Macronutrient Distribution and Dietary Sources in the Spanish Population: Findings from the ANIBES Study

Representative sample of 2,285 individuals aged 9-75 years old

Daily nutrient intake and distribution in the Spanish ANIBES study population (9-75 years old)

**Protein intake (by food and beverage groups and subgroups)**

<table>
<thead>
<tr>
<th>Carbohydrate intake (by food and beverage groups and subgroups)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lipid intake (by food and beverage groups and subgroups)</td>
</tr>
<tr>
<td>Fiber intake (by food and beverage groups and subgroups)</td>
</tr>
</tbody>
</table>

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: