



PRESS RELEASE

Madrid, 5th April 2017

Nutrients publishes the study 'Reported Dietary Intake, Disparity between the Reported Consumption and the Level Needed for Adequacy and Food sources of Calcium, Phosphorus, Magnesium and Vitamin D in the Spanish Population: Findings from the ANIBES Study'

The ANIBES Study analyzes intake of calcium, phosphorus, magnesium and vitamin D in the Spanish population and adequacy to national and international recommendations

- **An important percentage of the population does not meet the current recommended intakes for calcium, magnesium and vitamin D, in contrast to phosphorus, in which almost the totality of the sample is within the national and European references**
- **The ANIBES Study is the first national survey to evaluate anthropometric data, macronutrients and micronutrients intake, as well as the level of physical activity and socioeconomic data of the population and in which energy intake has been reported both for plausible and non-plausible reporters based on well-harmonized procedures**

The international scientific journal [Nutrients](#) has recently published the research 'Reported Dietary Intake, Disparity between the Reported Consumption and the Level Needed for Adequacy and Food sources of Calcium, Phosphorus, Magnesium and Vitamin D in the Spanish Population: Findings from the ANIBES Study'.

This research is aimed to evaluate the disparity between the reported consumption and the levels needed for an adequate contribution of the main micronutrients involved in bone metabolism, such as calcium, phosphorus, magnesium and vitamin D.

Coordinated by:



With the participation of:



Spanish Nutrition Society (SEN)



Spanish Society of Community Nutrition (SENC)



Spanish Foundation for Nutritional Research (FEN)



Nutrition Studies Association (ASEN)



Adequacy to national recommendations

"There is an important percentage of the ANIBES population not meeting the current recommended intakes for calcium, magnesium and vitamin D, even when considering only the sample comprising the plausible reporters", explains **Prof. Ángel Gil**, Professor of Biochemistry and Molecular Biology at the University of Granada and Chairman of the Iberoamerican Nutrition Foundation (FINUT).

"Between 76% and 79% of the population participating in the study has reported intakes for calcium and magnesium below the 80% of the national recommended daily intakes. Concerning references at a European level, these figures accounted for 66% and 72%, respectively", explains Prof. Gil. "As for vitamin D, 94% of the population reported intakes below 80% of the daily intake recommendations at a national level, figure that represents 93% when referring to the European reference values. Nevertheless, 85% of this vitamin intake comes from solar irradiation."

Main dietary sources

"The main source of calcium for the entire population was the group composed of milk and dairy products, followed by cereals and grains, and vegetables", analyzes Prof. Gil. "It is important to also highlight that contrary to other countries in the European Union, the group of fish and shellfish represents an important source of calcium for the Spanish population, specifically in the adult (18-64 years) and elderly (65-75 years) age groups."

With regard to phosphorus, "the largest dietary source of this mineral is also the group composed of milk and dairy products, followed by meat and meat products, cereals and grains and fish and shellfish groups", highlights Prof. Ángel Gil. "It's important to add that almost the totality of the studied population met the Spanish and European recommendations."

In the case of magnesium, "the group of cereals and grains was the main dietary source, followed by the group of milk and dairy products, meat and meat products and vegetables", points out the main researcher of the study. "Regarding vitamin D, the groups of fish and shellfish, eggs and milk and dairy products were the main dietary sources. In both cases the reported intake was by far lower than the recommendations."

Based on well-harmonized procedures

This recent work adds new evidence to the scientific research about anthropometric data, macronutrients and micronutrients intake and their sources, as well as the level of physical activity and socioeconomic data of the population, which has been coordinated by **Prof Gregorio Varela-Moreiras**, Chairman of the Spanish Nutrition Foundation (FEN), Director of the Nutrition and Food Sciences Research Group (CEUNUT) and Professor of Nutrition and Bromatology at CEU San Pablo University of Madrid.

"It is important to highlight that the ANIBES Study brings together for the first time in Spain in the same scientific research anthropometric data, macronutrients and micronutrients intake, as well as the level of physical activity and socioeconomic data of the population. Furthermore, it is important to highlight that intake has been reported both for the total studied population and the group of plausible reporters based on well-harmonized procedures", concludes Prof. Gregorio Varela-Moreiras. "However, it should be taken into account that the data collected in the national nutritional surveys, which

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are the most used tool to assess the nutrients intake, are based on subjects self-reporting, and as such, they frequently report data that do not represent the habitual intake of the studied population.”

Olza J, Aranceta-Bartrina J, González-Gross M, Ortega RM, Serra-Majem LI, Varela-Moreiras G, Gil A. Reported Dietary Intake, Disparity between the Reported Consumption and the Level Needed for Adequacy and Food sources of Calcium, Phosphorus, Magnesium and Vitamin D in the Spanish Population: Findings from the ANIBES Study. *Nutrients*, 2017;9(2):232; doi:10.3390/nu9020168.

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Improvement of Health by Fitness, Nutrition and Exercise Research Group

Scientific Committee

- **Prof. Javier Aranceta-Bartrina MD, PhD**, Chairman of the Scientific Committee of the Spanish Society of Community Nutrition (SENC), Clinical Director of the Spanish Foundation for Nutritional Research (FIN) and Associate Professor of Community Nutrition at the University of Navarra
- **Prof. Ángel Gil PhD**, Chairman of the Iberoamerican Nutrition Foundation (FINUT), Director of the BioNit Scientific Group and Professor of Biochemistry and Molecular Biology at the University of Granada
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- **Prof. Gregorio Varela-Moreiras PhD**, Chairman of the Spanish Nutrition Foundation (FEN), Director of the Nutrition and Food Sciences Research Group (CEUNUT) and Professor of Nutrition and Bromatology at CEU San Pablo University of Madrid

Technical specifications of the ANIBES Study

Design: Representative sample of the resident population in Spain (excluding Ceuta and Melilla)

Sample: Individuals aged between 9 and 75 years old who live in municipalities with more than 2,000 inhabitants

Universe: 37 million inhabitants

Final sample: 2,009 individuals (2.23% error and 95% confidence interval)

Random sample plus boost: 2,285 participants*

*Boost in the sample size was considered in order to obtain a correct representation

The final protocol of the ANIBES scientific study was previously approved by the Clinical Ethics Committee of the Autonomous Region of Madrid (Spain).

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