Energy intake and dietary sources in the Spanish women population: Findings from the ANIBES scientific study on energy balance in Spain

CONTRIBUTION OF FOOD AND BEVERAGE GROUPS AND SUBGROUPS TO THE DAILY ENERGY INTAKE

Bread, olive oil, meat, bakery and pastry, milks and fruits are the most energy providers

Dietary sources of energy from food and beverage groups and subgroups (% kcal/day/person)

- Cereals and grains: 27.1%
- Meat and meat products: 14.1%
- Oils and fats: 13.1%
- Milk and dairy products: 12.6%
- Fruits: 5.3%
- Vegetables: 4.3%
- Fish and Shellfish: 3.9%
- Ready-to-eat meals: 3.8%
- Non-alcoholic beverages: 3.6%
- Sugars and sweets: 3.3%
- Pulses: 2.3%
- Eggs: 2.1%
- Alcoholic beverages: 1.9%
- Sauces and condiments: 1.5%
- Appetizers: 0.8%
- Supplements and meal replacements: 0.1%

Mean energy intake: 1660 ± 427 kcal/person/day

Dietary caloric profile

- Carbohydrates: 41.2%
- Lipids: 38.7%
- Proteins: 17.0%
- Sugars: 17.8%
- Other carbohydrates: 23.4%
- MUFA: 16.9%
- SFA: 11.7%
- PUFA: 6.0%
- n-6: 5.4%
- n-3: 3.5%
- Other lipids: 3.3%
- Fiber: 1.5%
- Alcohol: 1.4%