

# Macronutrient Distribution and Dietary Sources in the Spanish Population: Findings from the ANIBES Study

Representative sample of 2,285 individuals aged 9-75 years old

## SEX



MEN

50.4 %



WOMEN

49.6 %

## AGE GROUPS



CHILDREN  
9-12  
YEARS



ADOLESCENTS  
13-17  
YEARS



ADULTS  
18-64  
YEARS

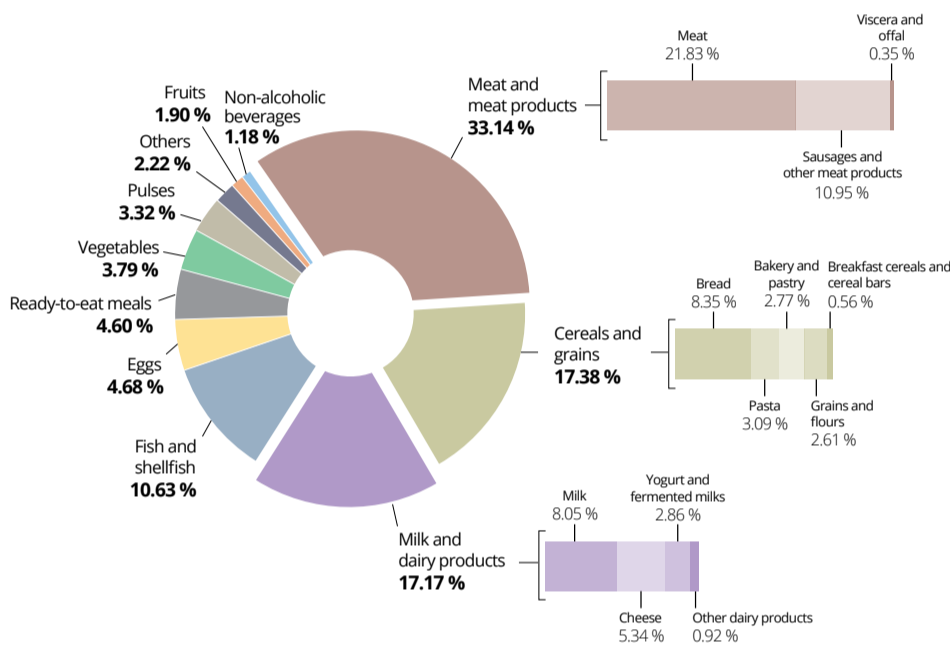


SENIORS  
65-75  
YEARS

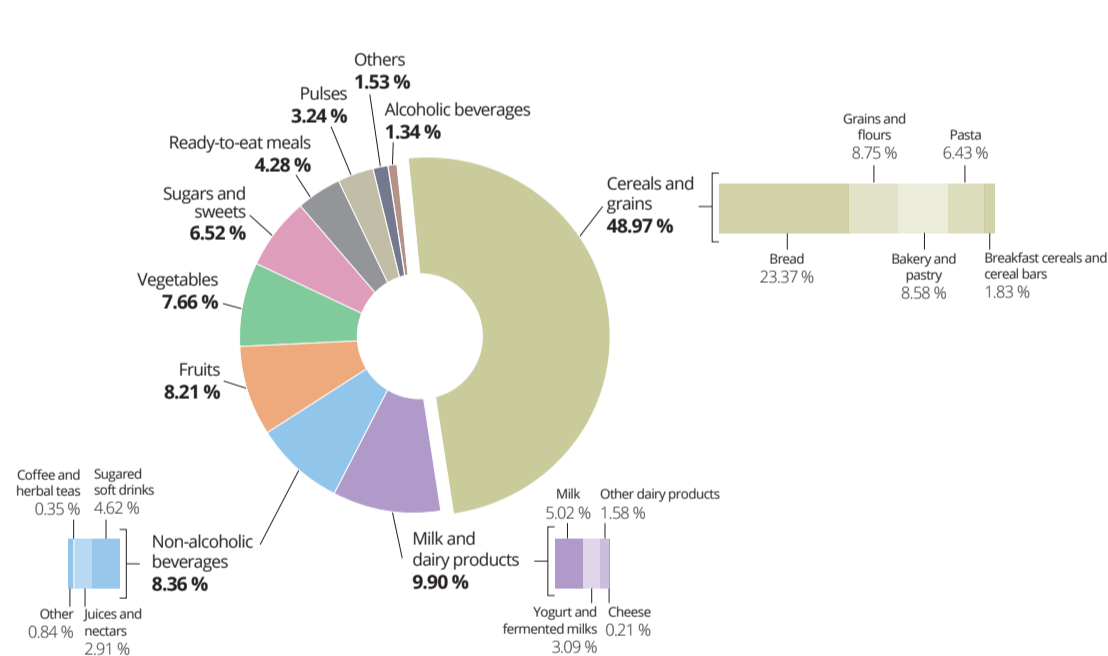
## Daily nutrient intake and distribution in the Spanish ANIBES study population (9-75 years old)

Nutrients	Mean	SD
Proteins (g)	74.5	22.4
Carbohydrates (g)	185.4	60.9
Sugar (g)	76.3	33.9
Lipids (g)	78.1	26.1
Saturated Fatty Acids (g)	24.0	9.5
Monounsaturated Fatty Acids (g)	33.7	11.3
Polyunsaturated Fatty Acids (g)	13.4	6.1
Omega-6 (g)	11.1	5.5
Omega-3 (g)	1.3	11.6
Cholesterol (mg)	315.0	137.0
Fiber (g)	12.7	5.6
Alcohol (g)	5.4	10.6
Water (mL)	1,626.0	641.0

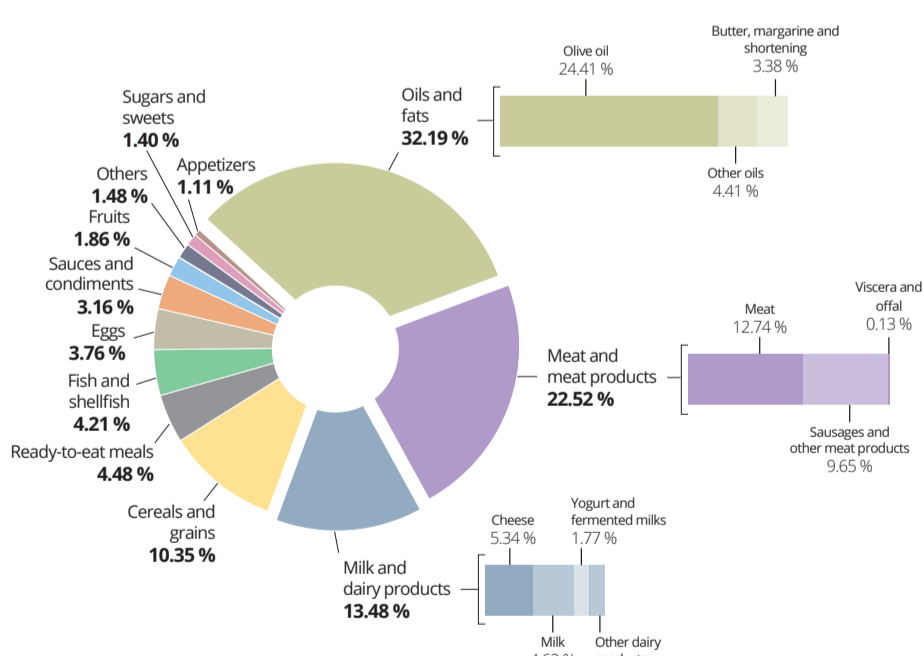
## Protein intake (by food and beverage groups and subgroups)



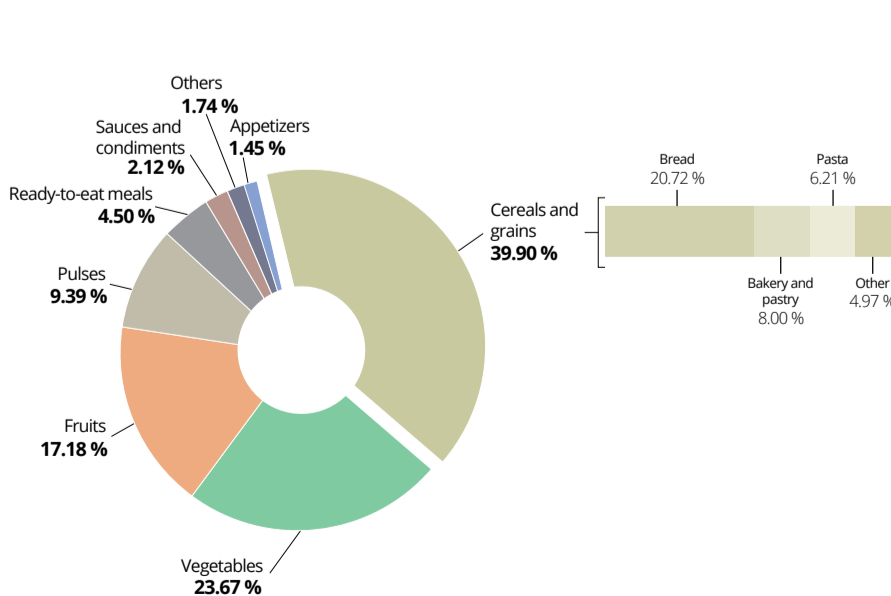
## Carbohydrate intake (by food and beverage groups and subgroups)



## Lipid intake (by food and beverage groups and subgroups)



## Fiber intake (by food and beverage groups and subgroups)



Ruiz E, Ávila JM, Valero T, del Pozo S, Rodríguez P, Aranceta-Bartrina J, Gil A, González -Gross M, Ortega RM, Serra-Majem LI, Varela-Moreiras G. Macronutrient Distribution and Dietary Sources in the Spanish Population: Findings from the ANIBES Study. *Nutrients*, 2016;8(3):177; doi:10.3390/nu8030177.