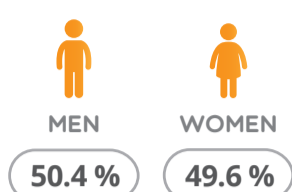


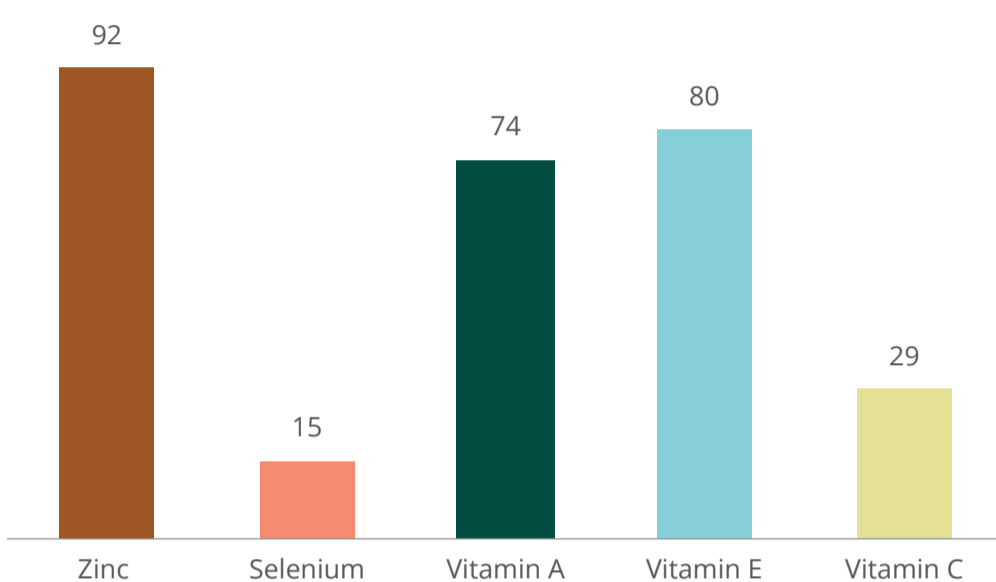
Reported Dietary Intake and Food Sources of Zinc, Selenium, and Vitamins A, E and C in the Spanish Population: Findings from the ANIBES Study

Representative sample of 2,009 individuals aged 9-75 years.

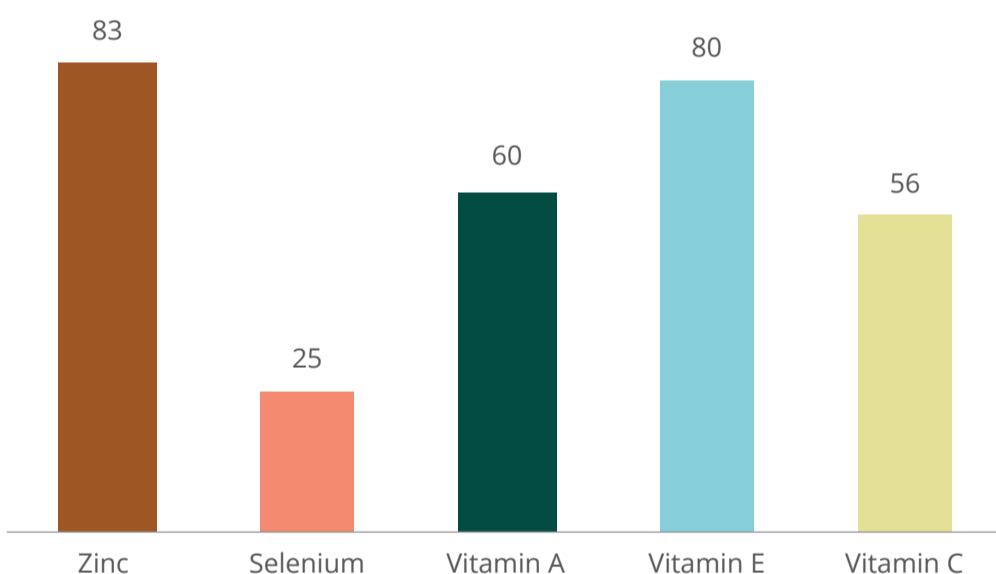
SEX



Population with **inadequate intake** of zinc, selenium, vitamins A, E and C comparing with 80 % of the **Spanish** Dietary Reference Value (%)



Population with **inadequate intake** of zinc, selenium, vitamins A, E and C comparing with 80 % of the **European Food and Safety Authority (EFSA)** Population Reference Intake or Adequate Intake (%)



Main food sources to the daily zinc, selenium, vitamins E, C and A, retinol and carotenes intake (%)

	Zinc	Selenium	Vitamin E	Vitamin C	Vitamin A	Retinol	Carotenes
Meat and meat products	28	15	3	1	3	3	0
Cereals and grains	25	46	4	1	5	8	0
Milk and dairy products	16	7	4	9	22	39	8
Fish and shellfish	6	17	10	0	4	11	0
Vegetables	5	2	11	50	31	0	53
Ready-to-eat meals	5	3	4	5	5	5	7
Eggs	5	5	4	0	11	23	0
Pulses	4	2	2	2	1	0	2
Fruits	4	1	5	20	7	0	14
Non-alcoholic beverages	1	1	3	9	1	0	3
Alcoholic beverages	1	0	0	0	0	0	0
Sauces and condiments	0	0	2	3	4	2	8
Sugars and sweets	0	1	1	0	0	0	1
Appetizers	0	0	1	0	0	0	1
Supplements and meal replacements	0	0	0	0	0	0	0
Oils and fats	0	0	46	0	6	9	3

Olza J, Aranceta-Bartrina J, González-Gross M, Ortega RM, Serra-Majem LI, Varela-Moreiras G, Gil A. Reported Dietary Intake and Food Sources of Zinc, Selenium, and Vitamins A, E and C in the Spanish Population: Findings from the ANIBES Study. *Nutrients*, 2017;9(7):697; doi:10.3390/nu9070697.