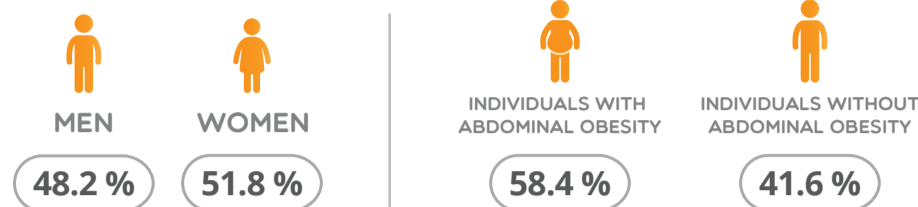


# Differences in meal patterns and timing with regard to central obesity in the ANIBES Study

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

## SEX



## Differences by sex and according to the condition of abdominal obesity

	Total adult population 18-64 years (n = 1,655)		Adult men 18-64 years (n = 798)		Adult women 18-64 years (n = 857)	
	WHtR < 0.5 (n = 689) Mean ± SD	WHtR ≥ 0.5 (n = 966) Mean ± SD	WHtR < 0.5 (n = 282) Mean ± SD	WHtR ≥ 0.5 (n = 516) Mean ± SD	WHtR < 0.5 (n = 407) Mean ± SD	WHtR ≥ 0.5 (n = 450) Mean ± SD
No. of eating occasions per 24 h	4.14 ± 0.85	4.09 ± 0.85	3.98 ± 0.86	3.94 ± 0.83	4.24 ± 0.83	4.27 ± 0.84
No. of meals away from home	1.21 ± 0.93***	0.99 ± 0.90***	1.12 ± 0.93	1.02 ± 0.92	1.28 ± 0.94***	0.96 ± 0.87***
Total time spent on all meals (min/d)	63.7 ± 29.7	64.4 ± 29.8	60.8 ± 30.7**	63.1 ± 29.2**	65.7 ± 28.8	66.0 ± 30.4
Total energy (kcal/d)	1,886 ± 543***	1,765 ± 482***	2,102 ± 581***	1,892 ± 507***	1,736 ± 460***	1,620 ± 407***
Evening/morning energy intake ratio (cut point at 14.00 hours)	3.5 ± 3.0	5.21 ± 25.66	3.56 ± 2.97	5.25 ± 12.61	3.45 ± 3.02*	5.16 ± 35.06*

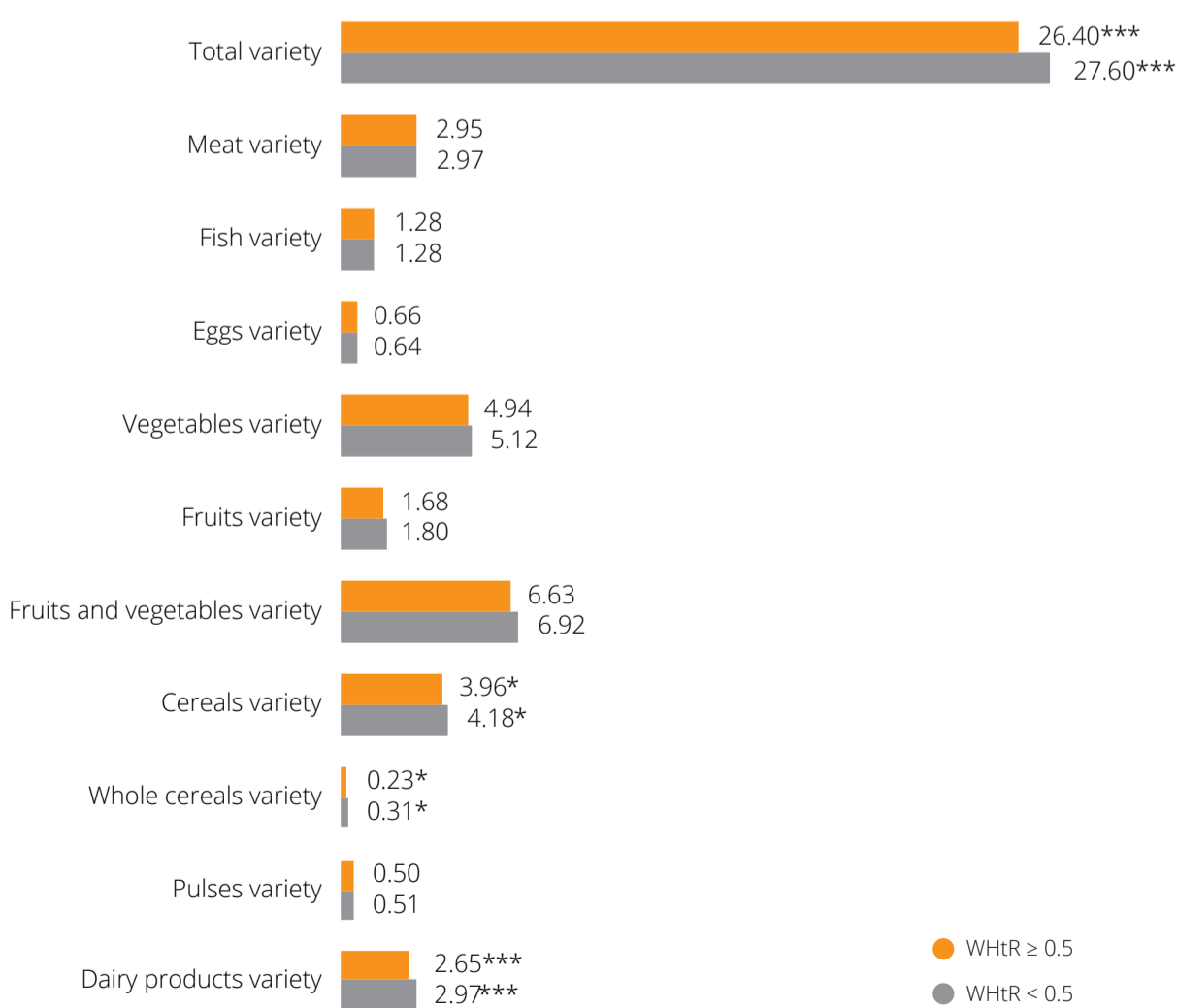
SD: Standard deviation WHtR: Waist-to-Height Ratio  
\*p < 0.05; \*\*p < 0.01; \*\*\*p < 0.001 (significantly different between WHtR < 0.5 and WHtR ≥ 0.5). The Student t test (or the Mann-Whitney U test if the distribution of results was not homogeneous) was used to compare variables between WHtR < 0.5 (without abdominal obesity) and WHtR ≥ 0.5 (with abdominal obesity).

## Energy consumed (%) at each meal by the adult population (18-64 years) according to abdominal obesity classification



WHtR: Waist-to-Height Ratio  
\*p < 0.05; \*\*p < 0.01; \*\*\*p < 0.001 (significantly different between WHtR < 0.5 and WHtR ≥ 0.5). The Student t test (or the Mann-Whitney U test if the distribution of results was not homogeneous) was used to compare variables between WHtR < 0.5 (without abdominal obesity) and WHtR ≥ 0.5 (with abdominal obesity).

## Diet variety of adults (18-64 years) according to abdominal obesity



WHtR: Waist-to-Height Ratio (mean values are shown).  
\*p < 0.05; \*\*p < 0.01; \*\*\*p < 0.001 (significantly different between WHtR < 0.5 and WHtR ≥ 0.5). The Student t test (or the Mann-Whitney U test if the distribution of results was not homogeneous) was used to compare variables between WHtR < 0.5 and WHtR ≥ 0.5.

Aparicio A, Rodríguez-Rodríguez E, Aranceta-Bartrina J, Gil A, González-Gross M, Serra-Majem Ll, Varela-Moreiras G, Ortega RM. Differences in meal patterns and timing with regard to central obesity in the ANIBES (Anthropometric data, macronutrients and micronutrients intake, practice of physical activity, socioeconomic data and lifestyles in Spain) Study. Public Health Nutrition, 2017;1-10; doi:10.1017/S1368980017000635.