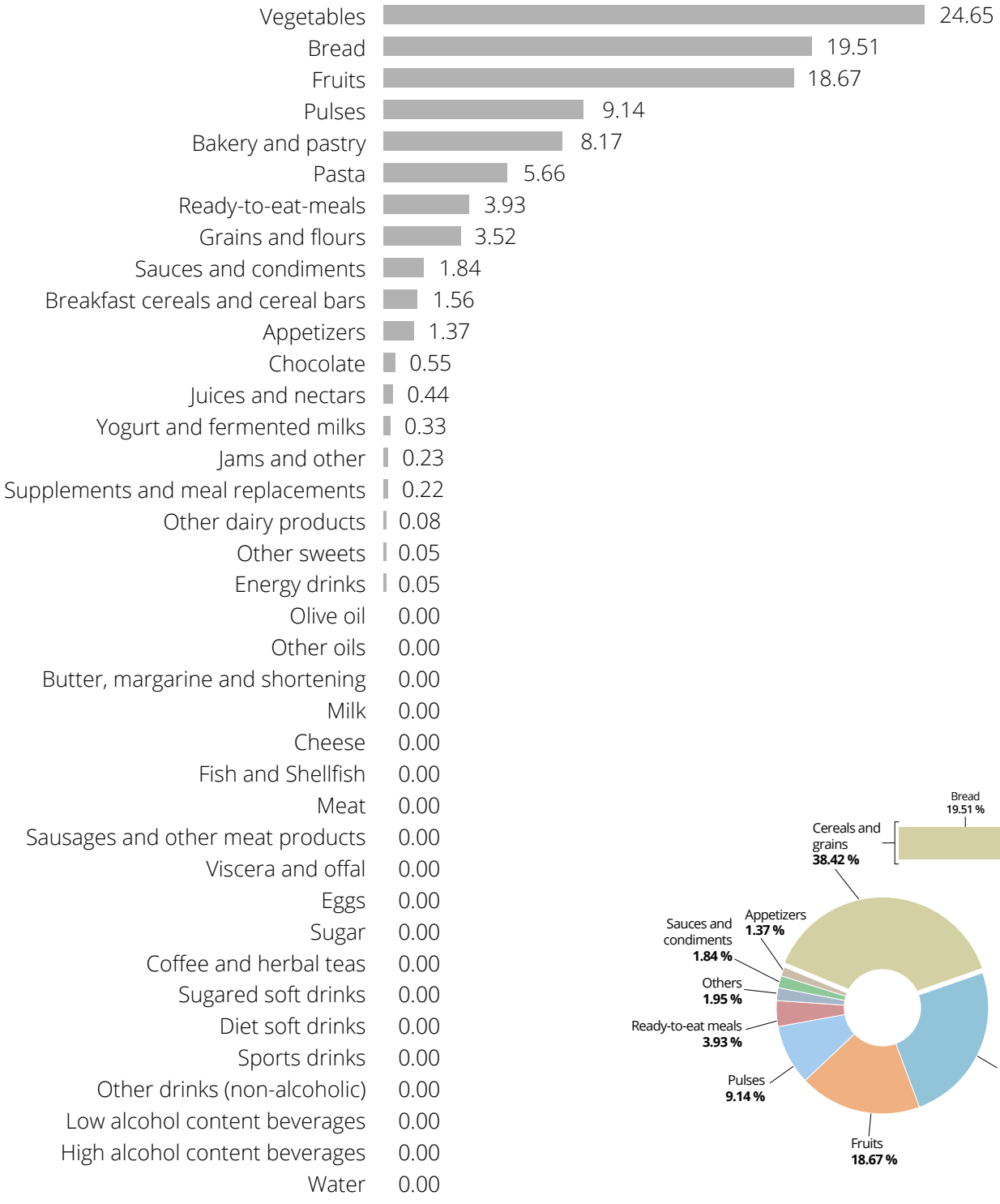

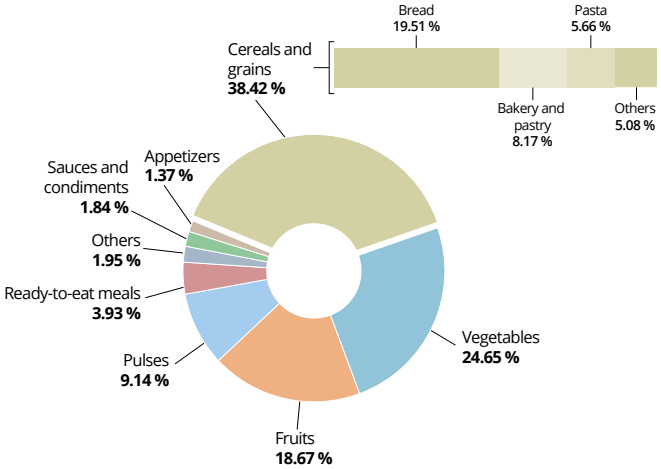

*Random sample

FIBER

Dietary sources of fiber (%) from food and beverage groups and subgroups.

4. CHILDREN BOYS AND GIRLS 9-12 YEARS

Sample: 213 individuals*

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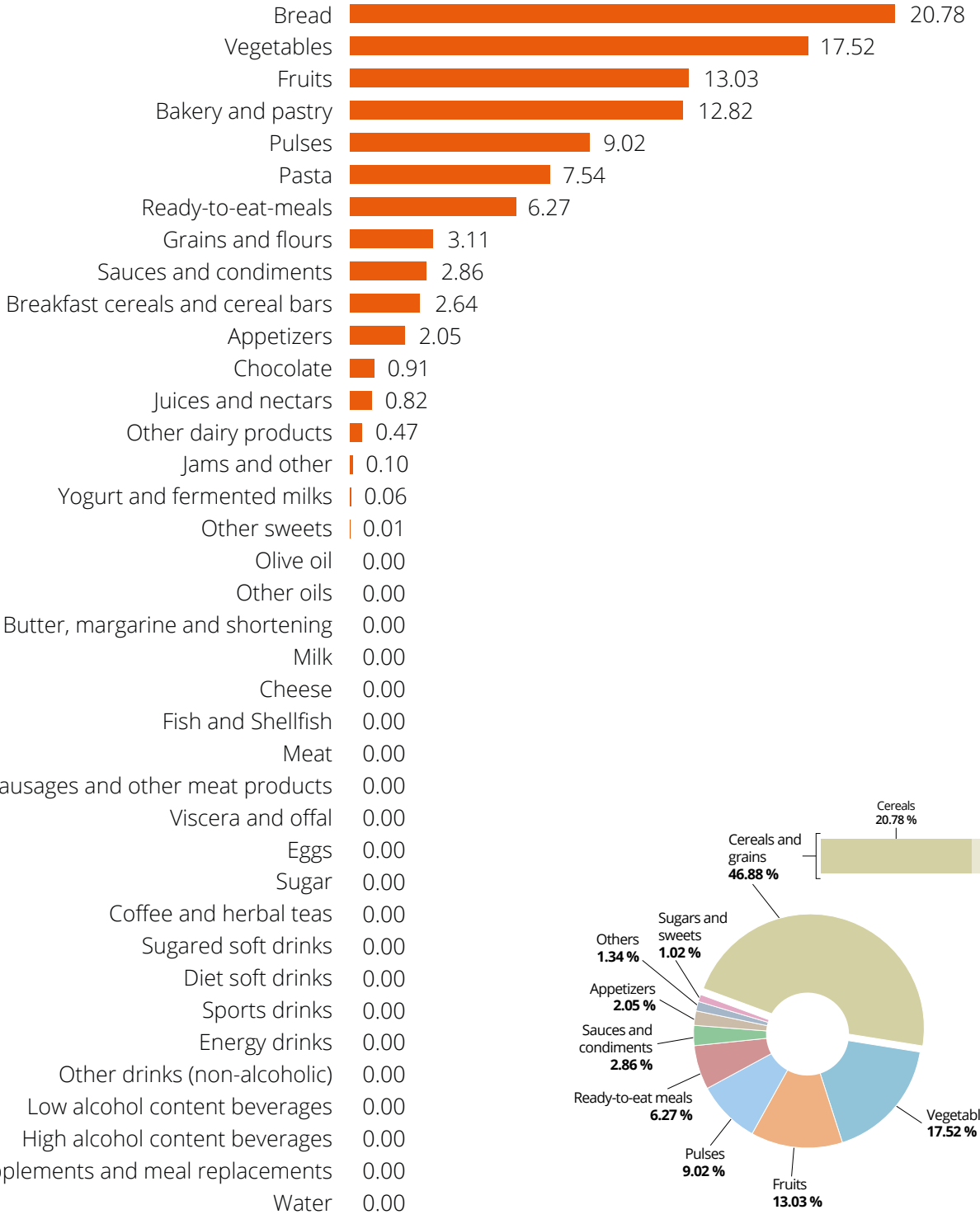

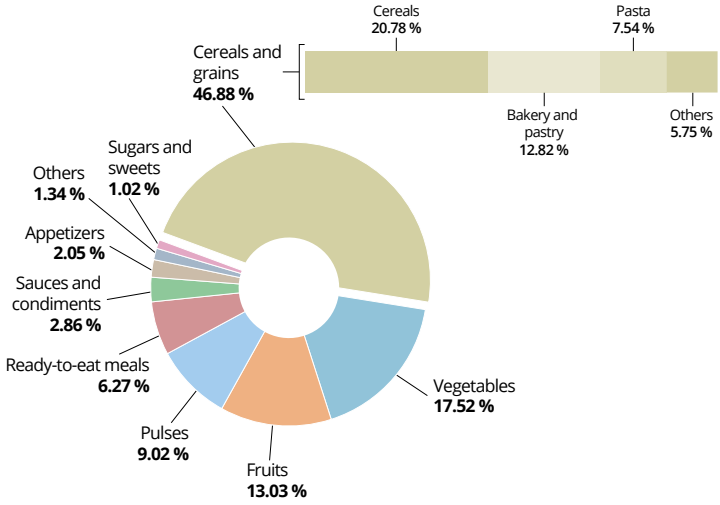

*Random sample plus boost

FIBER

Dietary sources of fiber (%) from food and beverage groups and subgroups.

5. CHILDREN BOYS 9-12 YEARS

Sample: 126 individuals*

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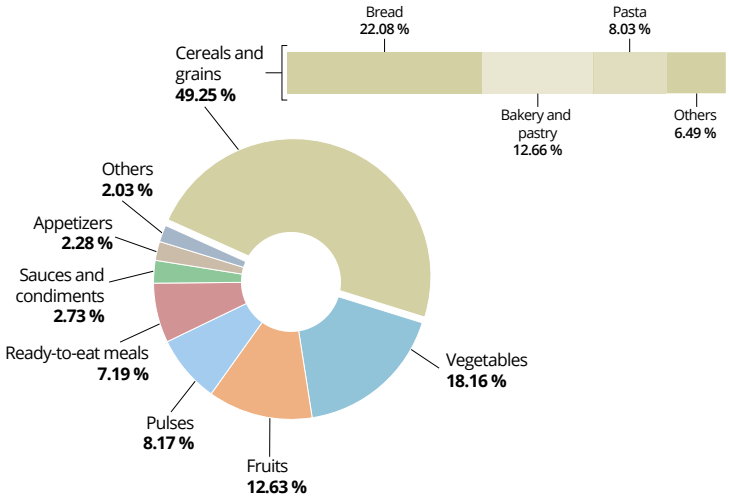
Bread	22.08
Vegetables	18.16
Bakery and pastry	12.66
Fruits	12.63
Pulses	8.17
Pasta	8.03
Ready-to-eat-meals	7.19
Grains and flours	3.44
Breakfast cereals and cereal bars	3.05
Sauces and condiments	2.73
Appetizers	2.28
Chocolate	0.76
Juices and nectars	0.65
Other dairy products	0.45
Yogurt and fermented milks	0.08
Jams and other	0.08
Other sweets	0.01
Olive oil	0.00
Other oils	0.00
Butter, margarine and shortening	0.00
Milk	0.00
Cheese	0.00
Fish and Shellfish	0.00
Meat	0.00
Sausages and other meat products	0.00
Viscera and offal	0.00
Eggs	0.00
Sugar	0.00
Coffee and herbal teas	0.00
Sugared soft drinks	0.00
Diet soft drinks	0.00
Sports drinks	0.00
Energy drinks	0.00
Other drinks (non-alcoholic)	0.00
Low alcohol content beverages	0.00
High alcohol content beverages	0.00
Supplements and meal replacements	0.00
Water	0.00



*Random sample plus boost

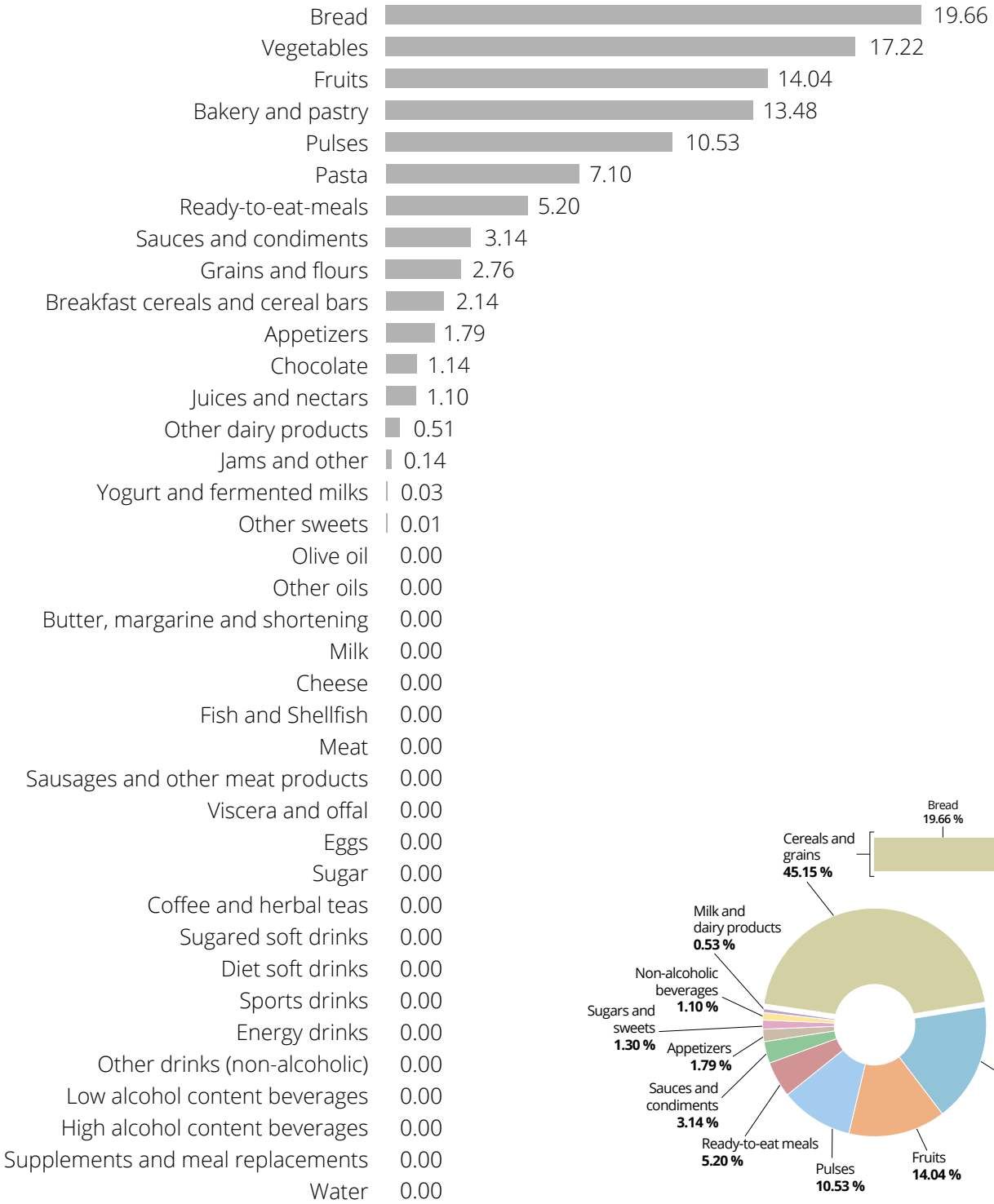
FIBER

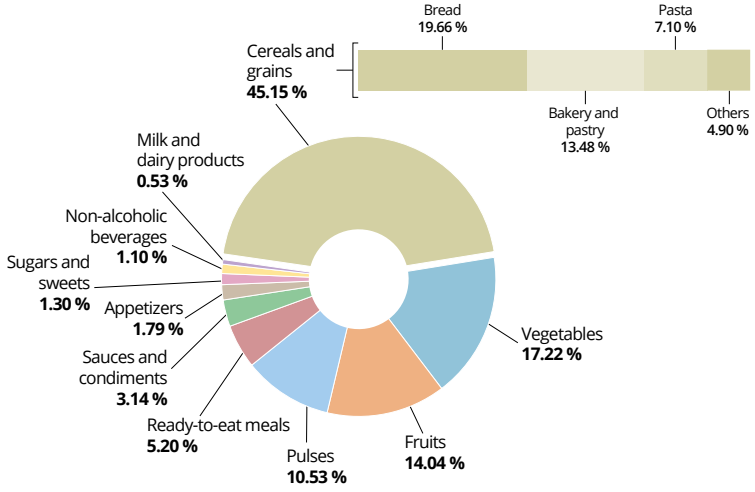
Dietary sources of fiber (%) from food and beverage groups and subgroups.

6. CHILDREN GIRLS 9-12 YEARS

Sample: 87 individuals*

Back to index





*Random sample plus boost

FIBER

Dietary sources of fiber (%) from food and beverage groups and subgroups.

7. ADOLESCENTS 13-17 YEARS

Sample: 211 individuals*

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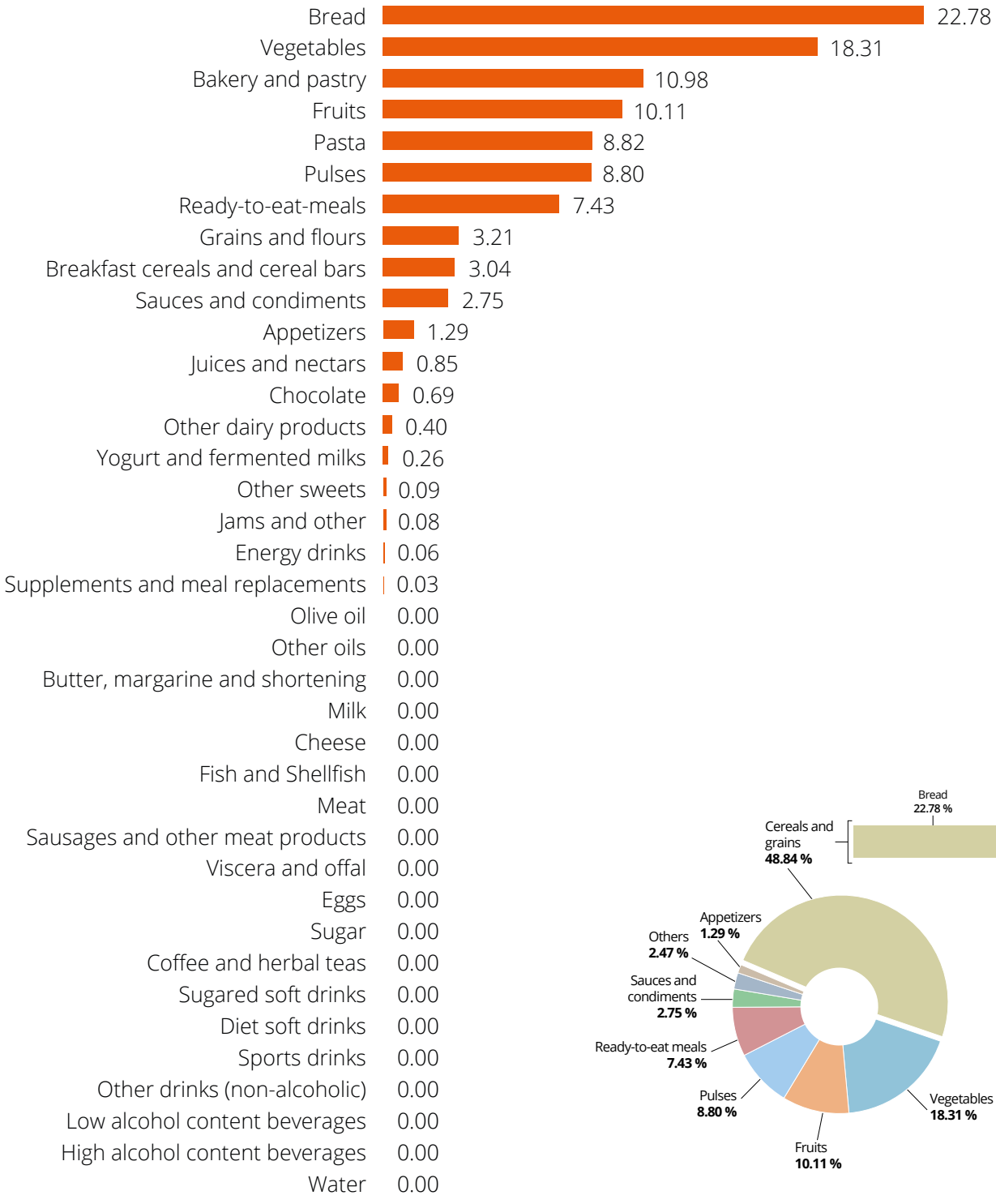
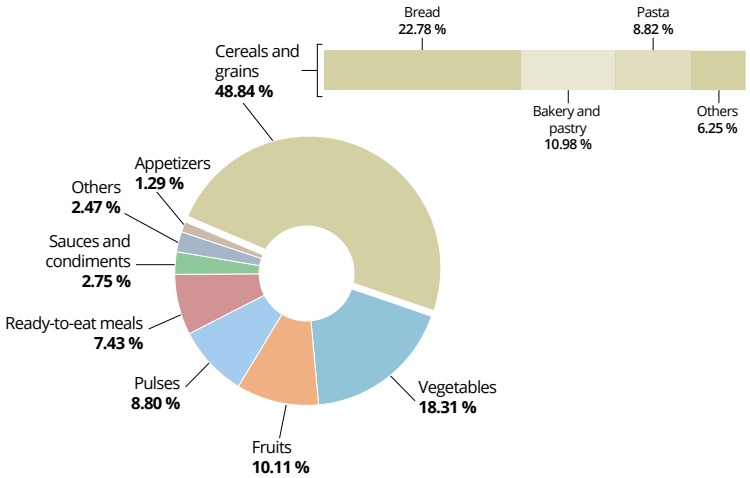




*Random sample plus boost

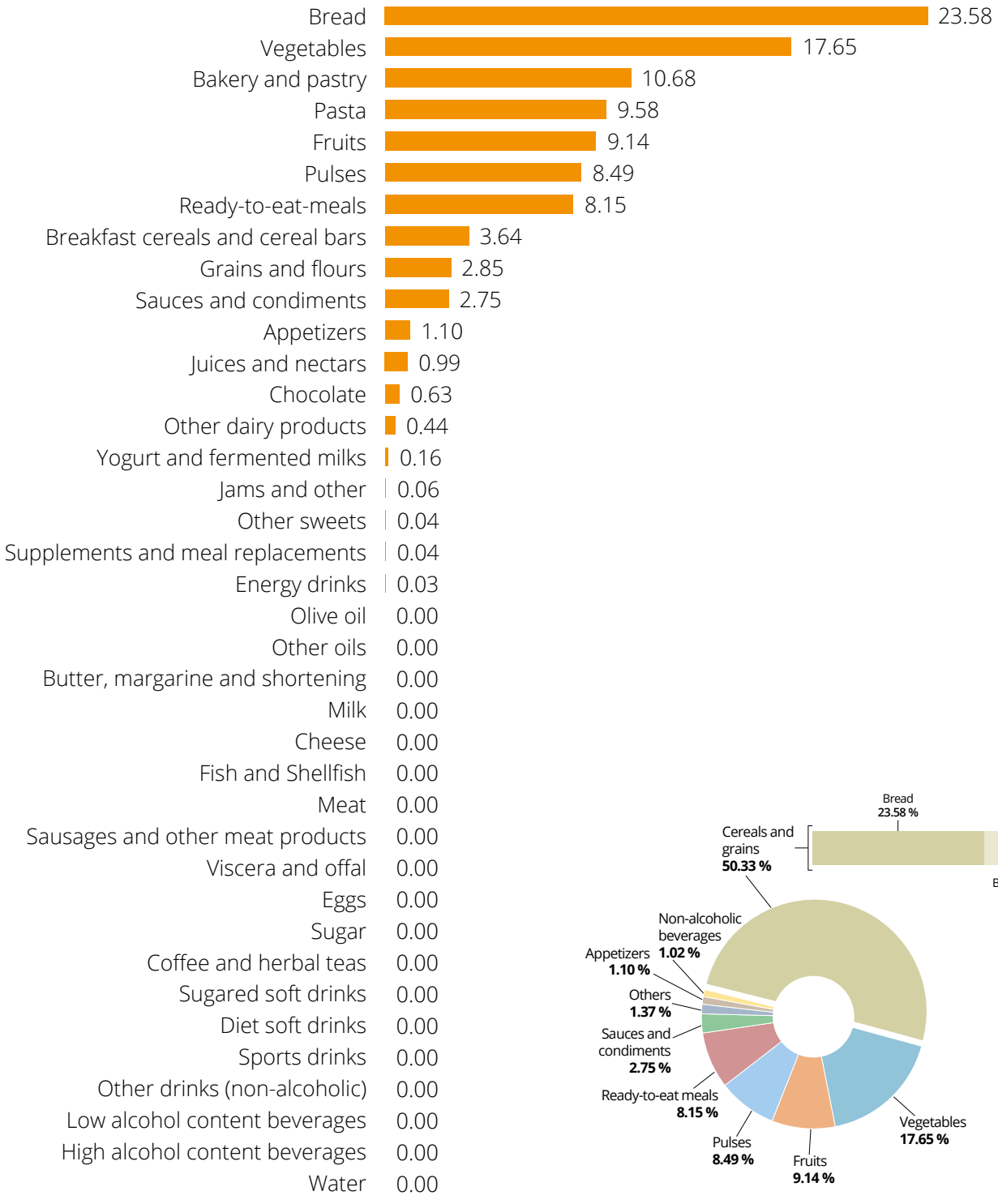
FIBER

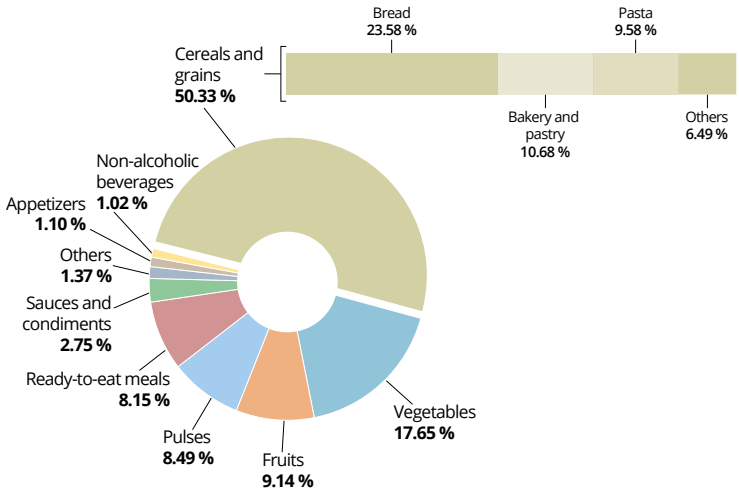
Dietary sources of fiber (%) from food and beverage groups and subgroups.

8. ADOLESCENT BOYS 13-17 YEARS

Sample: 137 individuals*

Back to index





*Random sample plus boost

FIBER

Dietary sources of fiber (%) from food and beverage groups and subgroups.

9. ADOLESCENT GIRLS 13-17 YEARS

Sample: 74 individuals*

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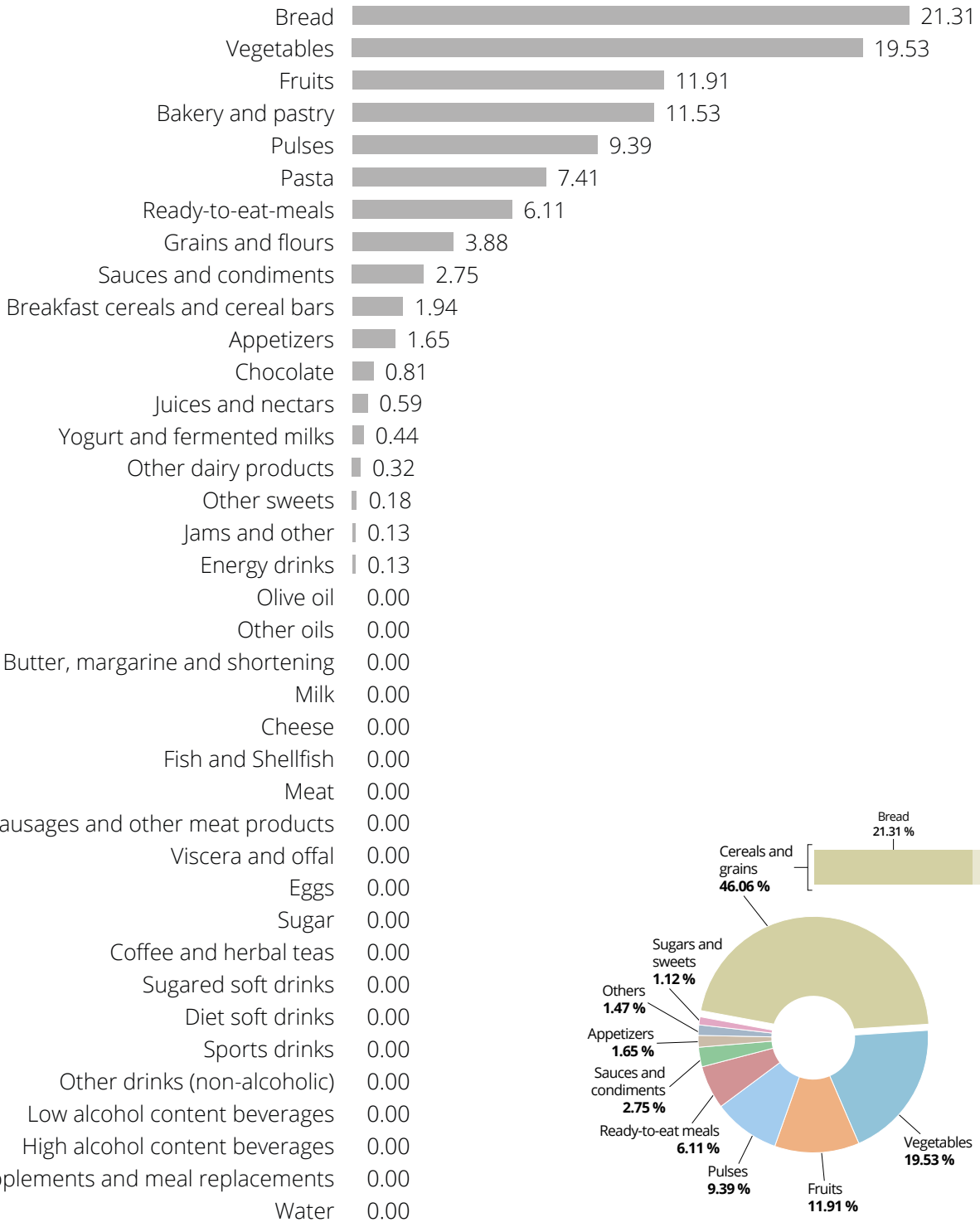

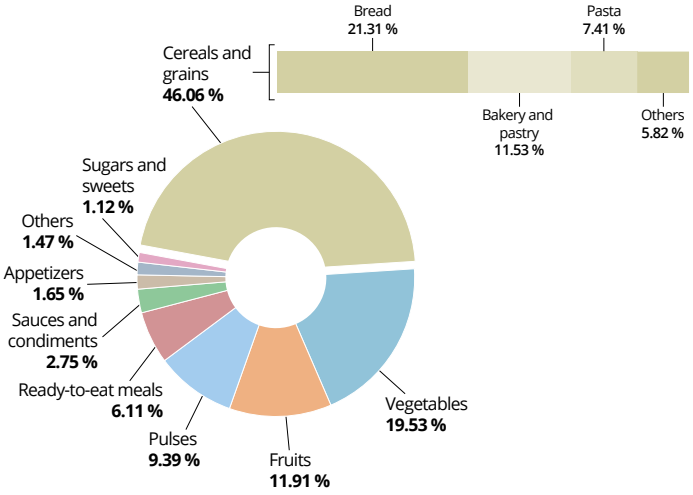

*Random sample plus boost

FIBER

Dietary sources of fiber (%) from food and beverage groups and subgroups.

10. ADULTS 18-64 YEARS

Sample: 1,655 individuals*

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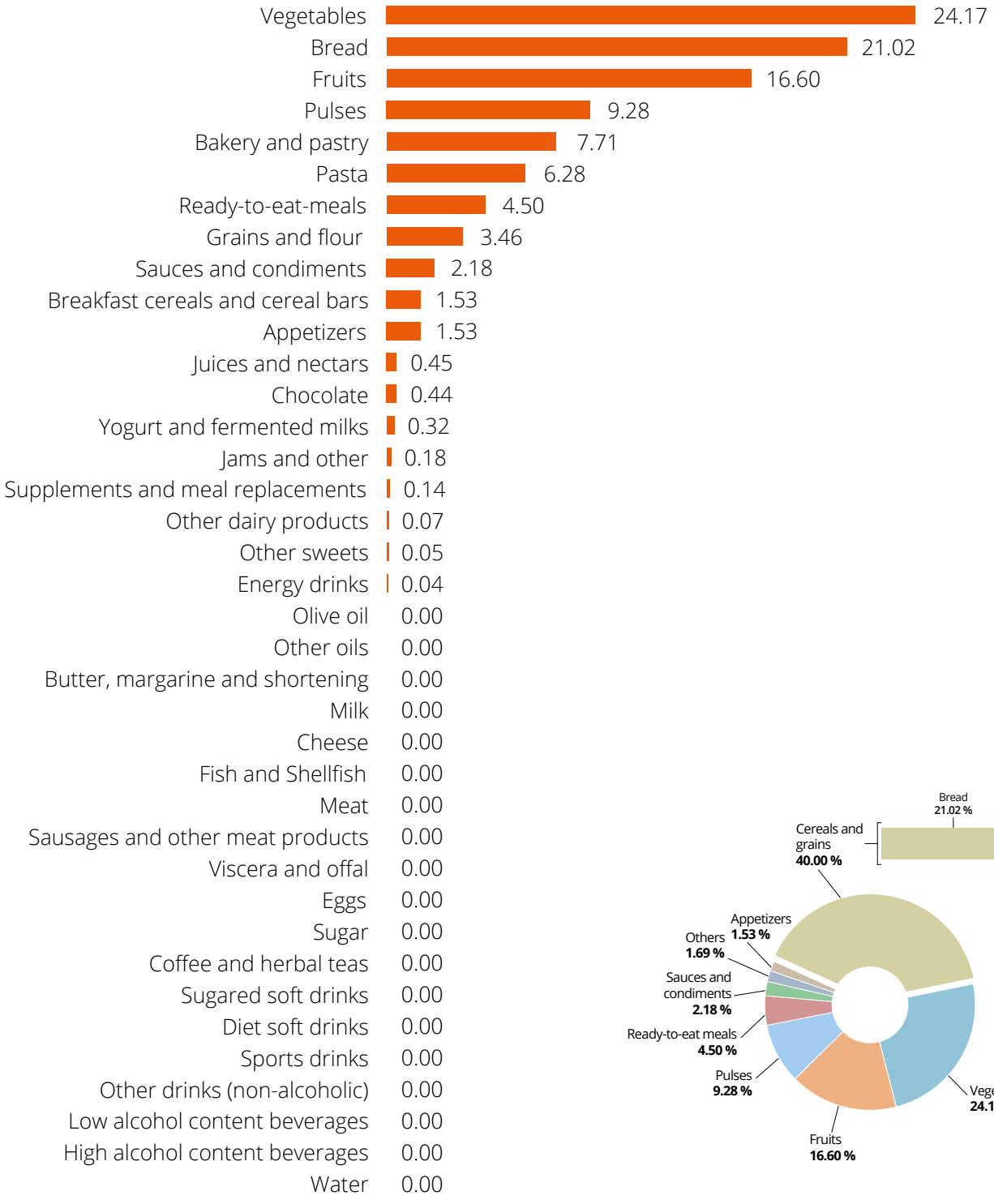

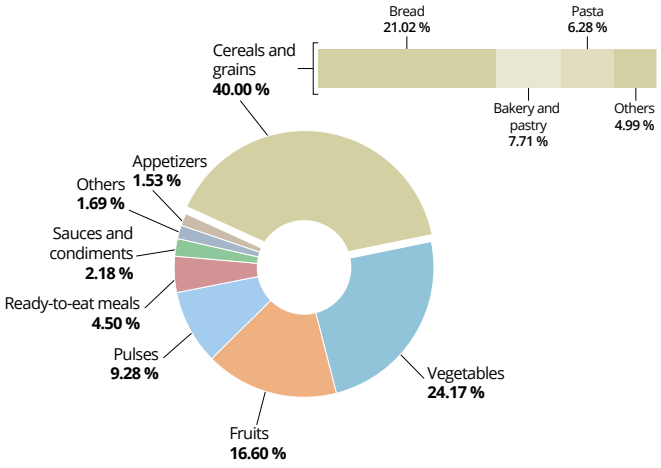

*Random sample

Dietary sources of fiber (%) from food and beverage groups and subgroups.

11. ADULT MEN 18-64 YEARS

Sample: 798 individuals*

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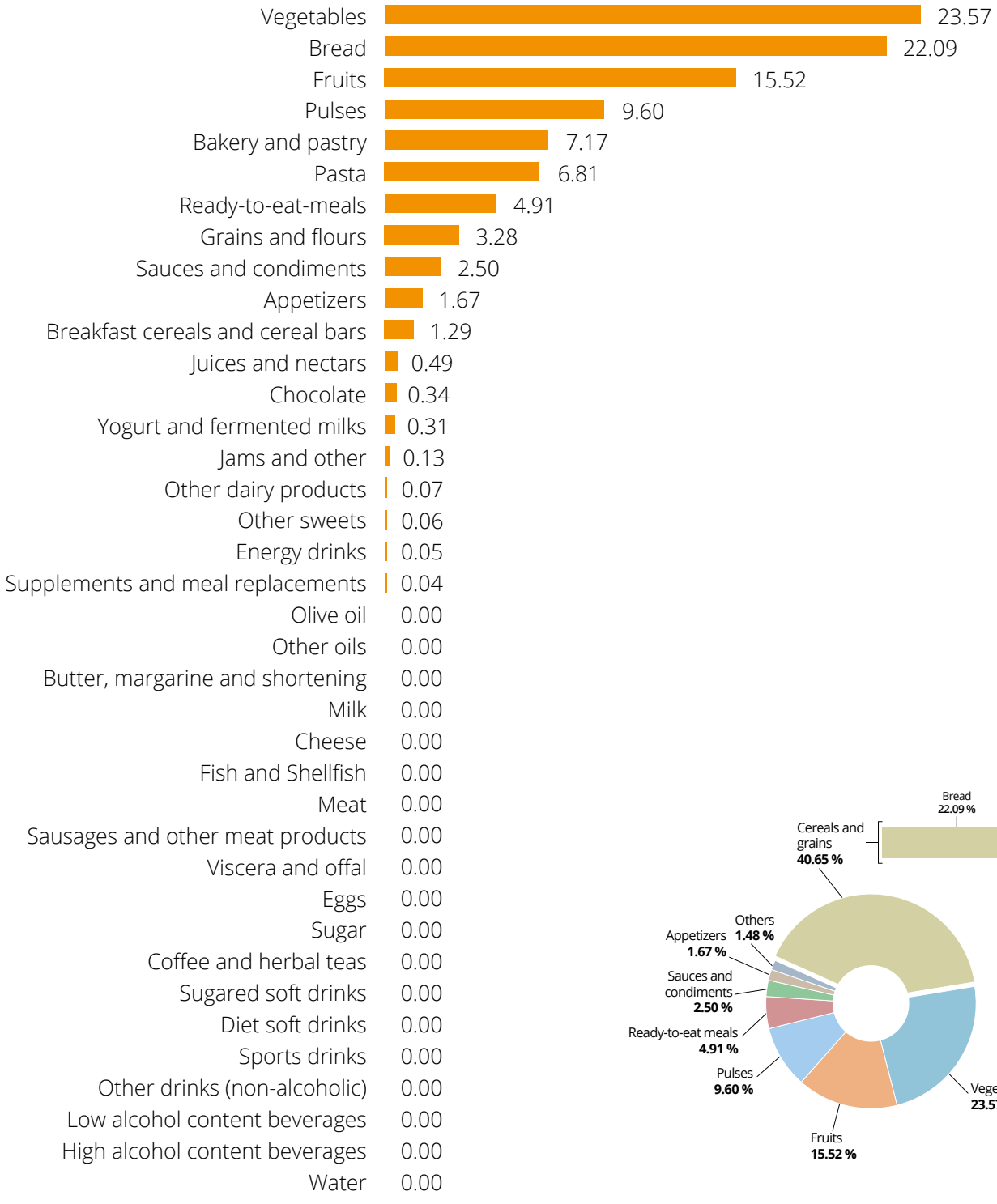

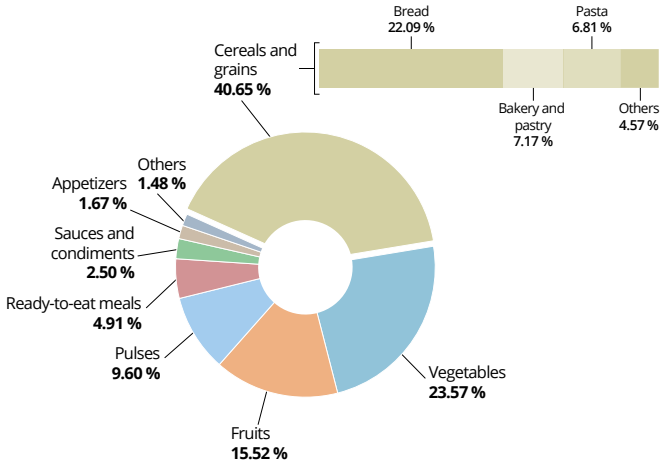

*Random sample

FIBER

Dietary sources of fiber (%) from food and beverage groups and subgroups.

12. ADULT WOMEN 18-64 YEARS

Sample: 857 individuals*

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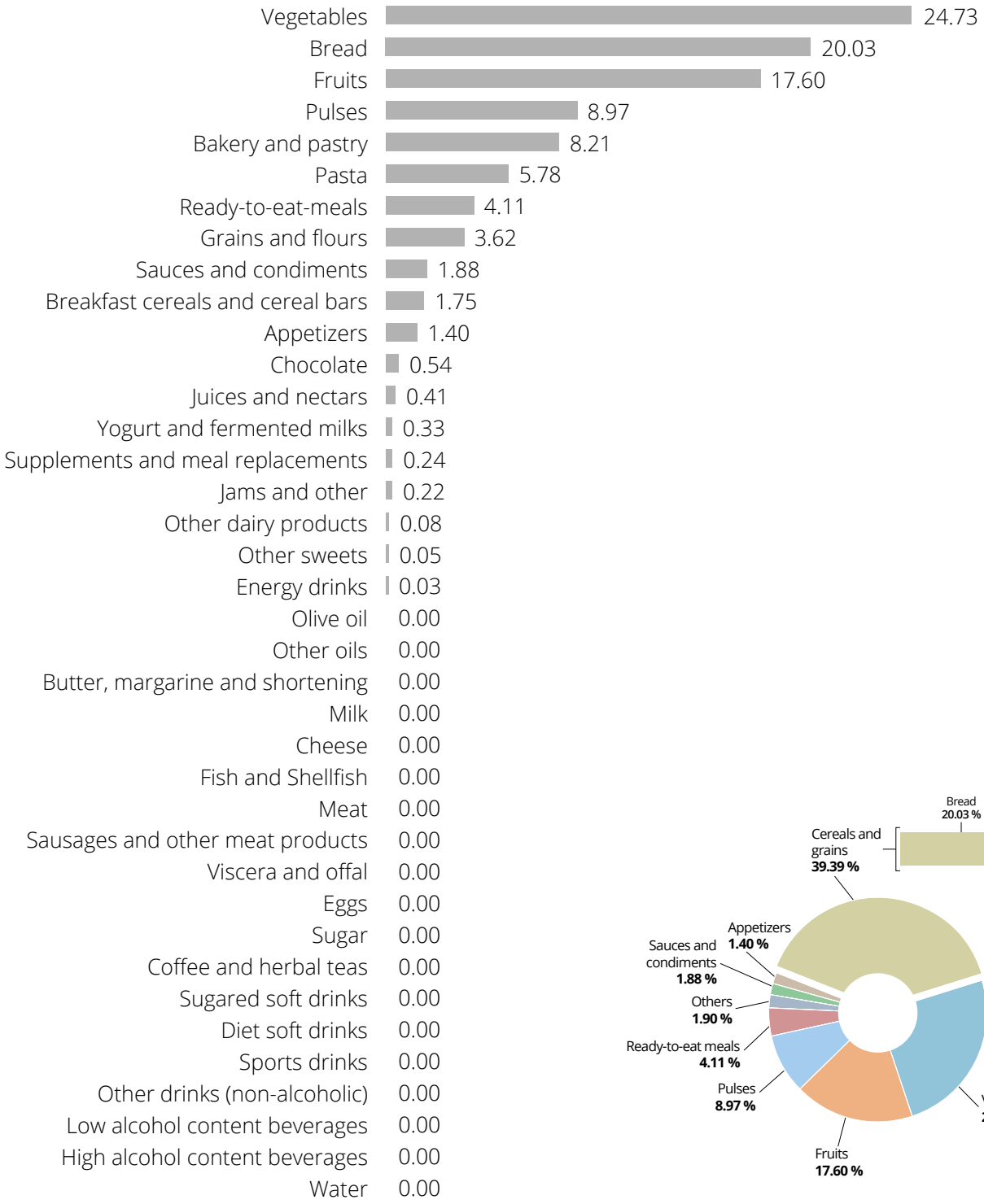

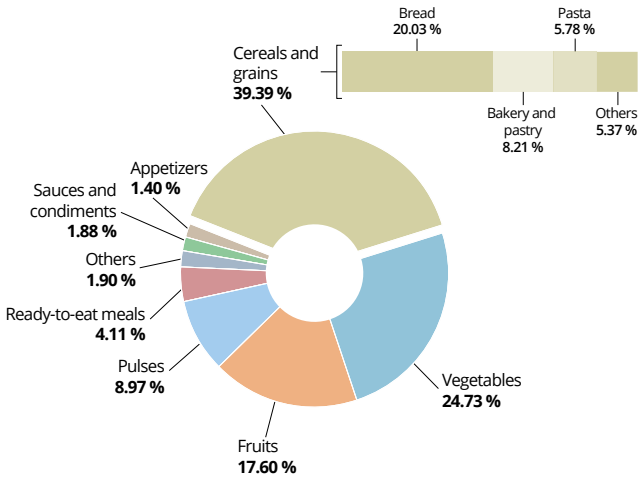

*Random sample

Dietary sources of fiber (%) from food and beverage groups and subgroups.

13. ERDERLY 65-75 YEARS

Sample: 206 individuals*

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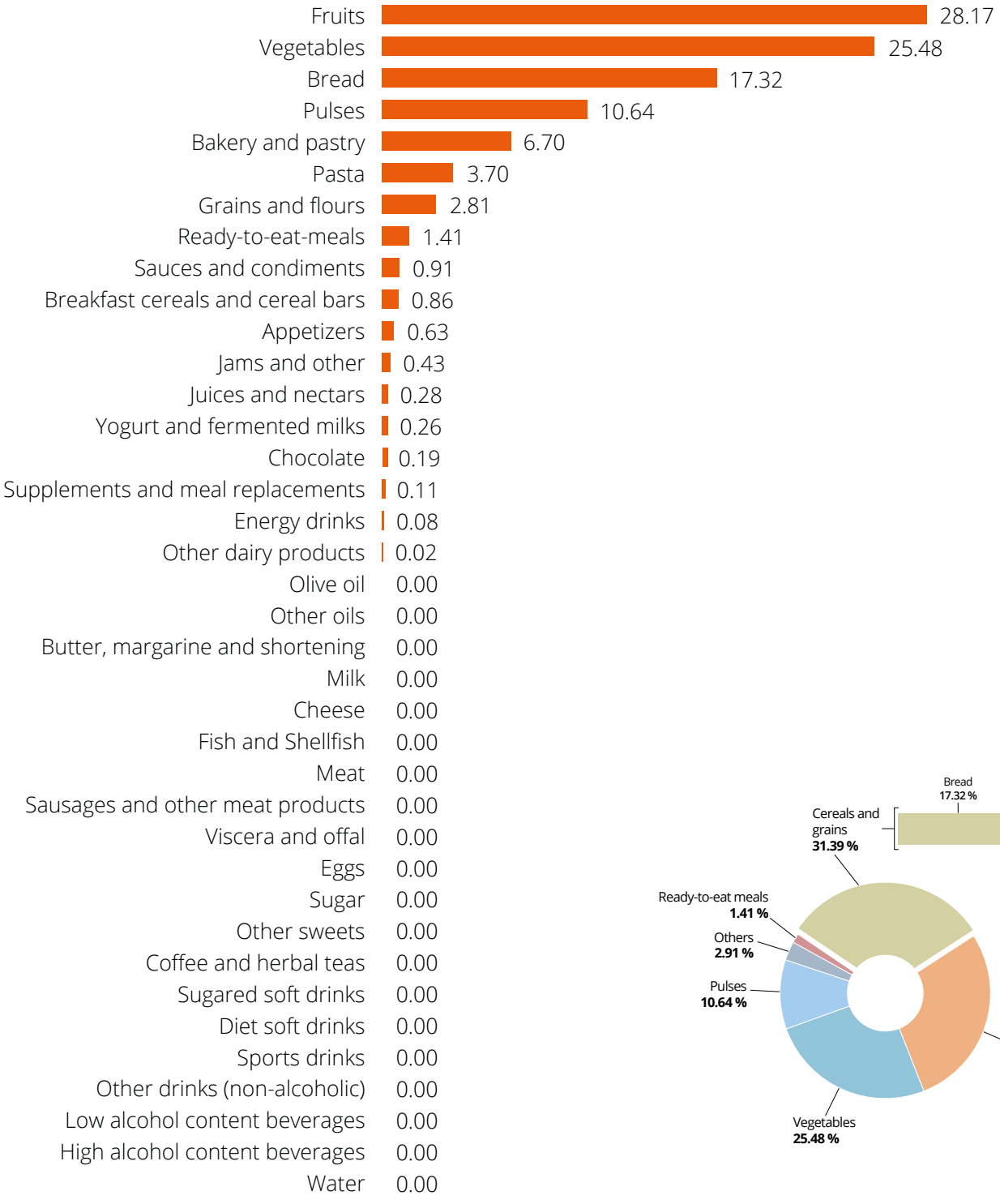

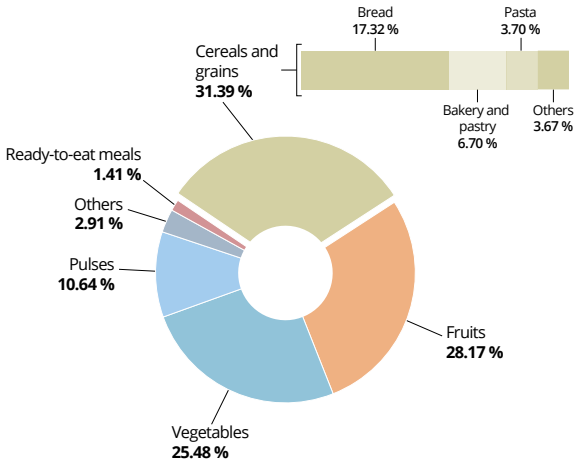

*Random sample

Dietary sources of fiber (%) from food and beverage groups and subgroups.

14. ELDERLY MEN 65-75 YEARS

Sample: 99 individuals*

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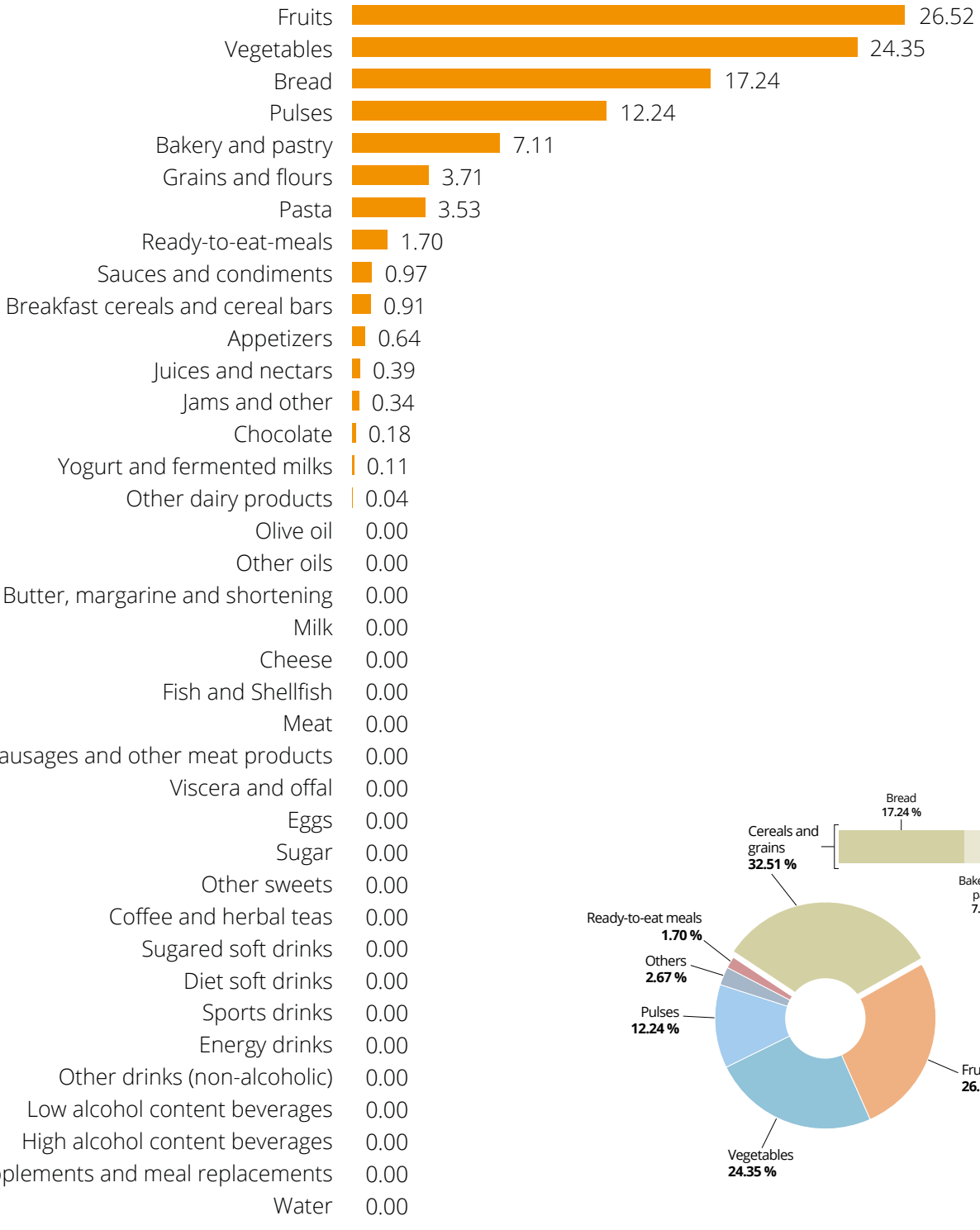

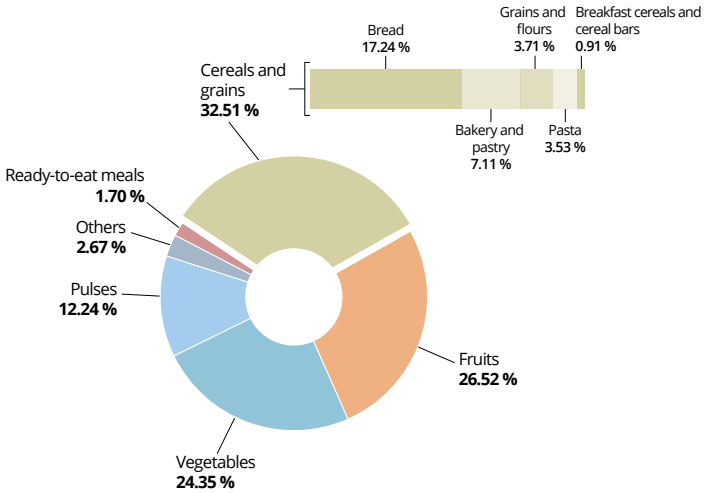

*Random sample

Dietary sources of fiber (%) from food and beverage groups and subgroups.

15. ELDERLY WOMEN 65-75 YEARS

Sample: 107 individuals*

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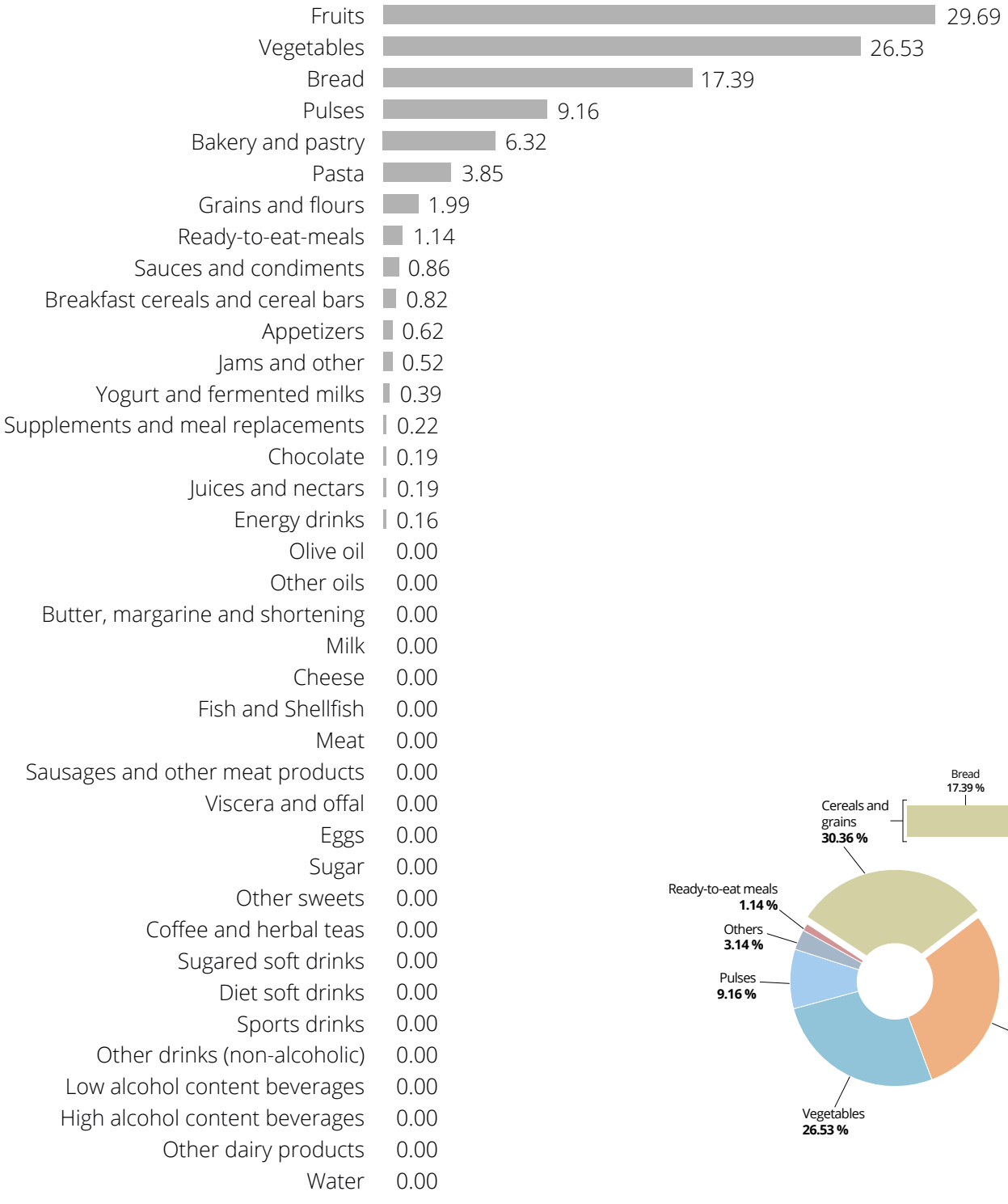

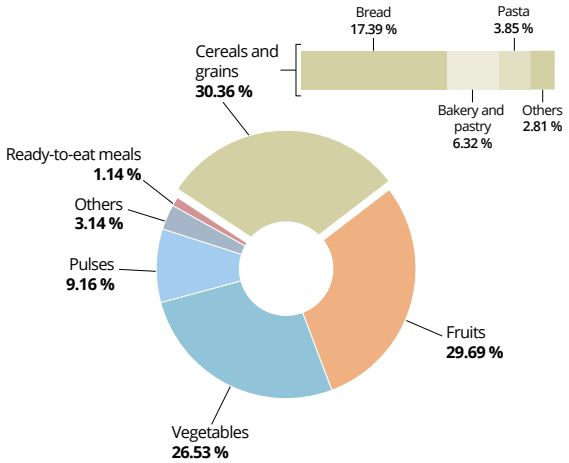

*Random sample

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Dietary sources of **alcohol** (%) from food and beverage groups and subgroups

ANIBES

ALCOHOL

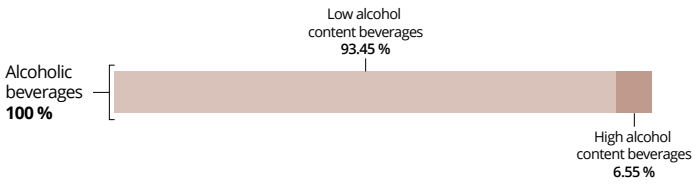
Dietary sources of alcohol (%) from food and beverage groups and subgroups.

1. GENERAL 9-75 YEARS

Sample: 2,009 individuals*

Back to index

Low alcohol content beverages	93.45
High alcohol content beverages	6.55
Grains and flours	0.00
Bread	0.00
Breakfast cereals and cereal bars	0.00
Pasta	0.00
Bakery and pastry	0.00
Vegetables	0.00
Fruits	0.00
Olive oil	0.00
Other oils	0.00
Butter, margarine and shortening	0.00
Milk	0.00
Cheese	0.00
Yogurt and fermented milks	0.00
Other dairy products	0.00
Fish and Shellfish	0.00
Meat	0.00
Sausages and other meat products	0.00
Viscera and offal	0.00
Eggs	0.00
Pulses	0.00
Sugar	0.00
Chocolate	0.00
Jams and other	0.00
Other sweets	0.00
Appetizers	0.00
Ready-to-eat-meals	0.00
Sauces and condiments	0.00
Coffee and herbal teas	0.00
Sugared soft drinks	0.00
Diet soft drinks	0.00
Sports drinks	0.00
Energy drinks	0.00
Juices and nectars	0.00
Other drinks (non-alcoholic)	0.00
Supplements and meal replacements	0.00
Water	0.00



*Random sample

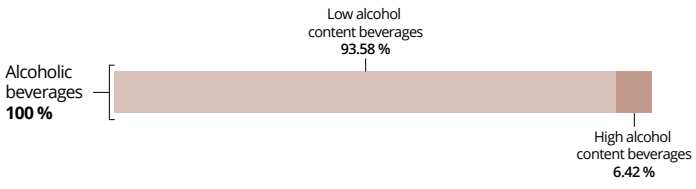
Dietary sources of alcohol (%) from food and beverage groups and subgroups.

2. GENERAL MEN 9-75 YEARS

Sample: 1,013 individuals*

Back to index

Low alcohol content beverages	93.58
High alcohol content beverages	6.42
Grains and flours	0.00
Bread	0.00
Breakfast cereals and cereal bars	0.00
Pasta	0.00
Bakery and pastry	0.00
Vegetables	0.00
Fruits	0.00
Olive oil	0.00
Other oils	0.00
Butter, margarine and shortening	0.00
Milk	0.00
Cheese	0.00
Yogurt and fermented milks	0.00
Other dairy products	0.00
Fish and Shellfish	0.00
Meat	0.00
Sausages and other meat products	0.00
Viscera and offal	0.00
Eggs	0.00
Pulses	0.00
Sugar	0.00
Chocolate	0.00
Jams and other	0.00
Other sweets	0.00
Appetizers	0.00
Ready-to-eat-meals	0.00
Sauces and condiments	0.00
Coffee and herbal teas	0.00
Sugared soft drinks	0.00
Diet soft drinks	0.00
Sports drinks	0.00
Energy drinks	0.00
Juices and nectars	0.00
Other drinks (non-alcoholic)	0.00
Supplements and meal replacements	0.00
Water	0.00



*Random sample

Dietary sources of alcohol (%) from food and beverage groups and subgroups.

3. GENERAL WOMEN 9-75 YEARS

Sample: 996 individuals*

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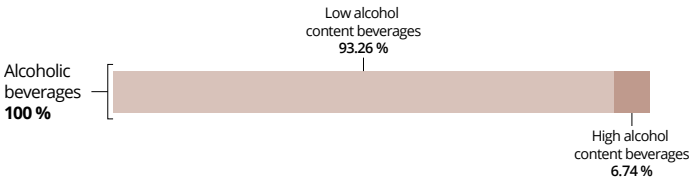
Low alcohol content beverages	93.26
High alcohol content beverages	6.74
Grains and flours	0.00
Bread	0.00
Breakfast cereals and cereal bars	0.00
Pasta	0.00
Bakery and pastry	0.00
Vegetables	0.00
Fruits	0.00
Olive oil	0.00
Other oils	0.00
Butter, margarine and shortening	0.00
Milk	0.00
Cheese	0.00
Yogurt and fermented milks	0.00
Other dairy products	0.00
Fish and Shellfish	0.00
Meat	0.00
Sausages and other meat products	0.00
Viscera and offal	0.00
Eggs	0.00
Pulses	0.00
Sugar	0.00
Chocolate	0.00
Jams and other	0.00
Other sweets	0.00
Appetizers	0.00
Ready-to-eat-meals	0.00
Sauces and condiments	0.00
Coffee and herbal teas	0.00
Sugared soft drinks	0.00
Diet soft drinks	0.00
Sports drinks	0.00
Energy drinks	0.00
Juices and nectars	0.00
Other drinks (non-alcoholic)	0.00
Supplements and meal replacements	0.00
Water	0.00



*Random sample

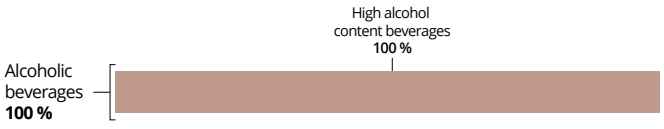
Dietary sources of alcohol (%) from food and beverage groups and subgroups.

4. CHILDREN BOYS AND GIRLS 9-12 YEARS

Sample: 213 individuals*

Back to index

High alcohol content beverages	100
Low alcohol content beverages	0.00
Grains and flours	0.00
Bread	0.00
Breakfast cereals and cereal bars	0.00
Pasta	0.00
Bakery and pastry	0.00
Vegetables	0.00
Fruits	0.00
Olive oil	0.00
Other oils	0.00
Butter, margarine and shortening	0.00
Milk	0.00
Cheese	0.00
Yogurt and fermented milks	0.00
Other dairy products	0.00
Fish and Shellfish	0.00
Meat	0.00
Sausages and other meat products	0.00
Viscera and offal	0.00
Eggs	0.00
Pulses	0.00
Sugar	0.00
Chocolate	0.00
Jams and other	0.00
Other sweets	0.00
Appetizers	0.00
Ready-to-eat-meals	0.00
Sauces and condiments	0.00
Coffee and herbal teas	0.00
Sugared soft drinks	0.00
Diet soft drinks	0.00
Sports drinks	0.00
Energy drinks	0.00
Juices and nectars	0.00
Other drinks (non-alcoholic)	0.00
Supplements and meal replacements	0.00
Water	0.00



*Random sample plus boost

Dietary sources of alcohol (%) from food and beverage groups and subgroups.

5. CHILDREN BOYS 9-12 YEARS

Sample: 126 individuals*

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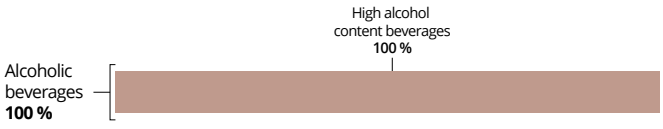
High alcohol content beverages	100
Low alcohol content beverages	0.00
Grains and flours	0.00
Bread	0.00
Breakfast cereals and cereal bars	0.00
Pasta	0.00
Bakery and pastry	0.00
Vegetables	0.00
Fruits	0.00
Olive oil	0.00
Other oils	0.00
Butter, margarine and shortening	0.00
Milk	0.00
Cheese	0.00
Yogurt and fermented milks	0.00
Other dairy products	0.00
Fish and Shellfish	0.00
Meat	0.00
Sausages and other meat products	0.00
Viscera and offal	0.00
Eggs	0.00
Pulses	0.00
Sugar	0.00
Chocolate	0.00
Jams and other	0.00
Other sweets	0.00
Appetizers	0.00
Ready-to-eat-meals	0.00
Sauces and condiments	0.00
Coffee and herbal teas	0.00
Sugared soft drinks	0.00
Diet soft drinks	0.00
Sports drinks	0.00
Energy drinks	0.00
Juices and nectars	0.00
Other drinks (non-alcoholic)	0.00
Supplements and meal replacements	0.00
Water	0.00



*Random sample plus boost

Dietary sources of alcohol (%) from food and beverage groups and subgroups.

6. CHILDREN GIRLS 9-12 YEARS

Sample: 87 individuals*

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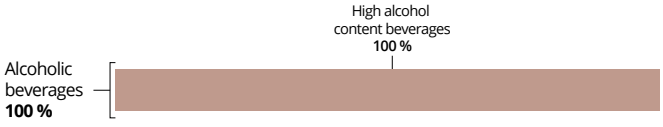
High alcohol content beverages	100
Low alcohol content beverages	0.00
Grains and flours	0.00
Bread	0.00
Breakfast cereals and cereal bars	0.00
Pasta	0.00
Bakery and pastry	0.00
Vegetables	0.00
Fruits	0.00
Olive oil	0.00
Other oils	0.00
Butter, margarine and shortening	0.00
Milk	0.00
Cheese	0.00
Yogurt and fermented milks	0.00
Other dairy products	0.00
Fish and Shellfish	0.00
Meat	0.00
Sausages and other meat products	0.00
Viscera and offal	0.00
Eggs	0.00
Pulses	0.00
Sugar	0.00
Chocolate	0.00
Jams and other	0.00
Other sweets	0.00
Appetizers	0.00
Ready-to-eat-meals	0.00
Sauces and condiments	0.00
Coffee and herbal teas	0.00
Sugared soft drinks	0.00
Diet soft drinks	0.00
Sports drinks	0.00
Energy drinks	0.00
Juices and nectars	0.00
Other drinks (non-alcoholic)	0.00
Supplements and meal replacements	0.00
Water	0.00



*Random sample plus boost

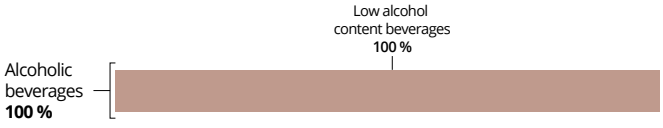
Dietary sources of alcohol (%) from food and beverage groups and subgroups.

7. ADOLESCENTS 13-17 YEARS

Sample: 211 individuals*

Back to index

Low alcohol content beverages	100
High alcohol content beverages	0.00
Grains and flours	0.00
Bread	0.00
Breakfast cereals and cereal bars	0.00
Pasta	0.00
Bakery and pastry	0.00
Vegetables	0.00
Fruits	0.00
Olive oil	0.00
Other oils	0.00
Butter, margarine and shortening	0.00
Milk	0.00
Cheese	0.00
Yogurt and fermented milks	0.00
Other dairy products	0.00
Fish and Shellfish	0.00
Meat	0.00
Sausages and other meat products	0.00
Viscera and offal	0.00
Eggs	0.00
Pulses	0.00
Sugar	0.00
Chocolate	0.00
Jams and other	0.00
Other sweets	0.00
Appetizers	0.00
Ready-to-eat-meals	0.00
Sauces and condiments	0.00
Coffee and herbal teas	0.00
Sugared soft drinks	0.00
Diet soft drinks	0.00
Sports drinks	0.00
Energy drinks	0.00
Juices and nectars	0.00
Other drinks (non-alcoholic)	0.00
Supplements and meal replacements	0.00
Water	0.00



*Random sample plus boost

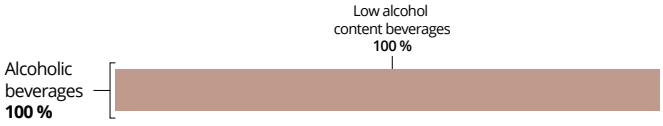
Dietary sources of alcohol (%) from food and beverage groups and subgroups.

8. ADOLESCENT BOYS 13-17 YEARS

Sample: 137 individuals*

Back to index

Low alcohol content beverages	100
High alcohol content beverages	0.00
Grains and flours	0.00
Bread	0.00
Breakfast cereals and cereal bars	0.00
Pasta	0.00
Bakery and pastry	0.00
Vegetables	0.00
Fruits	0.00
Olive oil	0.00
Other oils	0.00
Butter, margarine and shortening	0.00
Milk	0.00
Cheese	0.00
Yogurt and fermented milks	0.00
Other dairy products	0.00
Fish and Shellfish	0.00
Meat	0.00
Sausages and other meat products	0.00
Viscera and offal	0.00
Eggs	0.00
Pulses	0.00
Sugar	0.00
Chocolate	0.00
Jams and other	0.00
Other sweets	0.00
Appetizers	0.00
Ready-to-eat-meals	0.00
Sauces and condiments	0.00
Coffee and herbal teas	0.00
Sugared soft drinks	0.00
Diet soft drinks	0.00
Sports drinks	0.00
Energy drinks	0.00
Juices and nectars	0.00
Other drinks (non-alcoholic)	0.00
Supplements and meal replacements	0.00
Water	0.00



*Random sample plus boost

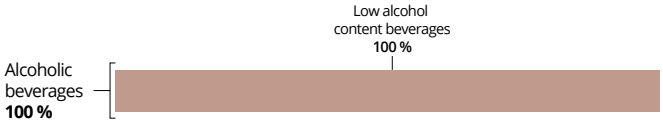
Dietary sources of alcohol (%) from food and beverage groups and subgroups.

9. ADOLESCENT GIRLS 13-17 YEARS

Sample: 74 individuals*

Back to index

Low alcohol content beverages	100
High alcohol content beverages	0.00
Grains and flours	0.00
Bread	0.00
Breakfast cereals and cereal bars	0.00
Pasta	0.00
Bakery and pastry	0.00
Vegetables	0.00
Fruits	0.00
Olive oil	0.00
Other oils	0.00
Butter, margarine and shortening	0.00
Milk	0.00
Cheese	0.00
Yogurt and fermented milks	0.00
Other dairy products	0.00
Fish and Shellfish	0.00
Meat	0.00
Sausages and other meat products	0.00
Viscera and offal	0.00
Eggs	0.00
Pulses	0.00
Sugar	0.00
Chocolate	0.00
Jams and other	0.00
Other sweets	0.00
Appetizers	0.00
Ready-to-eat-meals	0.00
Sauces and condiments	0.00
Coffee and herbal teas	0.00
Sugared soft drinks	0.00
Diet soft drinks	0.00
Sports drinks	0.00
Energy drinks	0.00
Juices and nectars	0.00
Other drinks (non-alcoholic)	0.00
Supplements and meal replacements	0.00
Water	0.00



*Random sample plus boost

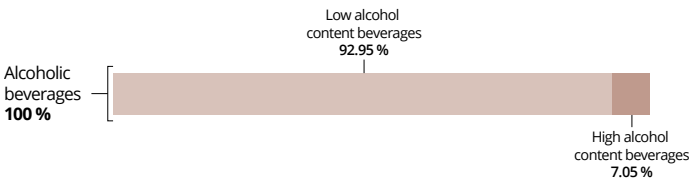
Dietary sources of alcohol (%) from food and beverage groups and subgroups.

10. ADULTS 18-64 YEARS

Sample: 1,655 individuals*

Back to index

Low alcohol content beverages	92.95
High alcohol content beverages	7.05
Grains and flours	0.00
Bread	0.00
Breakfast cereals and cereal bars	0.00
Pasta	0.00
Bakery and pastry	0.00
Vegetables	0.00
Fruits	0.00
Olive oil	0.00
Other oils	0.00
Butter, margarine and shortening	0.00
Milk	0.00
Cheese	0.00
Yogurt and fermented milks	0.00
Other dairy products	0.00
Fish and Shellfish	0.00
Meat	0.00
Sausages and other meat products	0.00
Viscera and offal	0.00
Eggs	0.00
Pulses	0.00
Sugar	0.00
Chocolate	0.00
Jams and other	0.00
Other sweets	0.00
Appetizers	0.00
Ready-to-eat-meals	0.00
Sauces and condiments	0.00
Coffee and herbal teas	0.00
Sugared soft drinks	0.00
Diet soft drinks	0.00
Sports drinks	0.00
Energy drinks	0.00
Juices and nectars	0.00
Other drinks (non-alcoholic)	0.00
Supplements and meal replacements	0.00
Water	0.00



*Random sample

Dietary sources of alcohol (%) from food and beverage groups and subgroups.

11. ADULT MEN 18-64 YEARS

Sample: 798 individuals*

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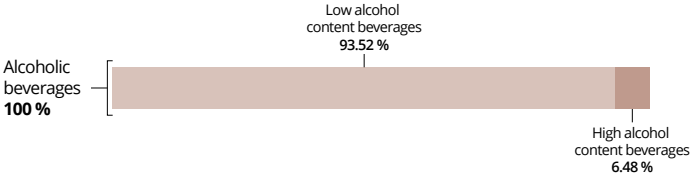
Low alcohol content beverages	93.52
High alcohol content beverages	6.48
Grains and flours	0.00
Bread	0.00
Breakfast cereals and cereal bars	0.00
Pasta	0.00
Bakery and pastry	0.00
Vegetables	0.00
Fruits	0.00
Olive oil	0.00
Other oils	0.00
Butter, margarine and shortening	0.00
Milk	0.00
Cheese	0.00
Yogurt and fermented milks	0.00
Other dairy products	0.00
Fish and Shellfish	0.00
Meat	0.00
Sausages and other meat products	0.00
Viscera and offal	0.00
Eggs	0.00
Pulses	0.00
Sugar	0.00
Chocolate	0.00
Jams and other	0.00
Other sweets	0.00
Appetizers	0.00
Ready-to-eat-meals	0.00
Sauces and condiments	0.00
Coffee and herbal teas	0.00
Sugared soft drinks	0.00
Diet soft drinks	0.00
Sports drinks	0.00
Energy drinks	0.00
Juices and nectars	0.00
Other drinks (non-alcoholic)	0.00
Supplements and meal replacements	0.00
Water	0.00



*Random sample

ANIBES

ALCOHOL

Dietary sources of alcohol (%) from food and beverage groups and subgroups.

12. ADULT WOMEN 18-64 YEARS

Sample: 857 individuals*

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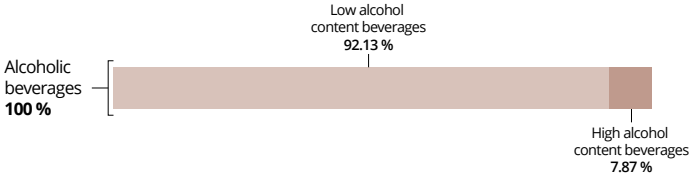
Low alcohol content beverages	92.13
High alcohol content beverages	7.87
Grains and flours	0.00
Bread	0.00
Breakfast cereals and cereal bars	0.00
Pasta	0.00
Bakery and pastry	0.00
Vegetables	0.00
Fruits	0.00
Olive oil	0.00
Other oils	0.00
Butter, margarine and shortening	0.00
Milk	0.00
Cheese	0.00
Yogurt and fermented milks	0.00
Other dairy products	0.00
Fish and Shellfish	0.00
Meat	0.00
Sausages and other meat products	0.00
Viscera and offal	0.00
Eggs	0.00
Pulses	0.00
Sugar	0.00
Chocolate	0.00
Jams and other	0.00
Other sweets	0.00
Appetizers	0.00
Ready-to-eat-meals	0.00
Sauces and condiments	0.00
Coffee and herbal teas	0.00
Sugared soft drinks	0.00
Diet soft drinks	0.00
Sports drinks	0.00
Energy drinks	0.00
Juices and nectars	0.00
Other drinks (non-alcoholic)	0.00
Supplements and meal replacements	0.00
Water	0.00



*Random sample

Dietary sources of alcohol (%) from food and beverage groups and subgroups.

13. ERDERLY 65-75 YEARS

Sample: 206 individuals*

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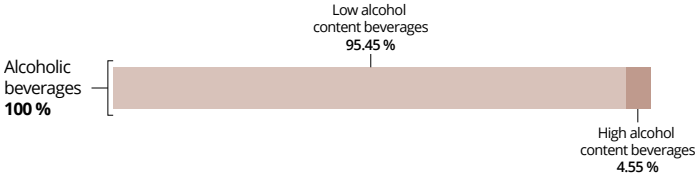
Low alcohol content beverages	95.45
High alcohol content beverages	4.55
Grains and flours	0.00
Bread	0.00
Breakfast cereals and cereal bars	0.00
Pasta	0.00
Bakery and pastry	0.00
Vegetables	0.00
Fruits	0.00
Olive oil	0.00
Other oils	0.00
Butter, margarine and shortening	0.00
Milk	0.00
Cheese	0.00
Yogurt and fermented milks	0.00
Other dairy products	0.00
Fish and Shellfish	0.00
Meat	0.00
Sausages and other meat products	0.00
Viscera and offal	0.00
Eggs	0.00
Pulses	0.00
Sugar	0.00
Chocolate	0.00
Jams and other	0.00
Other sweets	0.00
Appetizers	0.00
Ready-to-eat-meals	0.00
Sauces and condiments	0.00
Coffee and herbal teas	0.00
Sugared soft drinks	0.00
Diet soft drinks	0.00
Sports drinks	0.00
Energy drinks	0.00
Juices and nectars	0.00
Other drinks (non-alcoholic)	0.00
Supplements and meal replacements	0.00
Water	0.00



*Random sample

ANIBES

ALCOHOL

Dietary sources of alcohol (%) from food and beverage groups and subgroups.

14. ELDERLY MEN 65-75 YEARS

Sample: 99 individuals*

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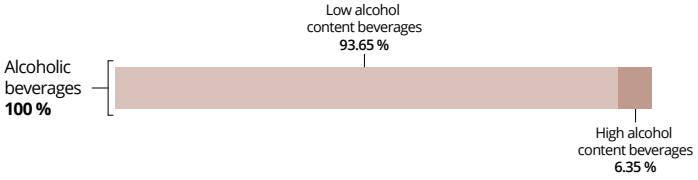
Low alcohol content beverages	93.65
High alcohol content beverages	6.35
Grains and flours	0.00
Bread	0.00
Breakfast cereals and cereal bars	0.00
Pasta	0.00
Bakery and pastry	0.00
Vegetables	0.00
Fruits	0.00
Olive oil	0.00
Other oils	0.00
Butter, margarine and shortening	0.00
Milk	0.00
Cheese	0.00
Yogurt and fermented milks	0.00
Other dairy products	0.00
Fish and Shellfish	0.00
Meat	0.00
Sausages and other meat products	0.00
Viscera and offal	0.00
Eggs	0.00
Pulses	0.00
Sugar	0.00
Chocolate	0.00
Jams and other	0.00
Other sweets	0.00
Appetizers	0.00
Ready-to-eat-meals	0.00
Sauces and condiments	0.00
Coffee and herbal teas	0.00
Sugared soft drinks	0.00
Diet soft drinks	0.00
Sports drinks	0.00
Energy drinks	0.00
Juices and nectars	0.00
Other drinks (non-alcoholic)	0.00
Supplements and meal replacements	0.00
Water	0.00



*Random sample

ANIBES

ALCOHOL

Dietary sources of alcohol (%) from food and beverage groups and subgroups.

15. ELDERLY WOMEN 65-75 YEARS

Sample: 107 individuals*

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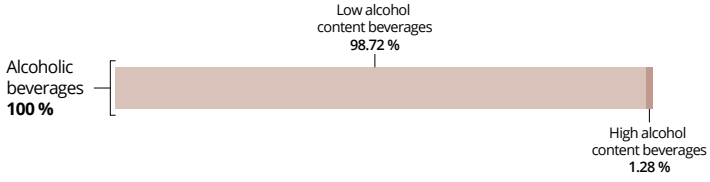
Low alcohol content beverages	98.72
High alcohol content beverages	1.28
Grains and flours	0.00
Bread	0.00
Breakfast cereals and cereal bars	0.00
Pasta	0.00
Bakery and pastry	0.00
Vegetables	0.00
Fruits	0.00
Olive oil	0.00
Other oils	0.00
Butter, margarine and shortening	0.00
Milk	0.00
Cheese	0.00
Yogurt and fermented milks	0.00
Other dairy products	0.00
Fish and Shellfish	0.00
Meat	0.00
Sausages and other meat products	0.00
Viscera and offal	0.00
Eggs	0.00
Pulses	0.00
Sugar	0.00
Chocolate	0.00
Jams and other	0.00
Other sweets	0.00
Appetizers	0.00
Ready-to-eat-meals	0.00
Sauces and condiments	0.00
Coffee and herbal teas	0.00
Sugared soft drinks	0.00
Diet soft drinks	0.00
Sports drinks	0.00
Energy drinks	0.00
Juices and nectars	0.00
Other drinks (non-alcoholic)	0.00
Supplements and meal replacements	0.00
Water	0.00



*Random sample

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References

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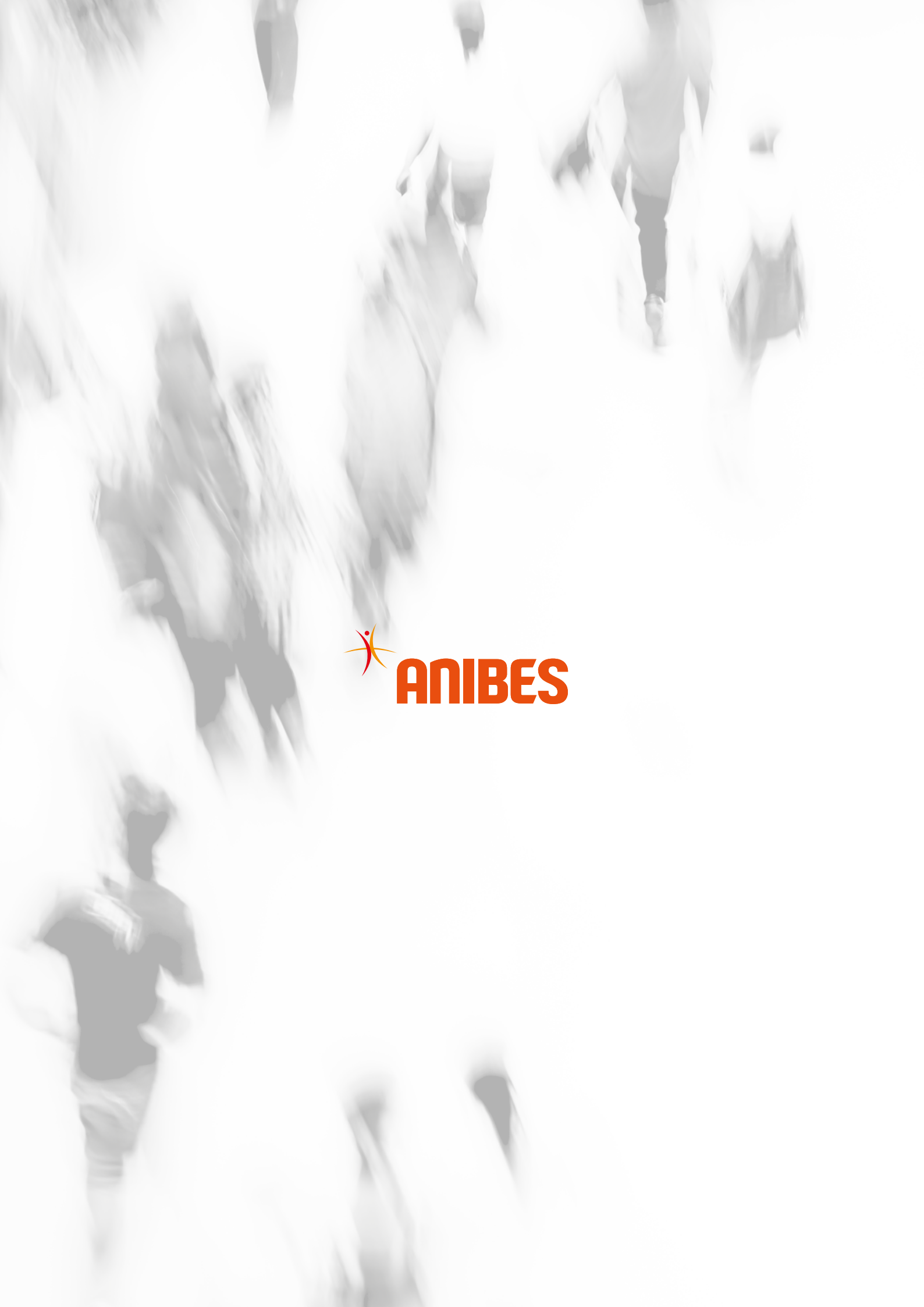
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