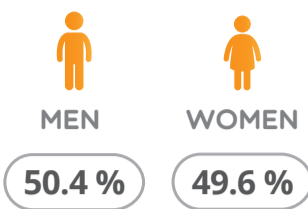


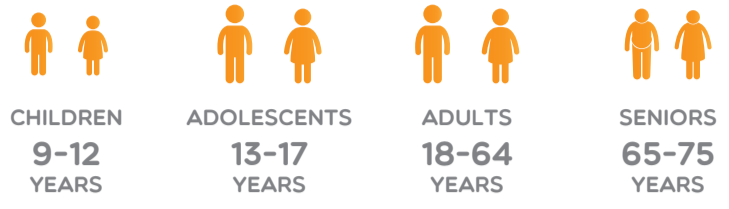
# Beverage Consumption Habits and Association with Total Water and Energy Intakes in the Spanish Population: Findings of the ANIBES Study

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

## SEX



## AGE GROUPS



## Contribution of food and beverages to water intake

	Total*	Men*	Women*
Sample (n individuals)	2,007	1,011	996
<b>All food and drink (g/day)</b>	1,625.1 ± 14.2	1,664.2 ± 21.2	1,585.5 ± 18.9
<b>Food only (%)</b>	32.2 ± 0.3	32.4 ± 0.3	32.1 ± 0.4
<b>Beverages only (%)</b>	67.8 ± 0.3	67.6 ± 0.3	67.9 ± 0.4
Water	31.2 ± 0.4	29.5 ± 0.6	32.9 ± 0.6
Milk	11.8 ± 0.2	11.3 ± 0.3	12.3 ± 0.3
Hot beverages	7.7 ± 0.2	7.0 ± 0.2	8.3 ± 0.3
Caloric soft drinks	6.1 ± 0.2	6.9 ± 0.4	5.2 ± 0.3
Alcohol	5.7 ± 0.2	7.6 ± 0.4	3.7 ± 0.2
Fruit & Vegetable Juices	2.8 ± 0.1	3.0 ± 0.2	2.5 ± 0.2
Diet soft drinks	2.3 ± 0.1	1.8 ± 0.2	2.7 ± 0.2
Other non-alcoholic beverages	0.3 ± 0.0	0.3 ± 0.1	0.2 ± 0.0

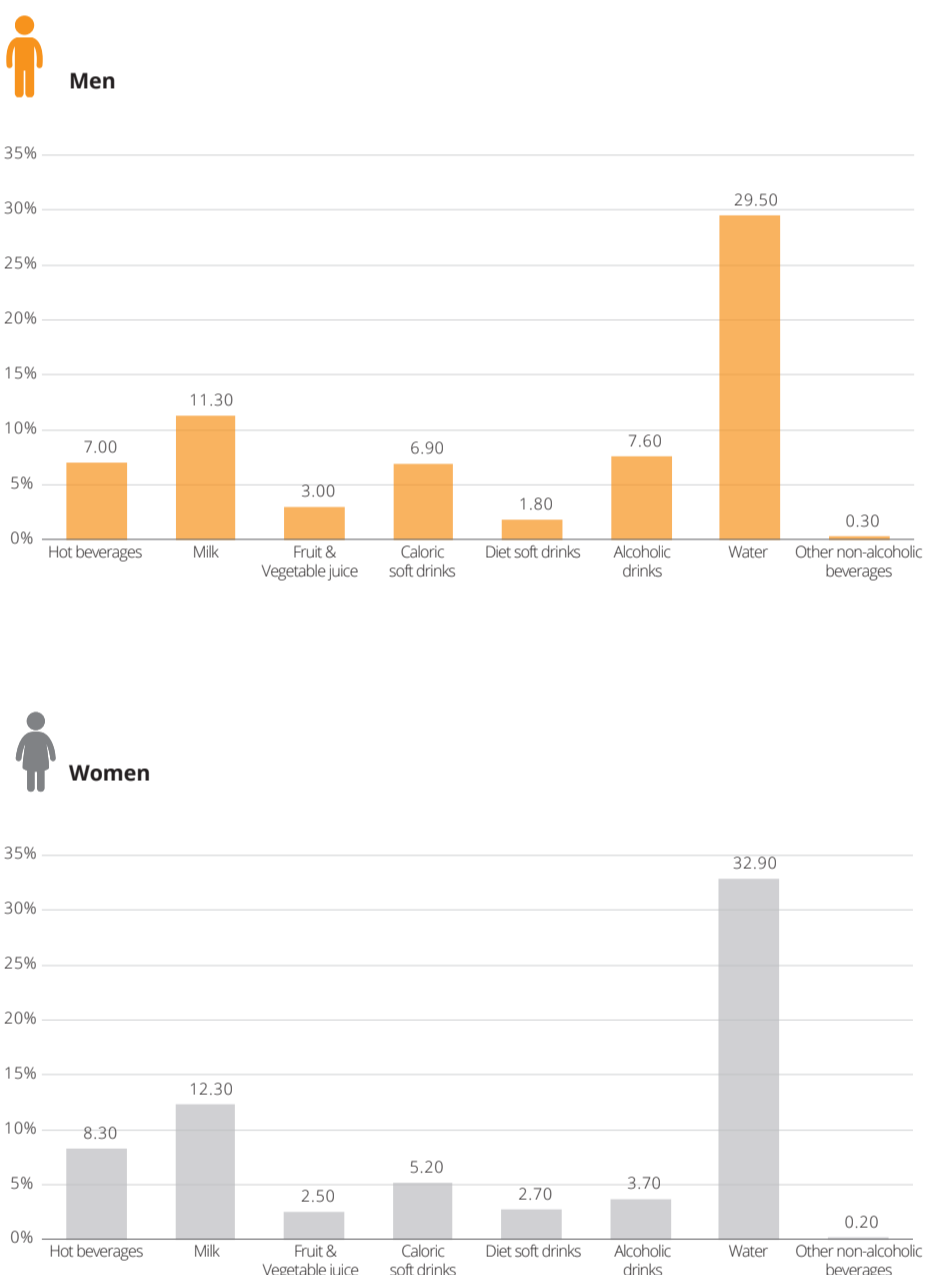
\* Mean ± standard error

## Contribution of food and beverages to total energy intake

	Total*	Men*	Women*
Sample (n individuals)	2,007	1,011	996
<b>All food and drink (kcal/day)</b>	1,809.0 ± 11.1	1,955.7 ± 16.4	1,660.1 ± 13.5
<b>Food only (%)</b>	87.8 ± 0.1	87.2 ± 0.2	88.4 ± 0.2
<b>Beverages only (%)</b>	12.2 ± 0.1	12.8 ± 0.2	11.6 ± 0.2
Milk	5.6 ± 0.1	5.1 ± 0.1	6.0 ± 0.1
Alcohol	2.7 ± 0.1	3.5 ± 0.2	1.9 ± 0.1
Caloric soft drinks	2.2 ± 0.1	2.4 ± 0.1	2.0 ± 0.1
Fruit & Vegetable Juices	1.3 ± 0.1	1.4 ± 0.1	1.2 ± 0.1
Hot beverages	0.4 ± 0.0	0.4 ± 0.0	0.5 ± 0.0
Diet soft drinks	0.0 ± 0.0	0.0 ± 0.0	0.0 ± 0.0
Other non-alcoholic beverages	0.0 ± 0.0	0.0 ± 0.0	0.0 ± 0.0
Water	-	-	-

\* Mean ± standard error

## Beverages consumed (%) over a period of three consecutive days



## Beverage consumption according to time of day by age and gender



Nissensohn M, Sánchez-Villegas A, Ortega RM, Aranceta-Bartrina J, Gil A, González-Gross M, Varela-Moreiras G, Serra-Majem LI. Beverage Consumption Habits and Association with Total Water and Energy Intakes in the Spanish Population: Findings of the ANIBES Study. *Nutrients*, 2016;8(4):232; doi:10.3390/nu8040232.