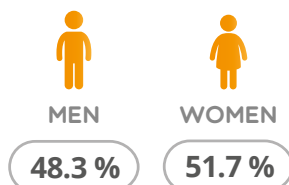


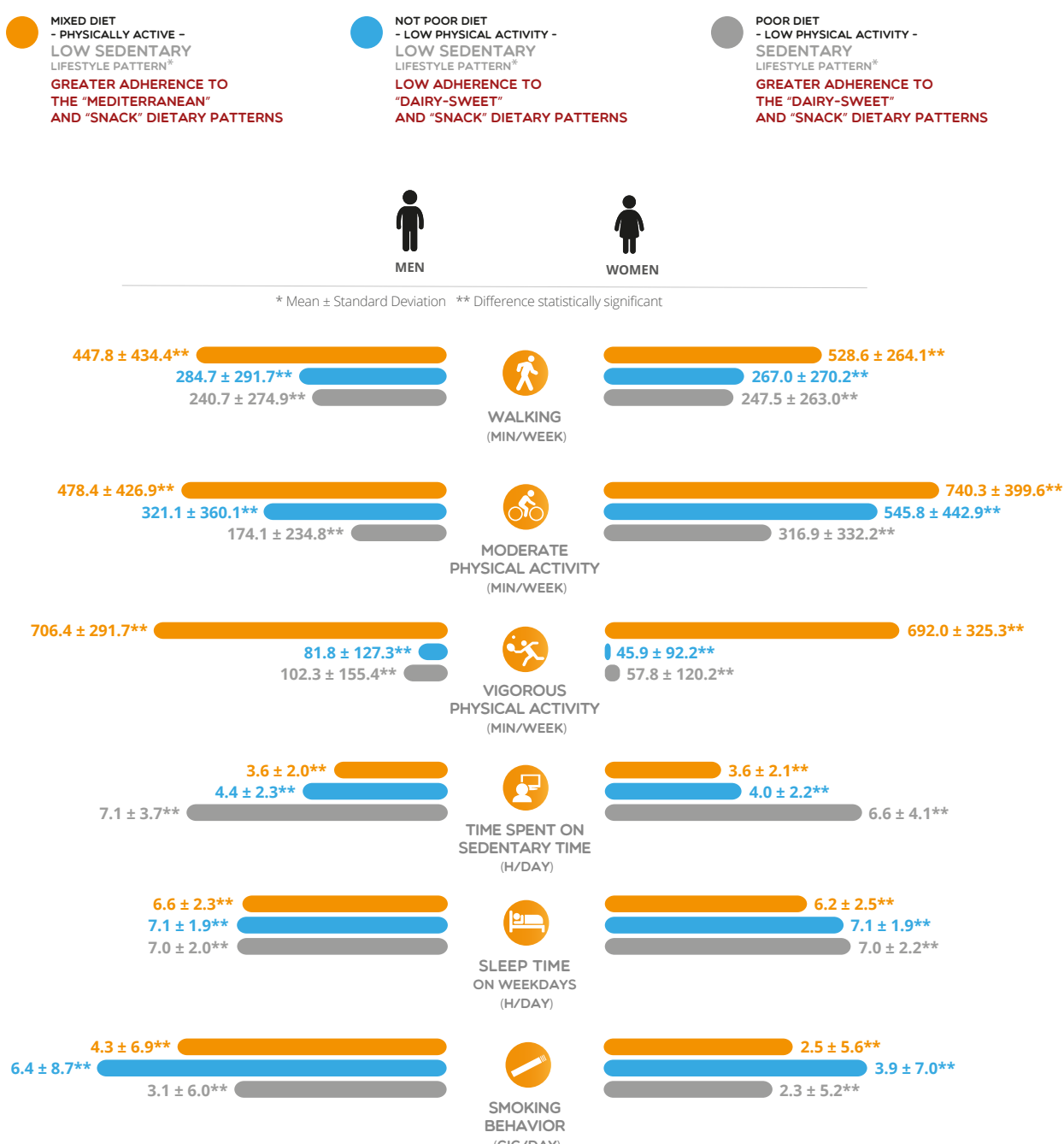
Lifestyle Patterns and Weight Status in Spanish Adults: The ANIBES Study

Representative sample of 1,611 individuals aged 18-64 years.

SEX



Physical activity, sedentary behaviors, sleep time, smoking and dietary behavior determinants in the lifestyle patterns



Consumption of selected food and beverages groups and subgroups by lifestyle pattern

| | Mixed Diet (Men) | Not Poor Diet (Men) | Poor Diet (Men) | p |
|---|------------------|---------------------|-----------------|-------|
| Vegetables (g/day) | 184.9 ± 110.9 | 185.1 ± 112.4 | 178.2 ± 97.2 | 0.374 |
| Fruits (g/day) | 183.1 ± 231.0 | 145.0 ± 172.7 | 139.5 ± 144.0 | 0.040 |
| Pulses (g/day) | 16.7 ± 23.1 | 16.2 ± 19.1 | 13.6 ± 18.2 | 0.113 |
| Meat (g/day) | 127.2 ± 92.3 | 109.8 ± 75.3 | 124.9 ± 77.4 | 0.573 |
| Processed and cold meats (g/day) | 55.8 ± 46.6 | 42.5 ± 36.0 | 50.3 ± 39.1 | 0.086 |
| Fish (g/day) | 73.6 ± 90.8 | 62.5 ± 66.9 | 55.8 ± 57.1 | 0.050 |
| Eggs (g/day) | 40.8 ± 46.4 | 32.5 ± 33.4 | 28.3 ± 30.4 | 0.000 |
| Milk (mL/day) | 155.5 ± 122.9 | 125.6 ± 100.7 | 267.5 ± 178.5 | 0.000 |
| Cheese (g/day) | 25.4 ± 41.4 | 15.8 ± 20.0 | 19.2 ± 22.2 | 0.013 |
| Yoghurt (g/day) | 62.3 ± 74.5 | 42.3 ± 64.2 | 46.2 ± 62.0 | 0.027 |
| Pasta (g/day) | 22.6 ± 27.5 | 16.2 ± 20.0 | 17.7 ± 20.2 | 0.047 |
| Bread (g/day) | 94.4 ± 57.4 | 83.6 ± 44.6 | 97.5 ± 58.2 | 0.318 |
| Cakes and pastry (g/day) | 30.3 ± 36.1 | 21.1 ± 25.7 | 57.8 ± 46.3 | 0.000 |
| Sugars and sweets (g/day) | 15.0 ± 15.4 | 10.0 ± 9.8 | 24.7 ± 18.5 | 0.000 |
| Pre-cooked foods (g/day) | 73.0 ± 83.0 | 76.3 ± 86.9 | 80.0 ± 91.3 | 0.032 |
| Savory snacks (g/day) | 6.1 ± 12.1 | 4.7 ± 10.1 | 7.5 ± 14.3 | 0.603 |
| Olive oil (mL/day) | 20.0 ± 8.9 | 18.0 ± 8.8 | 17.3 ± 7.5 | 0.002 |
| Juices (mL/day) | 71.0 ± 123.9 | 40.0 ± 79.8 | 88.6 ± 175.4 | 0.221 |
| Sugar sweetened soft drinks (mL/day) | 104.2 ± 151.5 | 97.7 ± 186.7 | 127.2 ± 192.2 | 0.088 |
| Water (mL/day) | 843.4 ± 647.7 | 638.0 ± 537.2 | 757.4 ± 582.2 | 0.027 |
| Alcoholic beverages (mL/day) | 186.1 ± 259.4 | 176.4 ± 241.2 | 102.7 ± 181.9 | 0.000 |
| Low alcohol content beverages (mL/day) | 1.6 ± 5.7 | 2.8 ± 11.6 | 3.4 ± 19.4 | 0.050 |
| High alcohol content beverages (mL/day) | 184.5 ± 257.6 | 173.6 ± 238.8 | 99.3 ± 177.3 | 0.000 |

* Mean ± Standard Deviation

General linear models were used to estimate multivariate means for food consumption across lifestyle patterns adjusted for age and energy intake.

| | Mixed Diet (Women) | Not Poor Diet (Women) | Poor Diet (Women) | p |
|---|--------------------|-----------------------|-------------------|-------|
| Vegetables (g/day) | 168.5 ± 90.6 | 195.3 ± 115.3 | 174.4 ± 110.4 | 0.006 |
| Fruits (g/day) | 186.5 ± 175.6 | 162.4 ± 173.0 | 143.8 ± 147.0 | 0.395 |
| Pulses (g/day) | 10.9 ± 13.8 | 14.7 ± 18.7 | 13.6 ± 24.2 | 0.239 |
| Meat (g/day) | 78.8 ± 63.1 | 90.9 ± 63.4 | 101.6 ± 70.1 | 0.129 |
| Processed and cold meats (g/day) | 37.1 ± 31.5 | 33.5 ± 30.1 | 37.5 ± 32.2 | 0.206 |
| Fish (g/day) | 55.4 ± 50.4 | 59.8 ± 62.9 | 58.1 ± 65.9 | 0.868 |
| Eggs (g/day) | 25.9 ± 26.3 | 25.0 ± 24.7 | 24.5 ± 24.2 | 0.224 |
| Milk (mL/day) | 175.0 ± 104.7 | 148.2 ± 103.1 | 271.2 ± 138.3 | 0.000 |
| Cheese (g/day) | 20.1 ± 20.5 | 15.1 ± 17.1 | 18.7 ± 21.3 | 0.276 |
| Yoghurt (g/day) | 53.9 ± 56.7 | 43.7 ± 57.2 | 51.4 ± 58.7 | 0.079 |
| Pasta (g/day) | 18.7 ± 20.5 | 14.5 ± 19.1 | 15.4 ± 19.7 | 0.171 |
| Bread (g/day) | 64.8 ± 38.4 | 65.7 ± 39.6 | 66.7 ± 33.7 | 0.000 |
| Cakes and pastry (g/day) | 31.6 ± 37.1 | 20.9 ± 22.6 | 56.3 ± 40.9 | 0.000 |
| Sugars and sweets (g/day) | 15.6 ± 12.4 | 11.3 ± 11.3 | 30.2 ± 25.0 | 0.000 |
| Pre-cooked foods (g/day) | 63.1 ± 77.6 | 61.1 ± 71.6 | 58.0 ± 61.5 | 0.011 |
| Savory snacks (g/day) | 5.9 ± 9.6 | 3.4 ± 7.4 | 9.0 ± 14.8 | 0.001 |
| Olive oil (mL/day) | 17.2 ± 8.2 | 17.9 ± 7.8 | 17.3 ± 8.5 | 0.001 |
| Juices (mL/day) | 51.0 ± 80.5 | 32.5 ± 60.0 | 61.3 ± 86.8 | 0.036 |
| Sugar sweetened soft drinks (mL/day) | 60.5 ± 130.2 | 77.9 ± 149.7 | 96.4 ± 159.7 | 0.029 |
| Water (mL/day) | 764.2 ± 563.1 | 649.0 ± 474.2 | 753.6 ± 560.2 | 0.009 |
| Alcoholic beverages (mL/day) | 84.4 ± 132.5 | 68.5 ± 141.6 | 47.0 ± 100.4 | 0.000 |
| Low alcohol content beverages (mL/day) | 1.1 ± 4.1 | 1.4 ± 10.5 | 1.6 ± 7.3 | 0.220 |
| High alcohol content beverages (mL/day) | 83.3 ± 131.2 | 67.2 ± 140.5 | 45.5 ± 97.8 | 0.000 |

* Mean ± Standard Deviation

General linear models were used to estimate multivariate means for food consumption across lifestyle patterns adjusted for age and energy intake.

Pérez-Rodrigo C, Gianzo-Citores M, Gil A, González-Gross M, Ortega RM, Serra-Majem LI, Varela-Moreiras G, Aranceta-Bartrina J. Lifestyle Patterns and Weight Status in Spanish Adults: The ANIBES Study. *Nutrients*, 2017;9(6):606; doi:10.3390/nu9060606.