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

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 A Vitamin E Vitamin C 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 20 5 2 11 50 21 0 53
Ready-to-eat meals 16 3 4 5 5 5 7
Eggs 15 5 4 0 11 23 0
Pulses 4 2 3 2 1 0 2
Fruits 14 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 0 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


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

SEX

MEN 50.4 %
WOMEN 49.6 %

Coordinated by:
Spanish Nutrition and Food Sciences Academy (AEN)
Spanish Nutrition Society (SEÑ)
Spanish Society of Community Nutrition (SENC)
Nutrition Studies Association (ASEN)
Spanish Foundation for Nutritional Research (FIN)
Improvement of Health by Fitness, Nutrition and Exercise Research Group (FIF)