Inadequate food intake (servings/day).
Differences according to the Body Mass Index (%)

Men

Women

Inadequate food intake (servings/day).
Differences according to the Waist-Height Ratio (%)

Men

Women

- The Spanish population has a low consumption of fruits, vegetables, cereals and dairy products.
- Women with an inadequate consumption of cereals, fruits and vegetables have a higher risk of suffering from overweight and abdominal obesity.
- People with overweight and general and abdominal obesity have a lower adherence to dietary guidelines.

Legend: Red bars refer to metabolic syndrome; Green bars refer to healthy subjects.

Significant difference between anthropometric traits: BMI < 25 kg/m² and overweight subjects.

Significant difference between anthropometric traits: BMI < 25 kg/m² and obese subjects.

Significant difference between anthropometric traits: BMI < 25 kg/m² and overweight/obese population.

Significant difference between anthropometric traits: BMI < 25 kg/m² and infrathyroid obesity.

Significant difference between anthropometric traits: BMI < 25 kg/m² and total obesity.

Significant difference between anthropometric traits: BMI < 25 kg/m² and metabolic syndrome.

Significant difference between anthropometric traits: Waist-Height Ratio < 0.5 and overweight subjects.

Significant difference between anthropometric traits: Waist-Height Ratio < 0.5 and obese subjects.

Significant difference between anthropometric traits: Waist-Height Ratio < 0.5 and overweight/obese population.

Significant difference between anthropometric traits: Waist-Height Ratio < 0.5 and infrathyroid obesity.

Significant difference between anthropometric traits: Waist-Height Ratio < 0.5 and total obesity.

Significant difference between anthropometric traits: Waist-Height Ratio < 0.5 and metabolic syndrome.