





## **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

Dietary sources of energy from food and beverage groups and subgroups (% kcal/person/day) BREAD 11.6 OLIVE OIL SAMPLE: 9.2 2,009 **BAKERY AND PASTRY** SAUSAGES AND OTHER MEAT PRODUCTS 5.8 WOMEN 9-75 5.0 50.4 % 49.6 % **MILKS** YEARS 4.7 **FRUITS** Dietary sources of energy from food 4.5 **GRAINS AND FLOURS** and beverage groups and subgroups **READY-TO-EAT-MEALS** 4.2 27,4 % Cereals and grains 4.0 **VEGETABLES** 15,2 % FISH AND SHELLFISH 3.6 Oils and fats 12,3 % Milk and dairy products PASTA 3.6 11,8 % 4,7 % **CHEESES** Ready-to-eat meals 4,2 % YOGURT AND FERMENTED MILKS Vegetables 4,0 % LOW ALCOHOL CONTENT BEVERAGES Non-alcoholic beverages 3.9 % Fish and Shellfish 3,6 % Sugars and sweets 3,3 % 2.2 **PULSES** Alcoholic beverages 2.6 % SUGAR SOFT DRINKS 2.0 2.2 % OTHER OILS 2,2 % SAUCES AND CONDIMENTS Sauces and condiments 1,6 % Appertizers 0,8 % OTHER DAIRY PRODUCTS Suplements and meal replacements 0,1 % CHOCOLATES **BUTTER. MARGARINE AND SHORTENING SUGAR** 

1,810 ± 504\* kcal/person/day

1,957 ± 531
1,660 ± 427
kcal/person/day
kcal/person/day

\*Mean ± standard deviation

JUICES AND NECTARS 1.4

JUICES AND NECTARS 1.3

BREAKFAST CEREALS AND CEREAL BARS 1.0

APPETIZERS 1.0

APPETIZERS 1.0

O.8

OTHER DRINKS (NON ALCOHOLIC) 1.0

JAMS AND OTHER 1.0

LOS

COFFEE AND INFUSIONS 1.0

LOS

SPORT DRINKS 1.0

SUPLEMNENTS AND MEAL REPLACEMENTS 1.0

OTHER SWEETS 1.0

VISCERA AND SPOIL 1.0

NON-SWEETENED SOFT DRINKS 1.0

ENERGY DRINKS 1.0

WATER 1.0

Ruiz E, Ávila JM, Castillo A, Valero T, del Pozo S, Rodriguez P, Aranceta-Bartrina J, Gil A, González-Gross M, Ortega RM, Serra-Majem Ll, 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























### **Energy intake and dietary sources in the Spanish population:**

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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 ± 504\* kcal/person/day) is significantly lower than in 2010 (2,609 kcal/person/day) and in 1964 (3,008 kcal/person/day)

\*Mean ± standard deviation

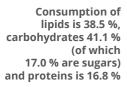


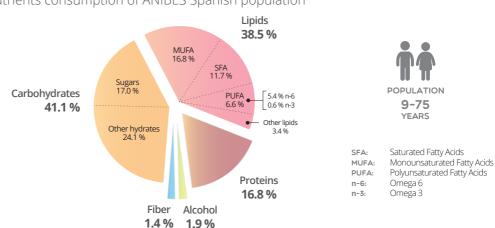
# 03

### **ENERGY AND LIPIDS PROFILE**

## **Unbalanced caloric profile**

Nutrients consumption of ANIBES Spanish population





### 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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