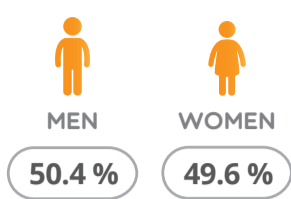


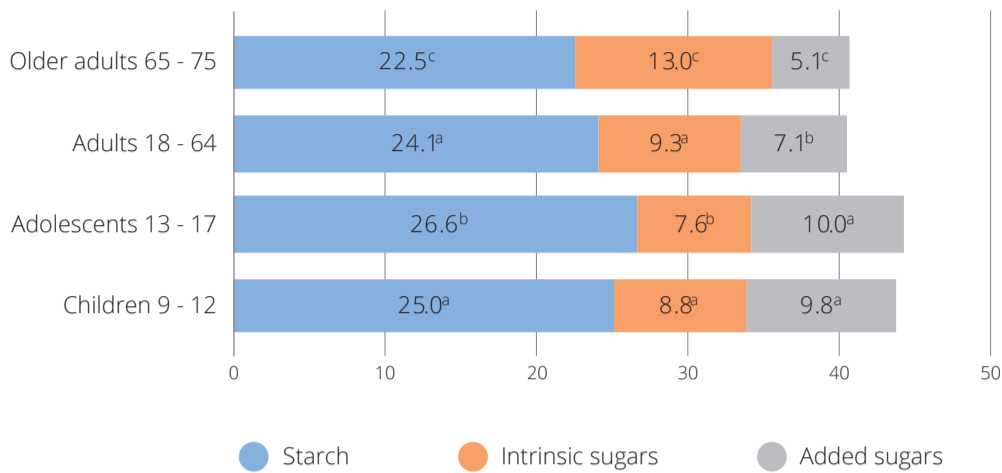
Adequacy of the dietary intake of total and added sugars in the Spanish diet to the recommendations: ANIBES study

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

SEX



Carbohydrate profile (%) by age group: ANIBES study



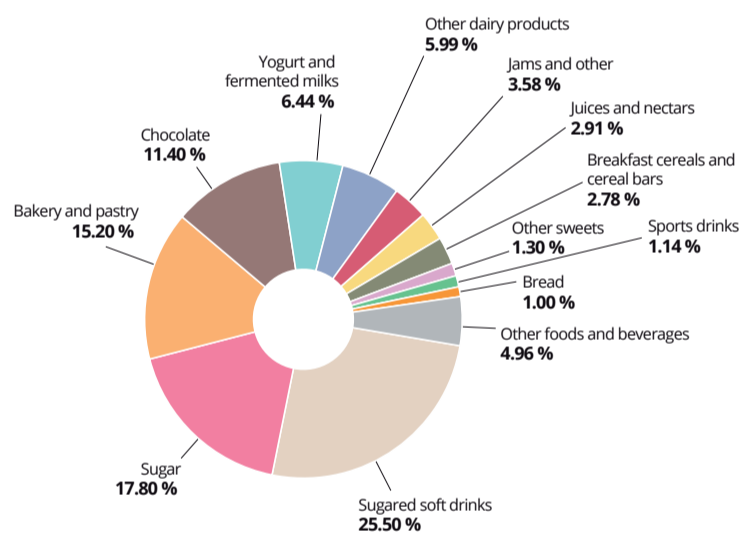
^{a,b,c} The values which do not share a superscript are significantly different between ages, $p \leq 0.05$.

Distribution of the Spanish population by age and gender according to the different levels of intake (% total energy intake) of added sugars

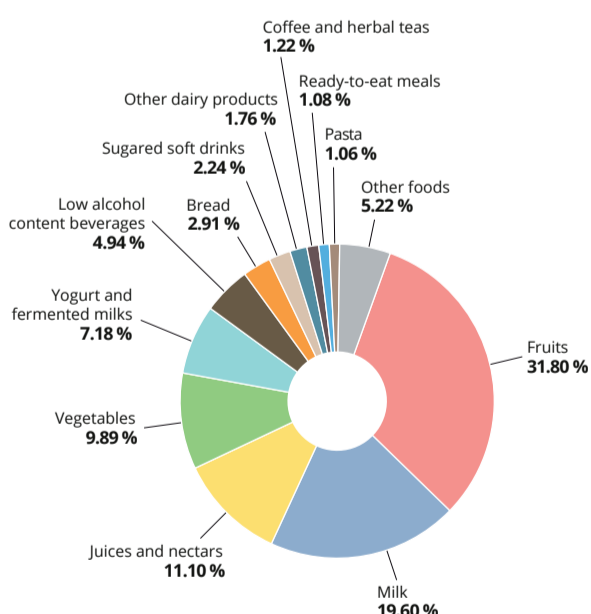
Added sugars	Age groups (years)												
	9 - 12			13 - 17			18 - 64			65 - 75			
	Total	Men	Women	Total	Men	Women	Total	Men	Women	Total	Men	Women	
< 5 % TEI	n	20	11	9	28	21	7	621	330	291	114	59	55
	%	9.4	8.7	10.3	13.3	15.3	9.5	37.5	41.4	34.0	55.3	59.6	51.4
5 - 10 % TEI	n	104	63	41	83	56	27	649	280	369	71	33	38
	%	48.8	50.0	47.1	39.3	40.9	36.5	39.2	35.1	43.1	34.5	33.3	35.5
10 - 15 % TEI	n	63	35	28	67	41	26	266	129	137	19	7	12
	%	29.6	27.8	32.2	31.8	29.9	35.1	16.1	16.2	16.0	9.2	7.1	11.2
15 - 20 % TEI	n	23	16	7	31	17	14	94	46	48	2	0	2
	%	10.8	12.7	8.0	14.7	12.4	18.9	5.7	5.8	5.6	1.0	0.0	1.9
20 - 25 % TEI	n	2	0	2	1	1	0	20	10	10	0	0	0
	%	0.9	0.0	2.3	0.5	0.7	0.0	1.2	1.3	1.2	0.0	0.0	0.0
25 - 30 % TEI	n	1	1	0	1	1	0	5	3	2	0	0	0
	%	0.5	0.8	0.0	0.5	0.7	0.0	0.3	0.4	0.2	0.0	0.0	0.0

TEI: Total Energy Intake.

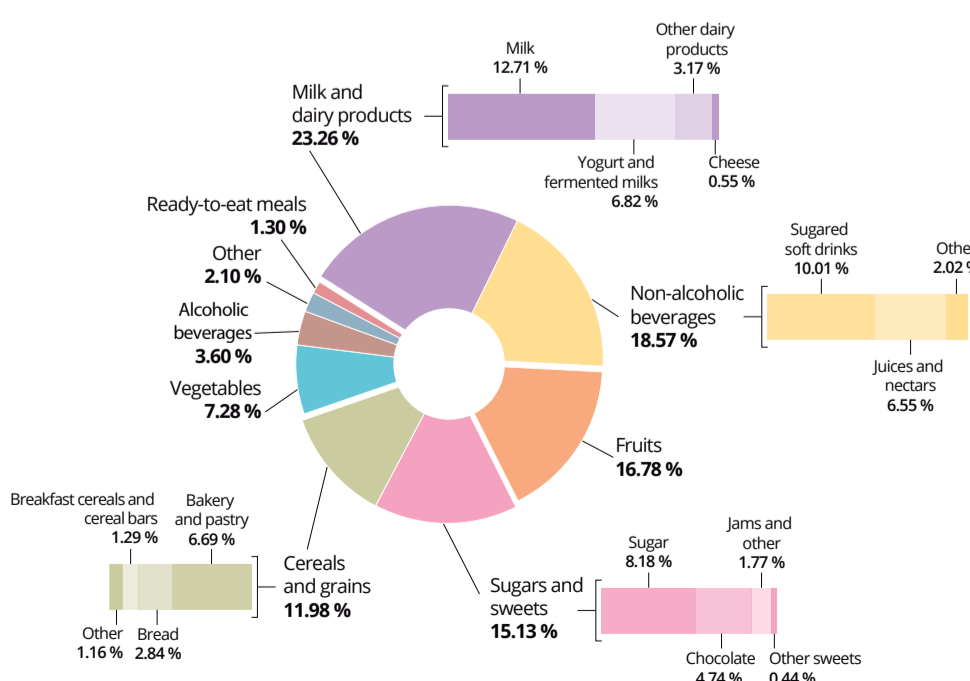
Main dietary sources of added sugars (%) from food and beverage groups and subgroups in the total population



Main dietary sources of intrinsic sugars (%) from food and beverage groups and subgroups in the total population



Main dietary sources of total sugars (%) from food and beverage groups and subgroups in the total population



Ruiz E, Varela-Moreiras G. Adequacy of the dietary intake of total and added sugars in the Spanish diet to the recommendations: ANIBES study. Nutr Hosp, 2017;34(4):45-52; doi:http://dx.doi.org/10.20960/nh.1571.