Differences with regard to the prevalence of excess body weight and abdominal obesity in adults of the ANIBES Study of the Spanish adult population (18–64 years).

**Nutrients, 2017;9(4):326; doi:10.3390/nu9040326.**

**Intake and Dietary Food Sources of Fibre in Spain:**

**Table:**

<table>
<thead>
<tr>
<th>Group</th>
<th>Fibre from evening meal (g)</th>
<th>Fibre from afternoon snack (g)</th>
<th>Fibre from mid-morning snack (g)</th>
<th>Whole Sample</th>
<th>Plausible Reporters</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Internal Organs</strong></td>
<td>6.5 ± 2.3</td>
<td>11.8 ± 13.3</td>
<td>28.5 ± 12.3</td>
<td>6.2 ± 9.9</td>
<td>10.5 ± 11.8</td>
</tr>
<tr>
<td><strong>Intestinal</strong></td>
<td>7.4 ± 5.9</td>
<td>12.2 ± 5.5</td>
<td>38.3 ± 14.4</td>
<td>5.3 ± 9.1</td>
<td>13.2 ± 11.5</td>
</tr>
</tbody>
</table>

**Figure:**

- Fiber intake in the whole sample and in plausible reporters of the ANIBES Study of the Spanish adult population (18–64 years).
- Fiber per energy (adjusted by energy). Two-way ANOVA was performed taking into account sex (S) and the body mass index (BMI).
- Mean ± Standard deviation.

**Notes:**

- Underweight
- Normal weight
- Overweight
- Obesity
- Comparison between groups using the Bonferroni test.
- p < 0.05, **p < 0.01, **** p < 0.001.