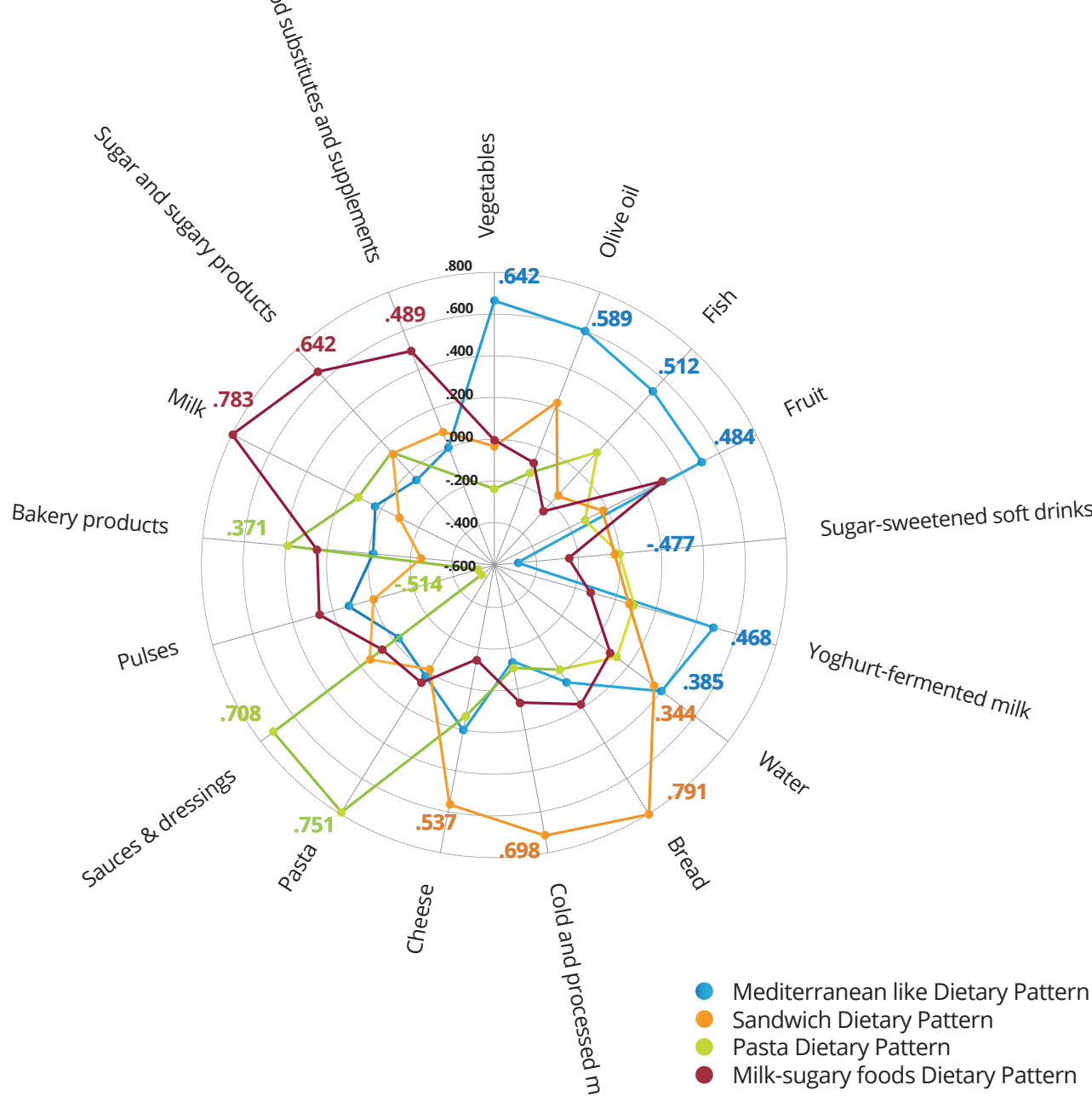


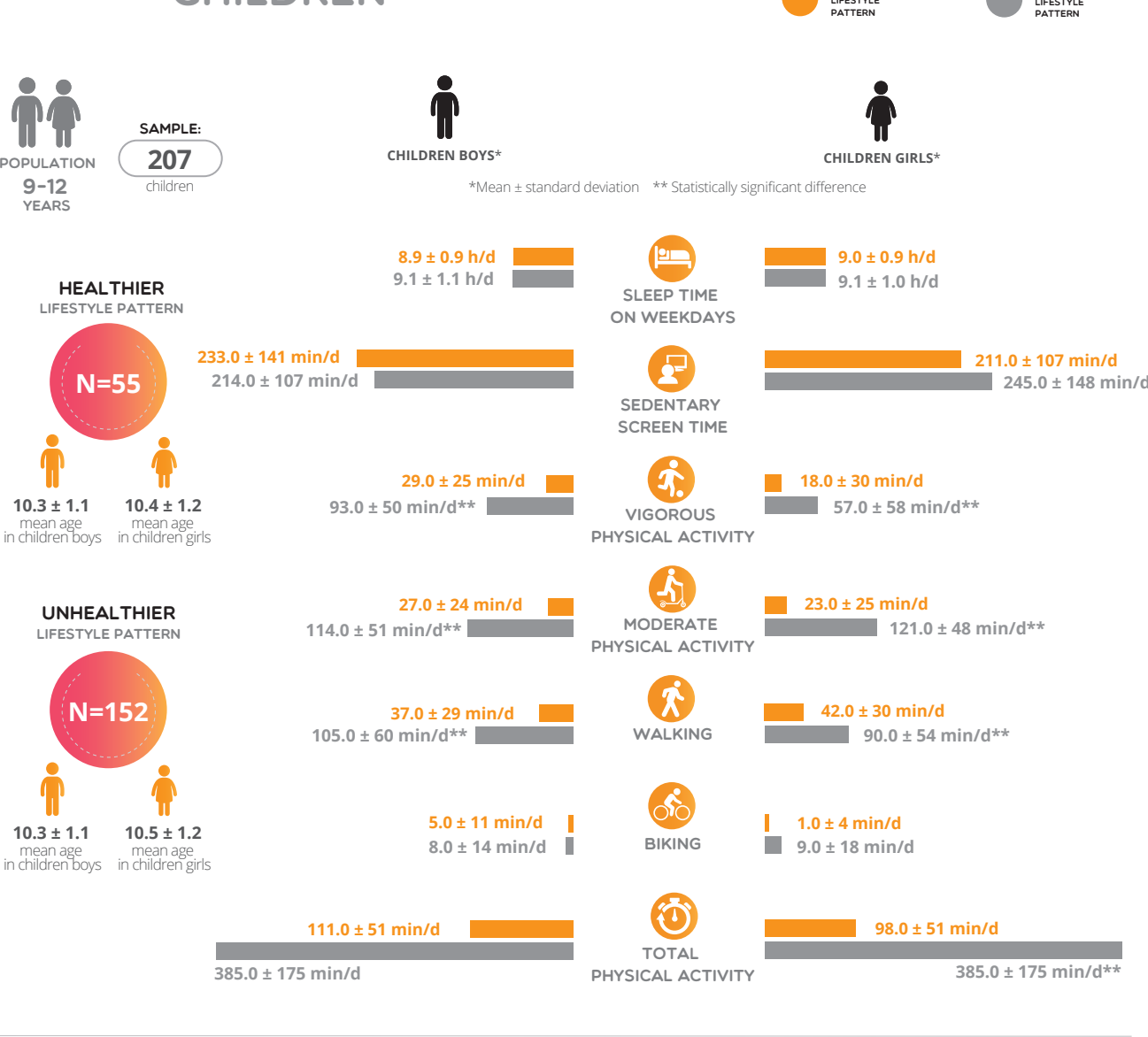
Clustering of Dietary Patterns, Lifestyles, and Overweight among Spanish Children and Adolescents in the ANIBES Study

Dietary patterns in the ANIBES scientific study

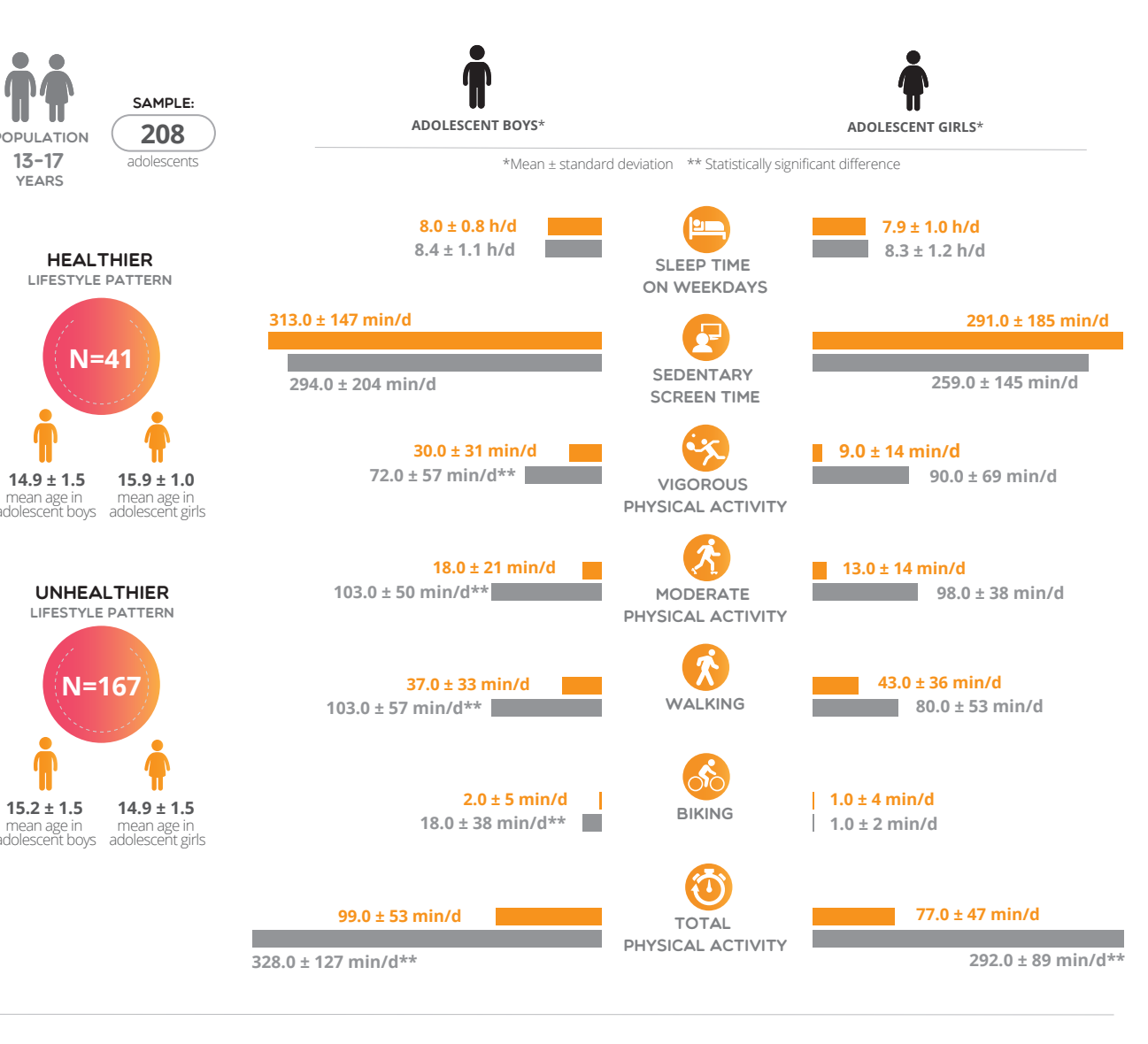


Factors in Lifestyle Patterns

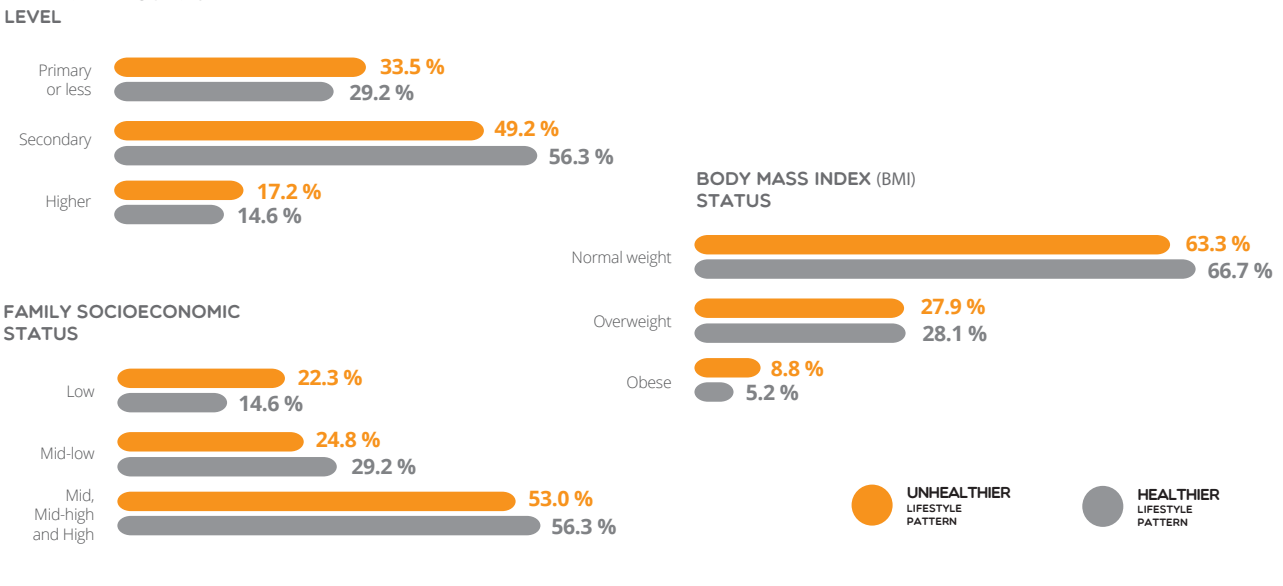
CHILDREN



ADOLESCENTS



Educational and Socioeconomic levels, and BMI status, by lifestyle pattern



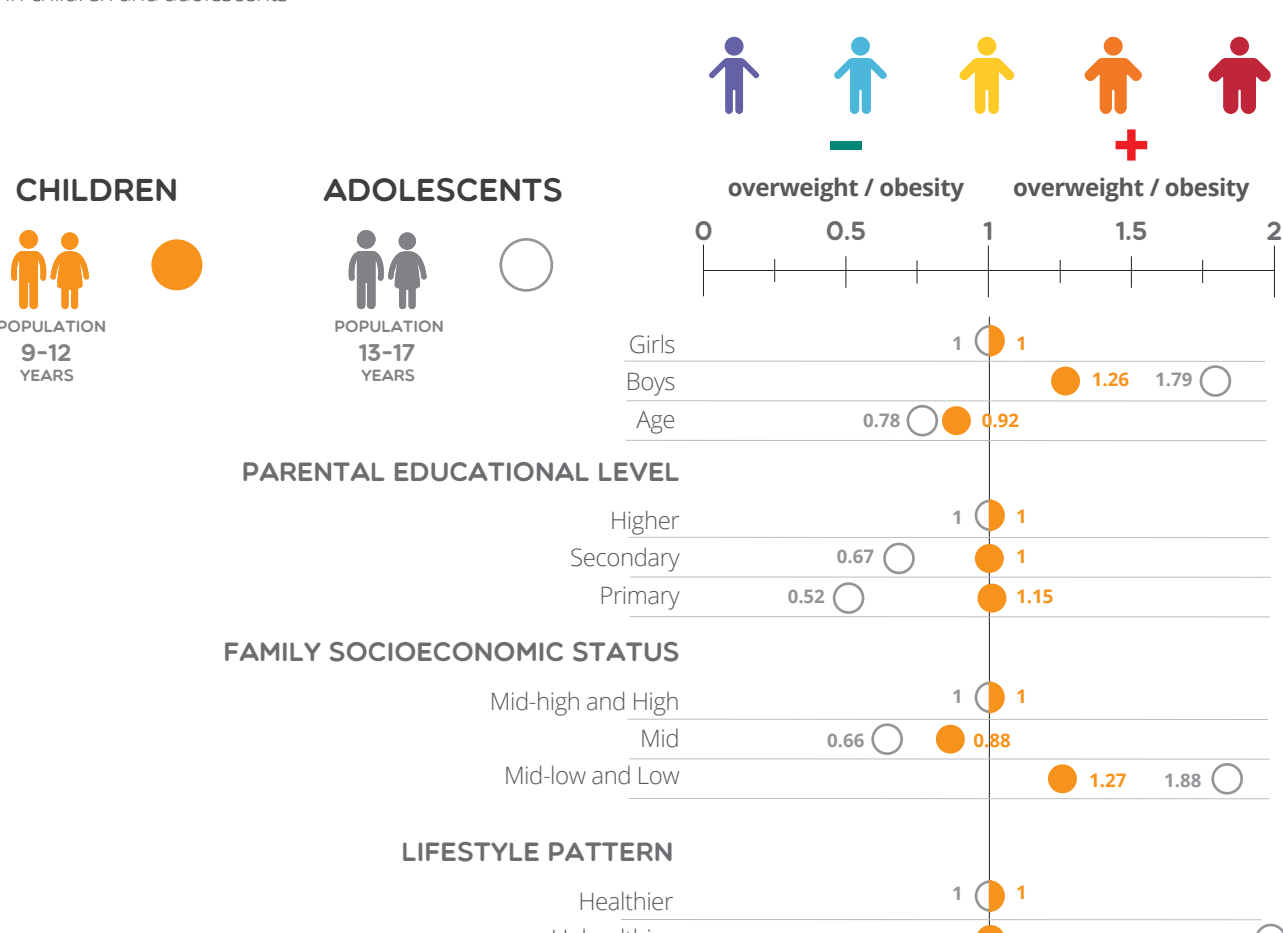
Mean consumption of food and beverages groups

POPULATION 9-17 YEARS

Food Group	UNHEALTHIER LIFESTYLE PATTERN (CHILDREN AND ADOLESCENT BOYS)	HEALTHIER LIFESTYLE PATTERN (CHILDREN AND ADOLESCENT BOYS)	UNHEALTHIER LIFESTYLE PATTERN (CHILDREN AND ADOLESCENT GIRLS)	HEALTHIER LIFESTYLE PATTERN (CHILDREN AND ADOLESCENT GIRLS)
Olive oil (ml/d)	15.4 ± 0.1	17.7 ± 0.2**	15.5 ± 0.2	13.5 ± 0.5**
Vegetables (g/d)	117.0 ± 1.0	137.0 ± 1.7**	128.0 ± 1.2	148.0 ± 3.3**
Fruit (g/d)	88.7 ± 2.1	122.0 ± 2.8**	106.0 ± 2.0	147.0 ± 6.1**
Pulses (g/d)	12.9 ± 0.1	13.3 ± 0.2	13.2 ± 0.1	13.4 ± 0.2
Fish (g/d)	37.8 ± 0.3	55.2 ± 0.5**	41.9 ± 0.2	80.4 ± 0.7**
Bread (g/d)	95.5 ± 1.8	96.7 ± 3.1	80.8 ± 1.6	79.0 ± 4.5
Pasta (g/d)	24.7 ± 0.8	23.8 ± 0.6	19.1 ± 0.2	15.5 ± 0.6
Bakery products (g/d)	48.3 ± 1.3	46.1 ± 2.3	41.1 ± 0.8	48.4 ± 2.4
Sugar and sugary products (g/d)	23.8 ± 0.3	20.8 ± 0.6**	24.0 ± 0.6	24.1 ± 1.8
Milk (g/d)	274.0 ± 2.8	247.0 ± 4.8**	208.0 ± 2.6	209.0 ± 7.8
Cheese (g/d)	16.0 ± 0.4	17.2 ± 0.6	15.0 ± 0.4	21.9 ± 0.9**
Yoghurt and fermented milk (g/d)	51.8 ± 1.3	73.3 ± 2.2**	50.2 ± 1.6	69.1 ± 4.8**
Meats (g/d)	105.0 ± 1.0	117.0 ± 1.5**	88.6 ± 1.2	79.4 ± 2.7**
Cold and processed meats (g/d)	59.4 ± 0.9	51.4 ± 1.6	48.7 ± 0.9	50.6 ± 2.9
Water (g/d)	582.0 ± 5.2	627.0 ± 9.3**	526.0 ± 0.8	629.0 ± 2.3**
Sugared soft drinks (g/d)	143.0 ± 3.8	98.1 ± 5.2**	95.6 ± 2.9	66.8 ± 6.8**
Juices (g/d)	115.0 ± 1.9	126.0 ± 3.5**	114.0 ± 1.9	159.0 ± 5.3**
Sauces and dressings (g/d)	15.4 ± 0.2	15.8 ± 0.4**	14.0 ± 0.2	15.4 ± 0.7

*Mean (± standard error) **P < 0.05

Prevalence ratio of overweight/obesity in children and adolescents



Pérez-Rodrigo C, Gil A, González-Gross M, Ortega RM, Serra-Majem LI, Varela-Moreiras G, Aranceta-Bartrina J. Clustering of dietary patterns, lifestyles, and overweight among Spanish children and adolescents in the ANIBES study. *Nutrients*. 2016;8(11):1-17; doi:10.3390/nu8010011.