

Intake and Dietary Food Sources of Fibre in Spain: Differences with Regard to the Prevalence of Excess Body Weight and Abdominal Obesity in Adults of the ANIBES Study

Representative sample of 1,655 individuals aged 18-64 years.

SEX



MEN



WOMEN

48.2 %

51.8 %

Fibre intake in the whole sample and in plausible reporters of the ANIBES Study of the Spanish adult population (18-64 years) by body mass index (BMI)

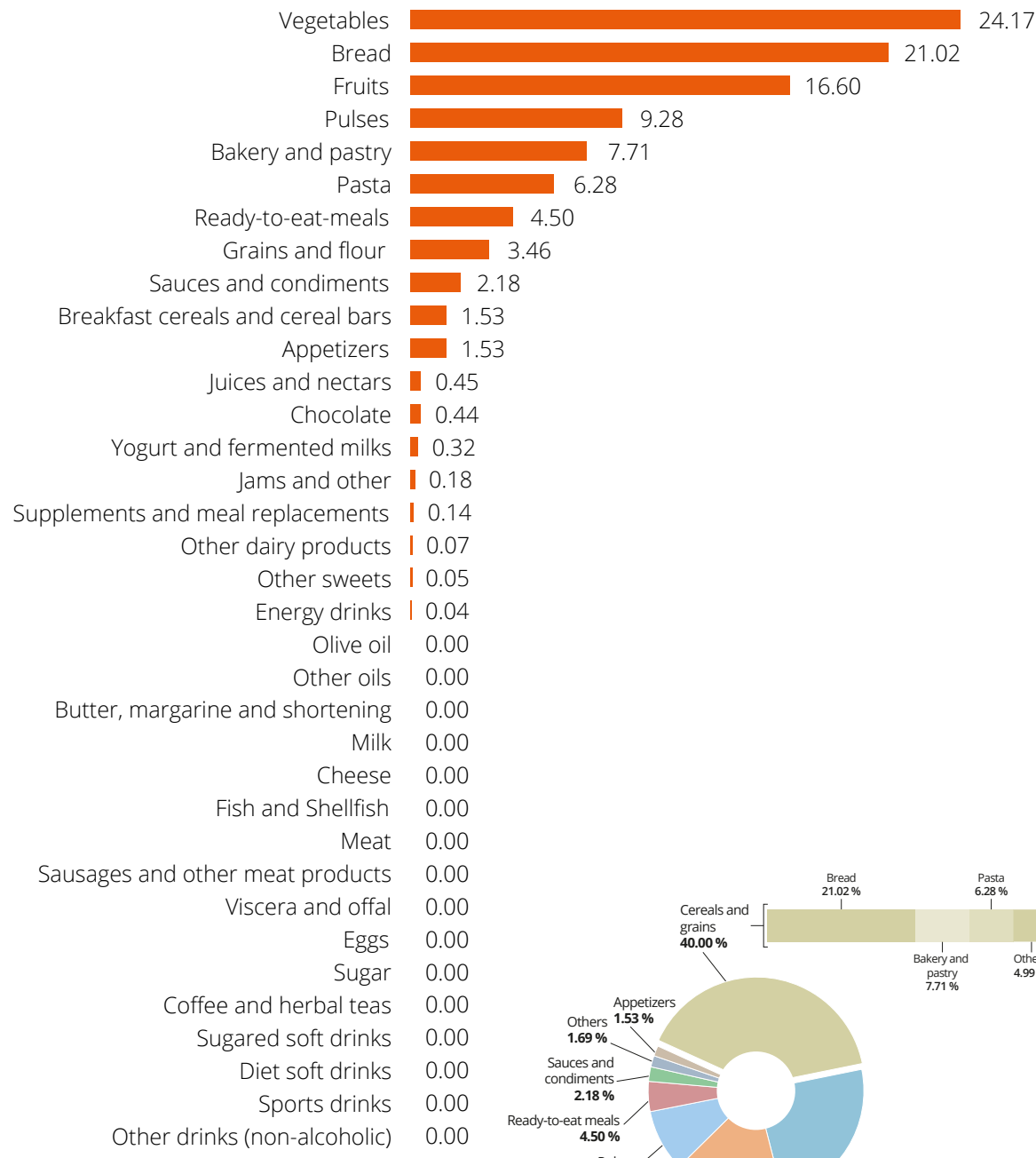
	UNDERWEIGHT		NORMAL WEIGHT		OVERWEIGHT		OBESITY		TWO-WAY ANOVA	TWO-WAY ANCOVA
	Whole Sample n = 30	Plausible Reporters n = 20	Whole Sample n = 704	Plausible Reporters n = 271	Whole Sample n = 542	Plausible Reporters n = 109	Whole Sample n = 329	Plausible Reporters n = 33		
Energy (kcal/day)*										
Whole Sample	1,930.9 ± 592.4		1,872.5 ± 526.9		1,773.4 ± 502.3 ^b		1,759.0 ± 475.6 ^b		S*** BMI****	S*** BMI****
Plausible Reporters	2,153 ± 466		2,307 ± 425		2,443 ± 394 ^{ab}		2,539 ± 395 ^{ab}		BMI***	S**** BMI****
Total fibre (g/day) (raw)*										
Whole Sample	12.8 ± 6.3		13.0 ± 5.9		12.2 ± 5.4 ^b		12.1 ± 5.3 ^b		BMI*** **	BMI**** **
Plausible Reporters	14.1 ± 6.3		15.5 ± 6.3		16.6 ± 5.8		16.7 ± 6.9			
Total fibre (g/day) (adjusted by energy intake)*										
Whole Sample	12.2 ± 4.5		12.7 ± 5.1		12.5 ± 4.7		12.5 ± 4.8			BMI**** **
Plausible Reporters	15.2 ± 4.9		15.8 ± 5.8		16.1 ± 5.8		15.6 ± 6.4			
Fibre per 1,000 kcal/day*										
Whole Sample	6.5 ± 2.3		7.0 ± 2.7		7.0 ± 2.7		7.0 ± 2.9		S**	S** BMI***
Plausible Reporters	6.4 ± 2.1		6.7 ± 2.4		6.9 ± 2.4		6.5 ± 2.4			
Fibre from breakfast (%)*										
Whole Sample	10.5 ± 11.8		13.2 ± 11.5		13.1 ± 11.7		12.6 ± 11.3			
Plausible Reporters	11.8 ± 13.3		14.4 ± 11.6		14.1 ± 10.6		14.6 ± 10.8			
Fibre from mid-morning snack (%)*										
Whole Sample	6.2 ± 9.9		5.3 ± 8.0		5.1 ± 8.4		4.6 ± 7.9			
Plausible Reporters	9.0 ± 11.1		6.4 ± 8.5		6.1 ± 7.8		4.1 ± 5.3			
Fibre from lunch (%)*										
Whole Sample	47.1 ± 15.6		45.8 ± 16.2		48.9 ± 16.8 ^b		48.2 ± 16.7		BMI***	
Plausible Reporters	42.4 ± 15.0		42.6 ± 15.1		43.7 ± 14.5		43.9 ± 14.0			
Fibre from afternoon snack (%)*										
Whole Sample	7.4 ± 5.9		6.9 ± 9.1		5.3 ± 8.4 ^b		4.7 ± 7.9 ^b		BMI***	BMI**
Plausible Reporters	8.1 ± 6.0		8.6 ± 9.2		9.5 ± 11.3		8.4 ± 8.5			
Fibre from dinner (%)*										
Whole Sample	28.5 ± 12.3		28.6 ± 13.9		27.3 ± 14.0		29.6 ± 14.3			BMI**
Plausible Reporters	28.6 ± 12.8		27.8 ± 12.6		26.4 ± 11.8		28.7 ± 13.2			

* Mean ± Standard deviation. Two-way ANOVA was performed taking into account sex (S) and the body mass index (BMI). Two-way ANCOVA was performed taking into account sex, BMI, and the age and physical activity as covariates. Significant differences according to BMI: a: regarding underweight; b: regarding normal weight; c: regarding overweight; l: Interaction; ** p < 0.05. *** p < 0.01. **** p < 0.001.

Fibre dietary sources (%) from food and beverage groups and subgroups.



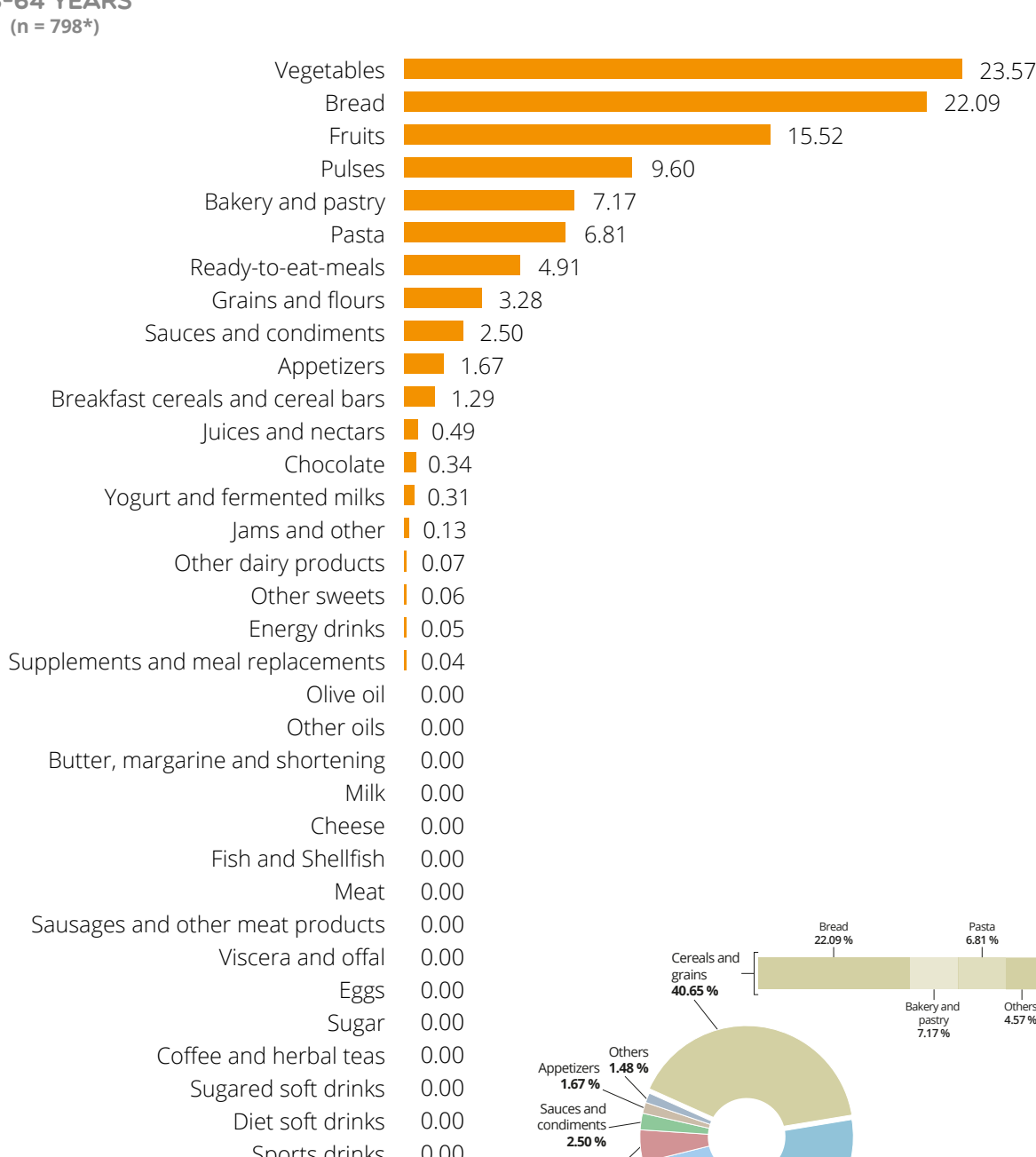
ADULTS
18-64 YEARS
(n = 1,655*)



*Random sample



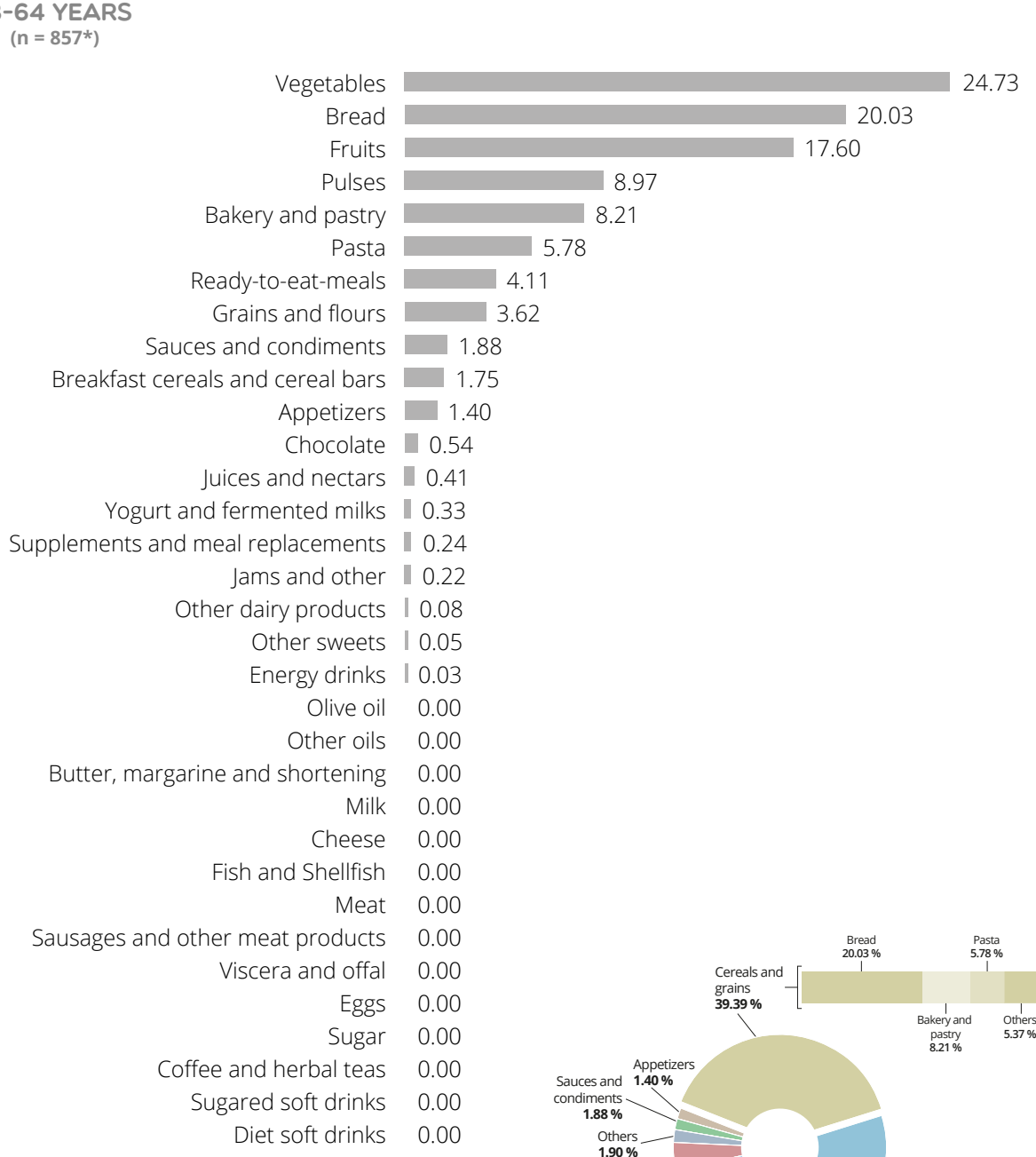
ADULT MEN
18-64 YEARS
(n = 798*)



*Random sample



ADULT WOMEN
18-64 YEARS
(n = 857*)



*Random sample

González-Rodríguez L, Perea JM, Aranceta-Bartrina J, Gil A, González-Gross M, Serra-Majem LI, Varela-Moreiras G, Ortega RM. Intake and Dietary Food Sources of Fibre in Spain: Differences with Regard to the Prevalence of Excess Body Weight and Abdominal Obesity in Adults of the ANIBES Study. *Nutrients*, 2017;9(4):326; doi:10.3390/nu9040326.