

Iron Intake and Dietary Sources in the Spanish Population: Findings from the ANIBES Study

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



Iron intake (mg/day) and prevalence of adequacy (% population above 80 % RDI) in ANIBES population by age group and reporting according to the Spanish and EFSA references, 2015

AGE GROUP	Iron (mg/Day)	% Above 80 % RDI Moreiras O. et al, 2015 (Spain)	% Above 80 % RDI EFSA, 2015
CHILDREN			
Total n= 213*	11.0 (9.2 - 12.8)	40.9	77.9 ***
Plausible n= 120	12.2*** (10.4 - 14.0)	54.2	94.2 ***
Non-plausible n= 93	9.2 (8.0 - 11.1)	23.7	57.0 **

*Random sample plus boost

AGE GROUP	Iron (mg/Day)	% Above 80 % RDI Moreiras O. et al, 2015 (Spain)	% Above 80 % RDI EFSA, 2015
ADOLESCENTS			
Total n= 211*	11.4 (9.1 - 13.4)	15.2	73.0 ***
Plausible n= 76	13.3*** (11.6 - 15.4)	27.6	90.8 ***
Non-plausible n= 135	10.0 (8.1 - 11.8)	8.2	63.0 ***

*Random sample plus boost

AGE GROUP	Iron (mg/Day)	% Above 80 % RDI Moreiras O. et al, 2015 (Spain)	% Above 80 % RDI EFSA, 2015
ADULTS			
Total n= 1,655*	10.4 (8.4 - 12.9)	36.9	47.9 ***
Plausible n= 433	13.0*** (11.0 - 15.6)	47.8	63.3 **
Non-plausible n= 1,222	9.6 (7.8 - 11.8)	33.0	42.5 ***

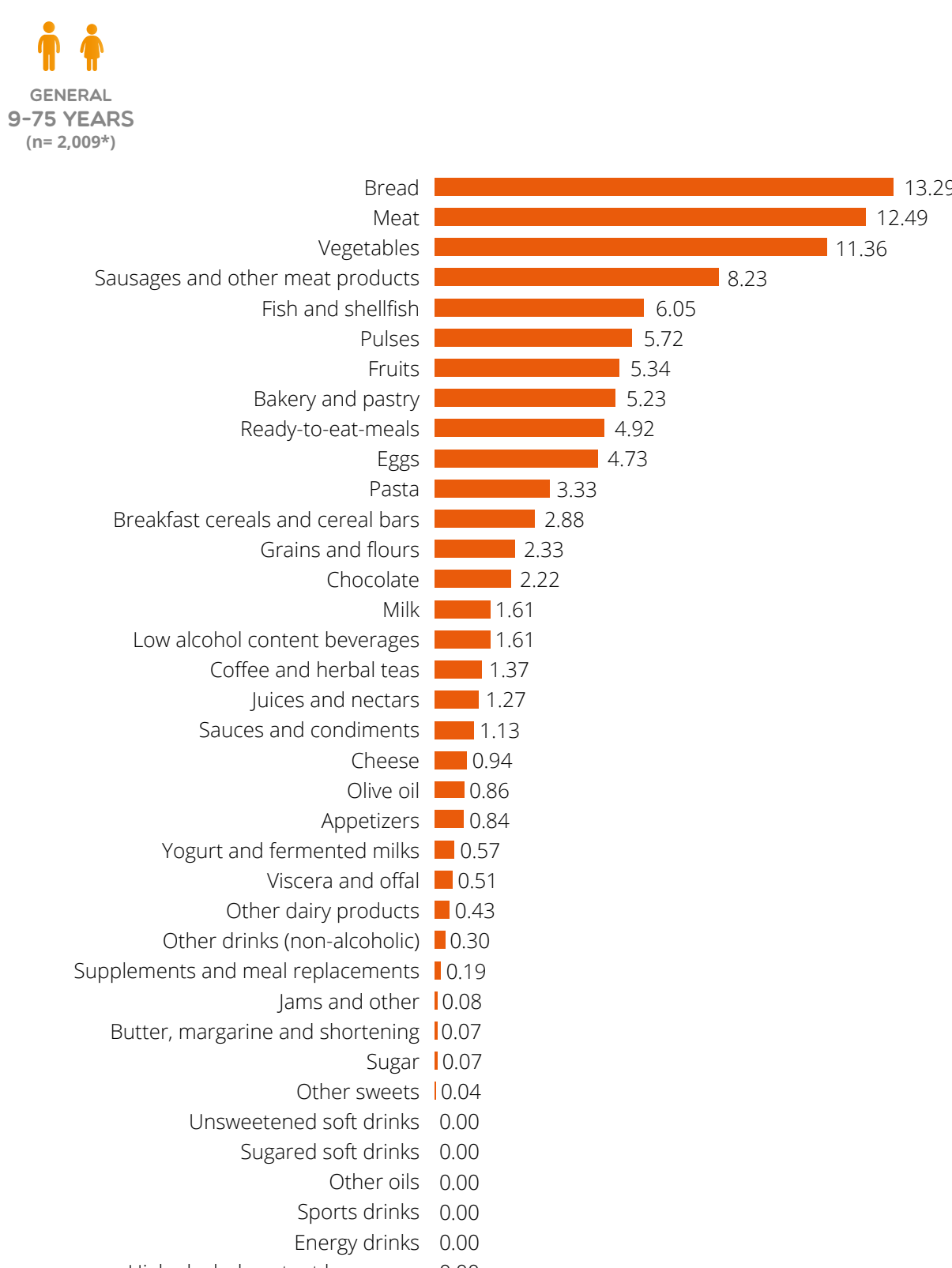
*Random sample

AGE GROUP	Iron (mg/Day)	% Above 80 % RDI Moreiras O. et al, 2015 (Spain)	% Above 80 % RDI EFSA, 2015
ELDERLY			
Total n= 206*	10.2 (7.9 - 12.6)	52.9	68.0 ***
Plausible n= 45	12.7*** (10.9 - 17.2)	88.9	100.0 ***
Non-plausible n= 161	9.5 (7.5 - 11.5)	42.9	59.0 ***

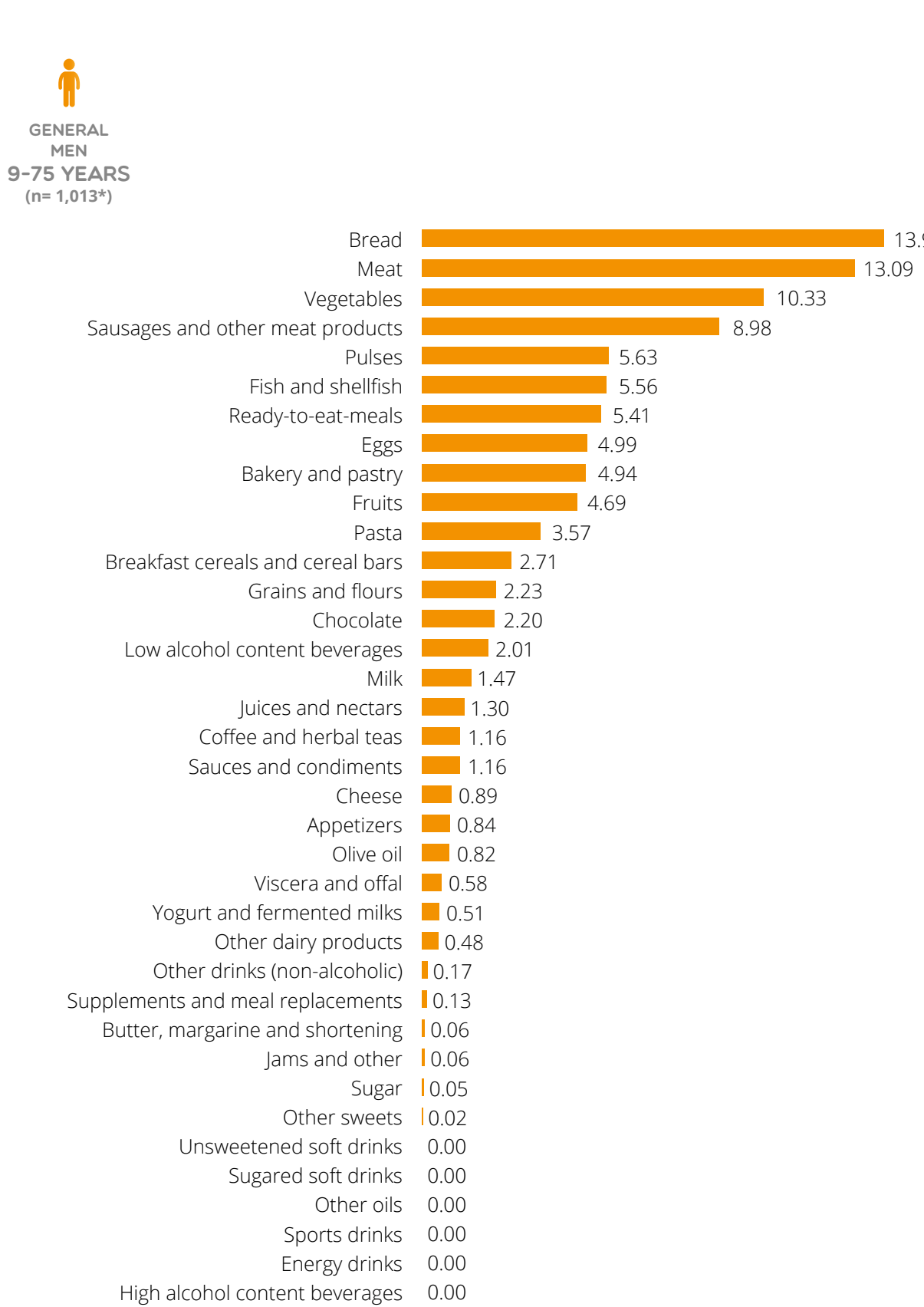
*Random sample

RDI: Recommended Dietary Intakes.
Values are median (interquartile range) per group.
*** p < 0.001 difference No misreporting vs. Misreporting (Mann-Whitney's U test).
p < 0.01 differences between Moreiras O. et al, 2015 and EFSA, 2015 references (McNemar test for paired proportions).
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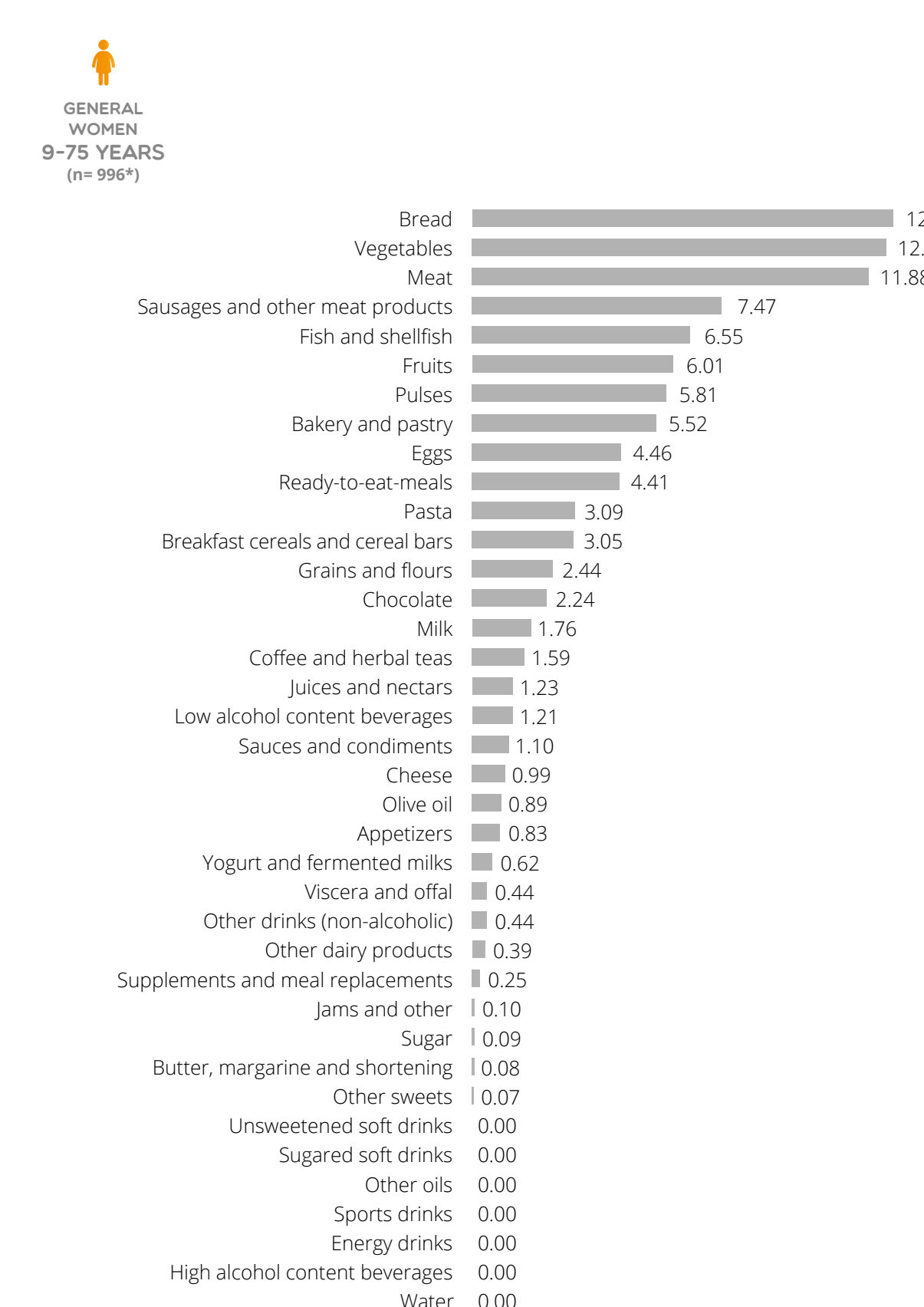
Iron dietary sources (%) from food and beverage groups and subgroups



*Random sample



*Random sample



*Random sample

Samaniego-Vaesken ML, Partearroyo T, Olza J, Aranceta-Bartrina J, Gil A, González-Gross M, Ortega RM, Serra-Majem LI, Varela-Moreiras G. Iron Intake and Dietary Sources in the Spanish Population: Findings from the ANIBES Study. *Nutrients*. 2017;9:203; doi:10.3390/nu9030203.