

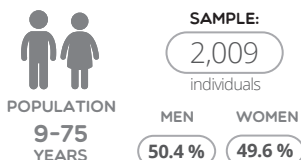
Energy intake and dietary sources in the Spanish population: Findings from the ANIBES scientific study on energy balance in Spain

CONTRIBUTION OF FOOD GROUPS AND SUBGROUPS TO THE DAILY ENERGY INTAKE

Bread, olive oil, meat, bakery and pastry and sausages and other meat products are the most energy providers

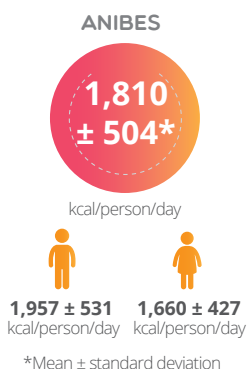
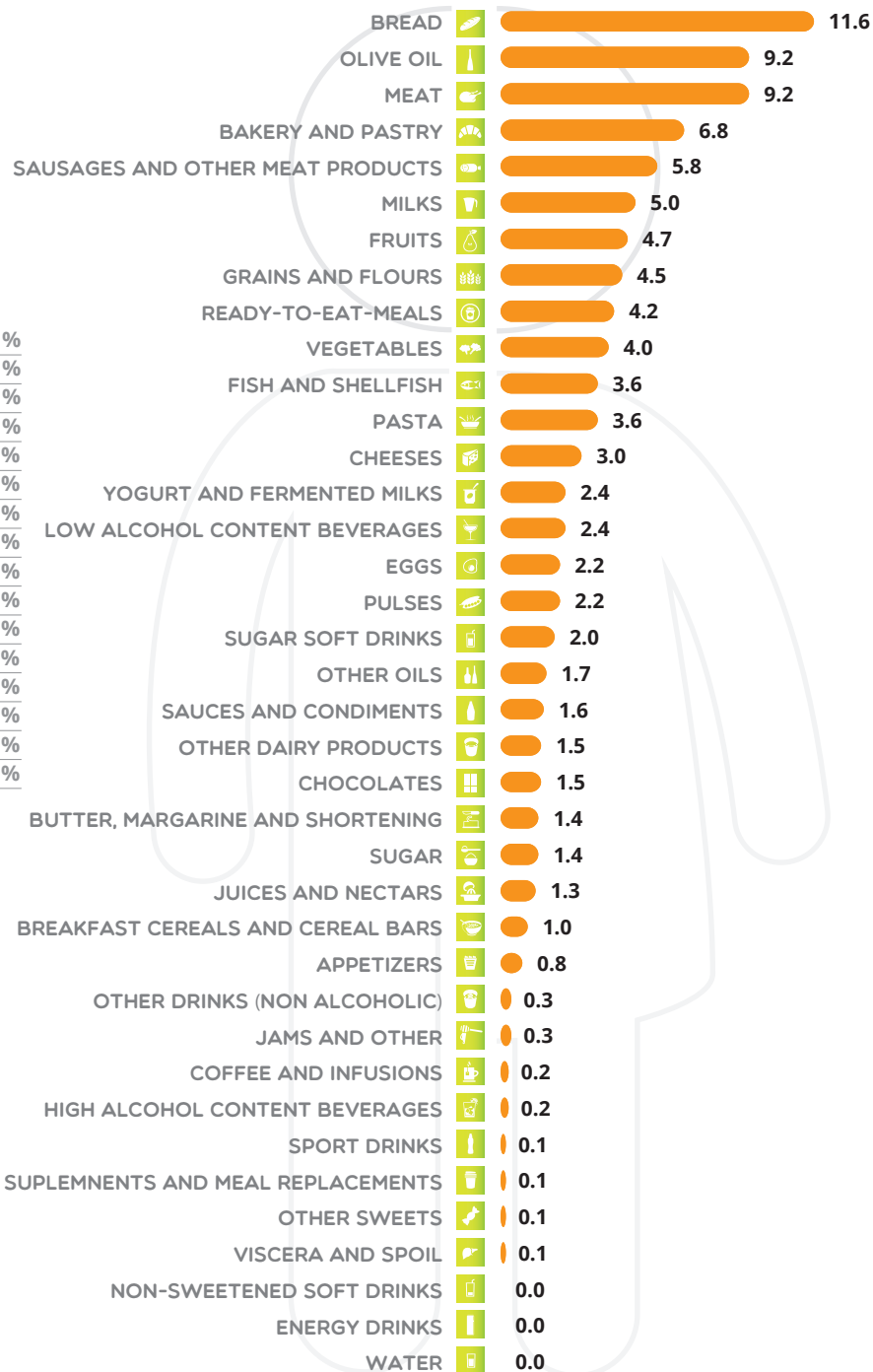
01

Dietary sources of energy from food and beverage groups and subgroups
(% kcal/person/day)



Dietary sources of energy from food and beverage groups and subgroups

Cereals and grains	27,4 %
Meat and meat products	15,2 %
Oils and fats	12,3 %
Milk and dairy products	11,8 %
Fruits	4,7 %
Ready-to-eat meals	4,2 %
Vegetables	4,0 %
Non-alcoholic beverages	3,9 %
Fish and Shellfish	3,6 %
Sugars and sweets	3,3 %
Alcoholic beverages	2,6 %
Pulses	2,2 %
Eggs	2,2 %
Sauces and condiments	1,6 %
Appetizers	0,8 %
Supplements and meal replacements	0,1 %



Ruiz E, Ávila JM, Castillo A, Valero T, del Pozo S, Rodríguez P, Aranceta-Bartrina J, Gil A, González-Gross M, Ortega RM, Serra-Majem LJ, Varela-Moreiras G. Energy Intake, Profile, and Dietary Sources in the Spanish Population: Findings of the ANIBES Study. *Nutrients*, 2015;7:4739-4762; doi:10.3390/nu7064739

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02

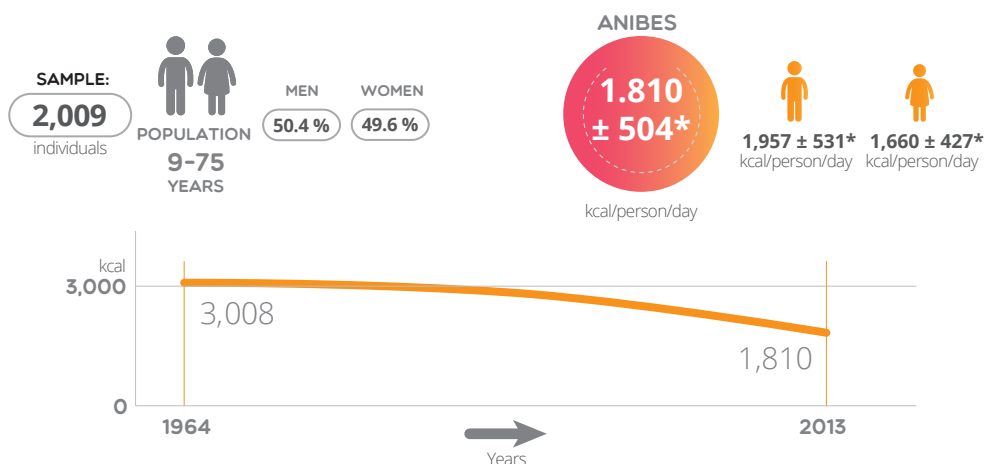
SPANISH POPULATION AND ENERGY INTAKE

During the development of the survey, energy intake was lower than in other studies

Total daily energy intake by age and sex

The current mean energy consumption for the Spanish adult population ($1,820 \pm 504^*$ kcal/person/day) is significantly lower than in 2010 (2,609 kcal/person/day) and in 1964 (3,008 kcal/person/day)

*Mean \pm standard deviation



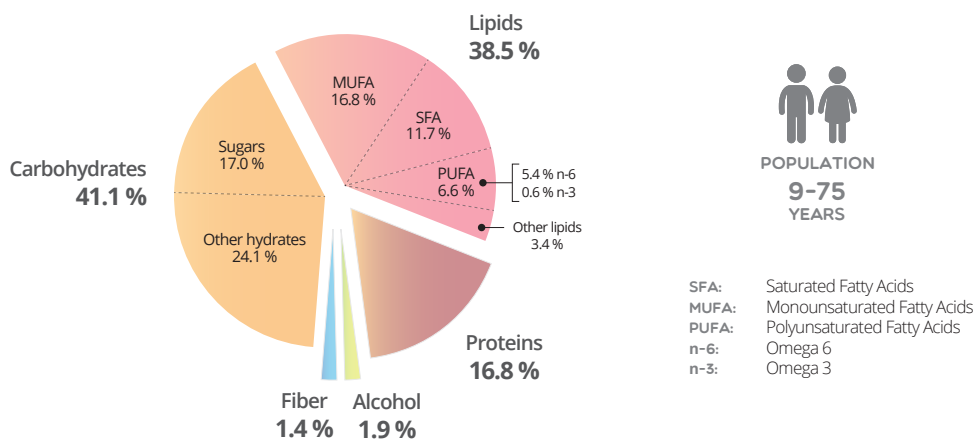
03

ENERGY AND LIPIDS PROFILE

Unbalanced caloric profile

Nutrients consumption of ANIBES Spanish population

Consumption of lipids is 38.5 %, carbohydrates 41.1 % (of which 17.0 % are sugars) and proteins is 16.8 %



STUDY DESIGN AND SAMPLING PROCEDURE

Design: Sample size representative of all individuals living in Spain (excluding Ceuta and Melilla)

Sample: Individuals aged 9-75 years living in municipalities > 2,000 inhabitants

Universe: 37 millions of inhabitants

Final sample: 2,009 individuals (2.23 % error and 95 % confidence interval)

Random simple plus booster: 2,285 participants**

Fieldwork dates: September 19th - November 16th 2013

**A boost was considered in order to have at least a n=200 per age group (error \pm 6.9 %)

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With the participation of:

Coordinated by: