Adequacy of the dietary intake of total and added sugars in the Spanish diet to the recommendations: ANIBES study

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

**Table:**

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Men (%)</th>
<th>Women (%)</th>
<th>Total (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>9-12</td>
<td>24.0</td>
<td>31.0</td>
<td>26.0</td>
</tr>
<tr>
<td>13-17</td>
<td>22.5</td>
<td>27.0</td>
<td>24.5</td>
</tr>
<tr>
<td>18-64</td>
<td>26.0</td>
<td>26.0</td>
<td>26.0</td>
</tr>
<tr>
<td>65-75</td>
<td>27.5</td>
<td>24.0</td>
<td>25.75</td>
</tr>
</tbody>
</table>

**Notes:**
- Children 9-12
- Adolescents 13-17
- Adults 18-64
- Older adults 65-75

**Figure:**

Distribution of the Spanish population by age and gender according to the different levels of intake (% total energy intake) of added sugars

**Main dietary sources of added sugars (%) from food and beverage groups and subgroups in the total population**

**Main dietary sources of intrinsic sugars (%) from food and beverage groups and subgroups in the total population**

**Main dietary sources of total sugars (%) from food and beverage groups and subgroups in the total population**

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**References:**

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**Table:**

<table>
<thead>
<tr>
<th>Added Sugars Total</th>
<th>Men (%)</th>
<th>Women (%)</th>
<th>Total (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt; 5 % TEI</td>
<td>20</td>
<td>11</td>
<td>28</td>
</tr>
<tr>
<td>5 - 10 % TEI</td>
<td>104</td>
<td>63</td>
<td>83</td>
</tr>
<tr>
<td>10 - 15 % TEI</td>
<td>63</td>
<td>35</td>
<td>67</td>
</tr>
<tr>
<td>15 - 20 % TEI</td>
<td>23</td>
<td>16</td>
<td>31</td>
</tr>
<tr>
<td>20 - 25 % TEI</td>
<td>202</td>
<td>110</td>
<td>100</td>
</tr>
<tr>
<td>25 - 30 % TEI</td>
<td>110</td>
<td>53</td>
<td>100</td>
</tr>
</tbody>
</table>

**Notes:**
- 5.0
- 25.6
- a
- 24.1
- 22.5
- 9.3
- 13.0
- 9.8
- 7.6
- 5.1

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**Figure:**

Adequacy of the dietary intake of total and added sugars in the Spanish diet to the recommendations: ANIBES study

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**Figure:**

- 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

With the participation of:

- Children 9-12
- Adolescents 13-17
- Adults 18-64
- Older adults 65-75

**Figure:**

- Carbohydrate profile (% by age group: ANIBES study

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**Figure:**

- Distribution of the Spanish population by age and gender according to the different levels of intake (% total energy intake) of added sugars

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**Figure:**

- Main dietary sources of added sugars (%) from food and beverage groups and subgroups in the total population

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**Figure:**

- Main dietary sources of intrinsic sugars (%) from food and beverage groups and subgroups in the total population

---

**Figure:**

- Main dietary sources of total sugars (%) from food and beverage groups and subgroups in the total population