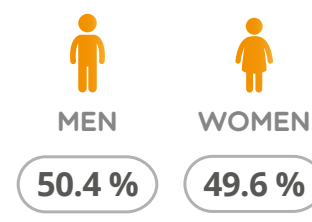
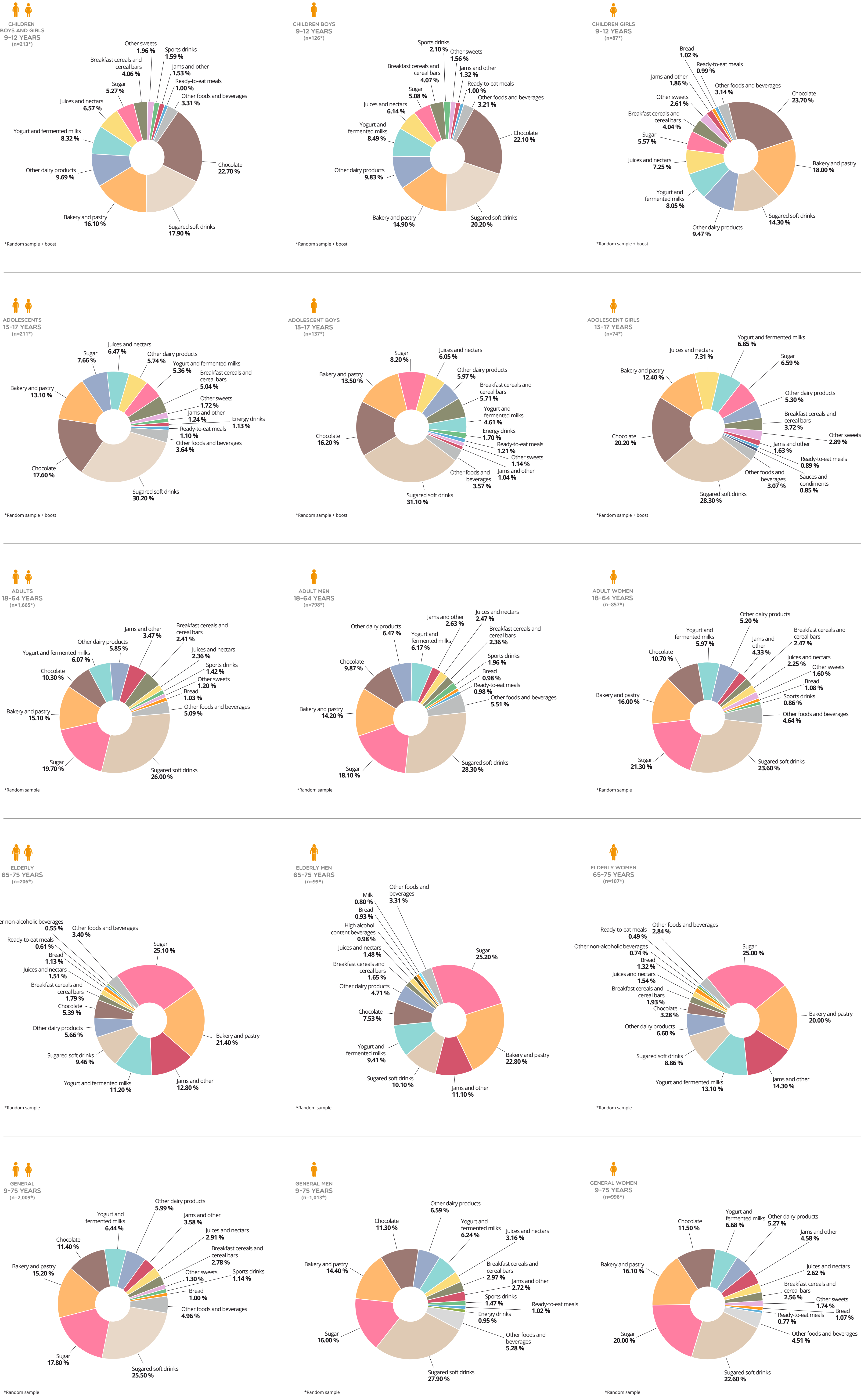


Dietary Intake of Added Sugars and Food Sources in the Spanish Population: Findings from the ANIBES Study

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



Main dietary sources of added sugars (%) from food and beverage groups and subgroups by sex and age.



Ruiz E, Rodríguez P, Valero T, Aivila JM, Aranceta-Barrina J, Gil A, González-Gross M, Ortega RM, Serra-Majem LL, Varela-Moreiras G. Dietary Intake of Individual (Free and Intrinsic) Sugars and Food Sources in the Spanish Population: Findings from the ANIBES Study. *Nutrients*. 2017;9(3):275. doi:10.3390/n9030275.

With the participation of:



Coordinated by:

