



WOMEN
9-75
YEARS

Energy intake and dietary sources in the Spanish women population:

Findings from the ANIBES scientific study on energy balance in Spain

CONTRIBUTION OF FOOD AND BEVERAGE GROUPS AND SUBGROUPS TO THE DAILY ENERGY INTAKE

Bread, olive oil, meat, bakery and pastry, milks and fruits are the most energy providers

SAMPLE:

996

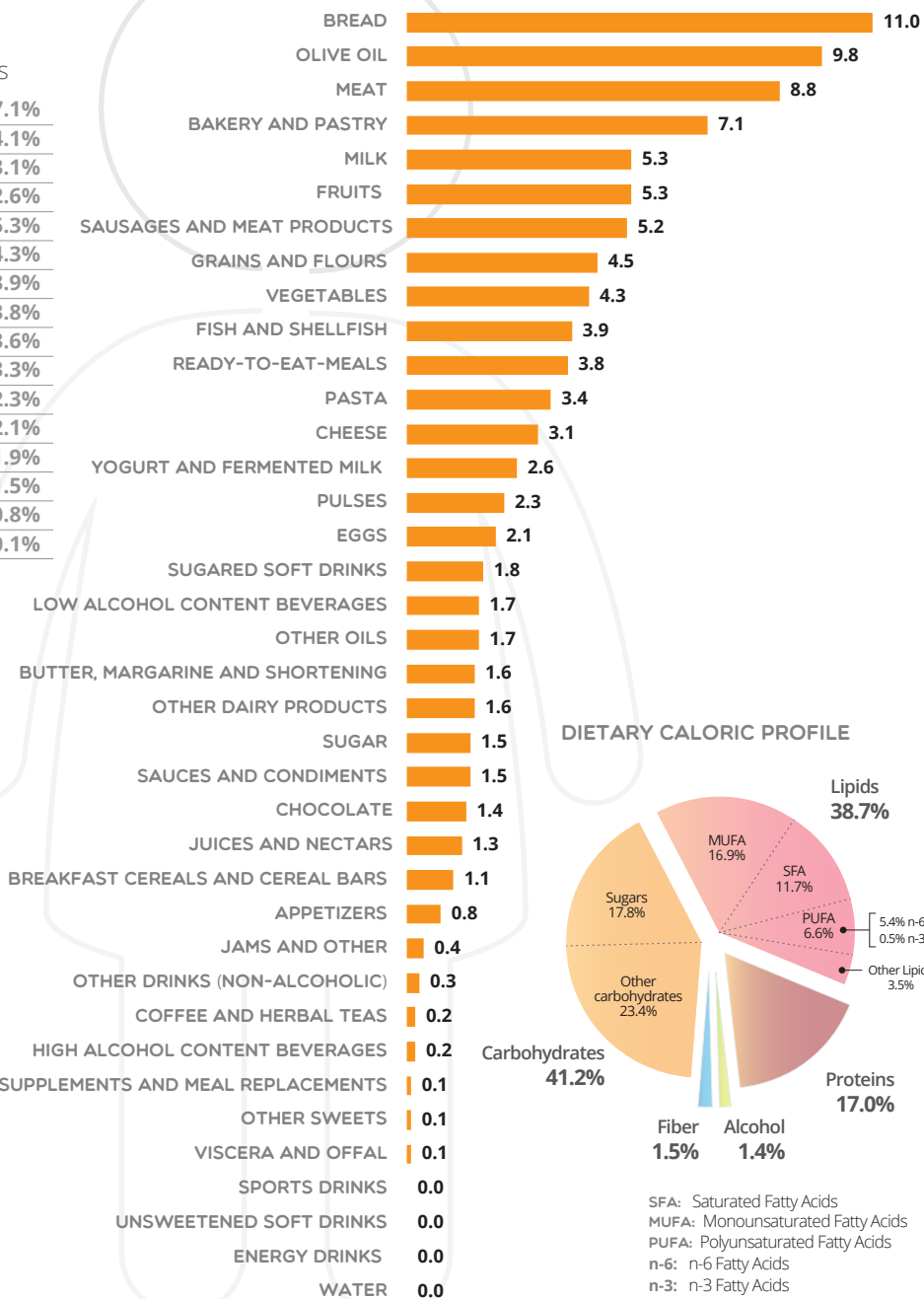
Individuals

Dietary sources of energy from food and beverage groups and subgroups

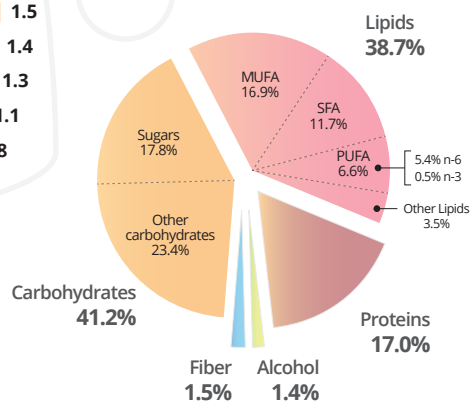
(% kcal/day/person)

Dietary sources of energy from food and beverage groups and subgroups

Cereals and grains	27.1%
Meat and meat products	14.1%
Oils and fats	13.1%
Milk and dairy products	12.6%
Fruits	5.3%
Vegetables	4.3%
Fish and Shellfish	3.9%
Ready-to-eat meals	3.8%
Non-alcoholic beverages	3.6%
Sugars and sweets	3.3%
Pulses	2.3%
Eggs	2.1%
Alcoholic beverages	1.9%
Sauces and condiments	1.5%
Appetizers	0.8%
Supplements and meal replacements	0.1%



DIETARY CALORIC PROFILE



SFA: Saturated Fatty Acids
MUFA: Monounsaturated Fatty Acids
PUFA: Polyunsaturated Fatty Acids
n-6: n-6 Fatty Acids
n-3: n-3 Fatty Acids

MEAN ENERGY INTAKE

1660
± 427*

kcal/person/day

*mean ± standard deviation

Varela-Moreiras G. Nutritional issues in Spanish women; findings of the ANIBES Study. Nutr Hosp, 2015;32(1):14-19; doi:10.3305/nh.2015.32.sup1.9472

With the participation of:



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