ANIBES

Coordinated by:

FEN
SPANISH NUTRITION FOUNDATION

With the participation of:

Spanish Nutrition and Food Sciences Academy (AEN)

Spanish Nutrition Society (SEN)

Spanish Society of Community Nutrition (SENC)

Spanish Foundation for Nutritional Research (FIN)

Nutrition Studies Association (ASEN)

Improvement of Health by Fitness, Nutrition and Exercise Research Group

PRESS RELEASE

Madrid, 18th June 2015

In the ANIBES Study, 2,009 individuals between 9 and 75 years old have participated, which is a representative sample of the population of our country

The ANIBES Study, which evaluates energy intake and its contribution from food and beverages among the Spanish population, published in the international scientific journal *Nutrients*

- Mean daily energy intake per day and per person determined during the period of time in which data was collected, from September to November 2013, was of 1,810 ± 504* kcal
- The study identifies the detailed contribution to the total calories from the daily diet of the different groups and subgroups of food and beverages that conform the current diet in Spain, and its peculiarities according to age and sex of the sample
- The study has been developed by the Spanish Nutrition Foundation (FEN) and it counts with the collaboration of a scientific committee of experts

The research 'Energy intake, profile and dietary sources in the Spanish population' recently published in the international scientific journal Nutrients (Impact factor: 3,148) is part of the scientific study whose aim is to analyze the energy balance and its determinants in Spain. In this respect, the research on food and beverage intake in our country has allowed to identify the different groups and subgroups of food and beverages that contribute to that intake, and its peculiarities according to age and sex of the sample.

The study, carried out by the Spanish Nutrition Foundation (FEN) and a scientific committee of experts has been developed based on a representative sample of 2,009 people between 9 and 75 years old, and it marks **the current mean energy intake per person and per day in Spain in 1,810 ± 504* kcal/day**. Similarly, the research indicates that the groups of food and beverages that contribute to the daily caloric intake in Spain are very varied, although it determines the necessity of a better adherence to the food characterized in the healthy pattern of the Mediterranean diet.

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Daily energy intake by sex and age groups

Age group	Current energy intake in Spain
Girls and boys (9-12 years old)	**1,960 ± 431* kcal/day**
Girls	1,893 ± 385* kcal/day
Boys	2,006 ± 456* kcal/day
Adolescents (13-17 years old)	**2,018 ± 508* kcal/day**
Girls	1,823 ± 436* kcal/day
Boys	2,124 ± 515* kcal/day
Adults (18-64 years old)	**1,816 ± 512* kcal/day**
Women	1,675 ± 437* kcal/day
Men	1,966 ± 543* kcal/day
Elderly (65-75 years old)	**1,618 ± 448* kcal/day**
Women	1,476 ± 360* kcal/day
Men	1,771 ± 485* kcal/day

*Mean ± standard deviation

Among the food groups that contribute the most to the total energy intake are the groups of cereals and grains, meat products, oils and fats, and milk and dairy products. In total, the research analyzes the energy provided by a total of **16 groups and 29 subgroups of food and beverages**, which allows to know precisely the real contribution of each of them to the total energy from the diet.

More specifically and, according to the research, cereals and grains contribute 27.4% to the daily caloric intake, a group that includes bread (11.6%), bakery and pastry (6.8%), grains and flours (4.5%), pasta (3.6%) and breakfast cereals and cereal bars (1.0%).

Meat and meat products contribute 15.2%, including in this group meat (9.2%), sausages and other meat products (5.8%) and viscera and offal (0.1%). On a third place are the oils and fats (12.3%), group that includes olive oil (9.2%), other oils (1.7%), and butter, margarine and shortenings (1.4%). Then, milk and dairy products are placed, with a contribution to the daily caloric intake in the Spanish population of 11.8%; a group formed by milk (5.0%), cheese (3.0%); yogurt and fermented milk (2.4%) and other dairy products (1.5%). The group of fruits contributes 4.7%, being 4.2% from ready-to-eat meals and 4% from vegetables.

On the other hand, non-alcoholic beverages contribute 3.9% to the caloric intake of the daily diet. Within this group, sugared soft drinks contribute 2.0%, juices and nectars 1.3%, other non-alcoholic drinks 0.3%, coffee and herbal teas 0.2%, sports drinks 0.1%, and energy drinks, unsweetened soft drinks and water 0% each of them.

Fish and shellfish group contributes 3.6% and sugars and sweets 3.3%. In this group are included chocolate (1.5%), sugar (1.4%), jams and other (0.3%), and other sweets (0.1%). For its part, alcoholic beverages contribute 2.6%, being the contribution of low alcohol content beverages 2.4% and that of high alcohol content beverages 0.2%. Moreover,

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pulses contribute 2.2%, eggs 2.2%, sauces and condiments 1.6%, appetizers 0.8% and supplements and meal replacements 0.1%.

The study 'Energy intake, profile and dietary sources in the Spanish population' also analyzes the energy contribution from macronutrients. "Regarding nutrients, the study shows that we have an excessive consumption of lipids (38.5%) and proteins (16.8%), while the intake of carbohydrates is below the EFSA recommendations", highlights Prof. Varela-Moreiras, Chairman of the Spanish Nutrition Foundation (FEN), Professor of Nutrition and Bromatology at CEU San Pablo University of Madrid and main researcher of this scientific research. With respect to sugar consumption, according to the results of the ANIBES Study, these account for 17.0% of the total daily energy intake. In this sense, the EFSA reference intake, which can be identified on food product labels, is 18.0%, 90 g/day for an average of 2,000 kcal/day intake. Therefore, it would be placed in amounts similar to those recommended by the EFSA on average for the European population. Other nutrients, such as fiber or alcohol form 1.4% and 1.9% respectively of the total daily energy intake of the ANIBES study population.

Pioneer in Spain

The ANIBES Study is the first research in Spain that jointly evaluates intake and energy expenditure, dietary habits, anthropometric data and physical activity patterns of the population.

The new technologies have been the main focus of this pioneering study, since thanks to the use of tablets and software of the latest generation for the collection of information, it has been possible to know, verify and codify the data in real time with the highest possible precision, referring both to food consumption and waste.

Ruiz E, Ávila JM, Castillo A, Valero T, del Pozo S, Rodriguez P, Aranceta-Bartrina J, Gil A, González- Gross M, Ortega RM, Serra-Majem LI, Varela-Moreiras G. Energy Intake, Profile, and Dietary Sources in the Spanish Population: Findings of the ANIBES Study. Nutrients, 2015,7,4739-4762; doi:10.3390/nu7064739

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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
- **Prof. Marcela González-Gross, PhD**, Vice President of the Spanish Nutrition Society (SEÑ), Head of the imFine Research Group and Professor of Sports Nutrition and Exercise Physiology at the Technical University of Madrid
- **Prof. Rosa Mª Ortega, PhD**, Director of the VALORNUT Research Group and Professor of Nutrition at the Complutense University of Madrid
- **Prof. Lluìs Serra-Majem, MD, PhD,** Chairman of the Spanish Foundation for Nutritional Research (FIN), Chairman of the Spanish Nutrition and Food Sciences Academy (AEN), and Professor of Preventive Medicine and Public Health at the University of Las Palmas de Gran Canaria
- **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% margin of confidence)
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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