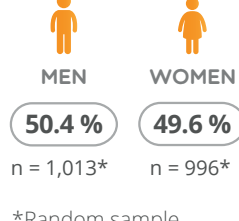


# Dietary sources and intakes of folates and vitamin B<sub>12</sub> in the Spanish population: findings from the ANIBES study

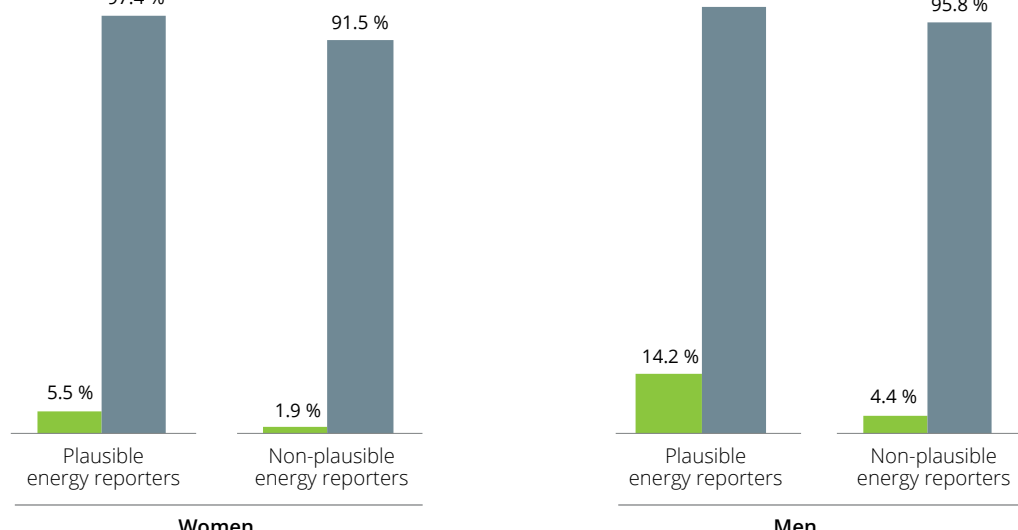
Representative sample of 2,009 individuals (9 – 75 years old)

## GENDER



\*Random sample

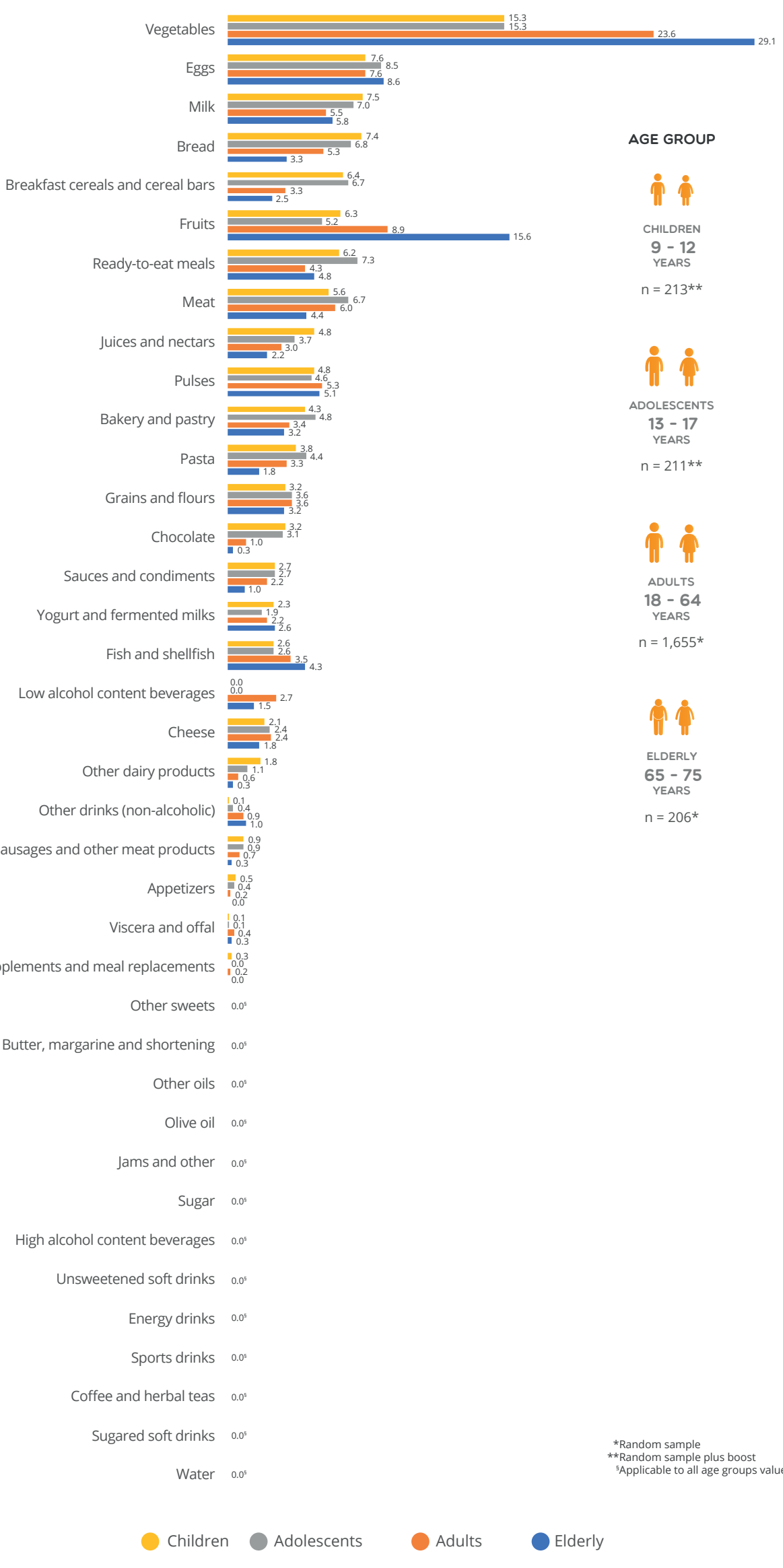
## Folates and vitamin B<sub>12</sub> prevalence of adequacy (percentage of population above 80 % RDI) by gender and reporting



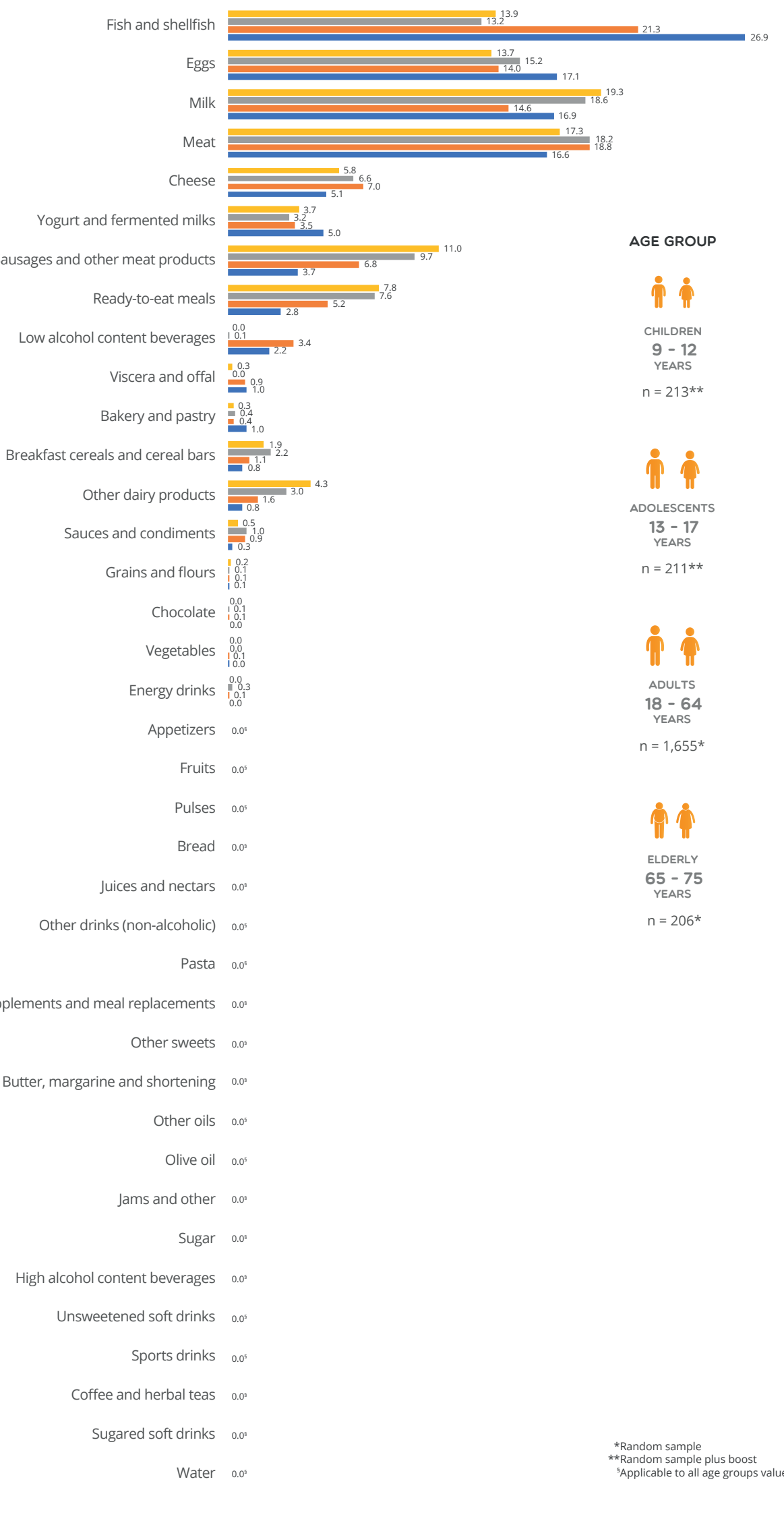
RDI: Recommended Dietary Intakes

Folates Vitamin B<sub>12</sub>

## Folates dietary sources (%) from food and beverage groups and subgroups by age



## Vitamina B<sub>12</sub> dietary sources (%) from food and beverage groups and subgroups by age



Partearroyo T, Samaniego-Vaesken MdL, Ruiz E, Olza J, Aranceta-Bartrina J, Gil Á, et al. Dietary sources and intakes of folates and vitamin B12 in the Spanish population: Findings from the ANIBES study. PLoS ONE, 2017;12(12):e0189230; doi:https://doi.org/10.1371/journal.pone.0189230.

With the participation of:



Coordinated by:

