



PRESS RELEASE

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Published the research 'Low Adherence to Dietary Guidelines in Spain, Especially in the Overweight/Obese Population: The ANIBES Study'

The ANIBES Study evaluates adherence to the dietary guidelines of the Spanish population according to their BMI and fat distribution

- The international scientific journal 'Journal of the American College of Nutrition' publishes this research focused on the analysis of the adherence to the dietary guidelines in the Spanish population taking into account its weight value and the Waist-Height ratio
- This work highlights the elevated proportion of individuals in the Spanish population who do not meet the existing recommended dietary guidelines in terms of consumption of fruits and vegetables, cereals, milk and dairy products, which are consumed less than recommended
- Women with abdominal adiposity consumed lower amounts of cereals and high-sugar foods, but more fruits and vegetables and non-alcoholic drinks than those without abdominal adiposity

[The international scientific journal 'Journal of the American College of Nutrition'](#) recently published the research 'Low Adherence to Dietary Guidelines in Spain, Especially in the Overweight/Obese Population: [The ANIBES Study](#)'. This new research focuses on the effective analysis of food intake within the Spanish population taking into account its weight values and the fat distribution.

It is a new research that includes unprecedented results within the scientific research about anthropometric data, macronutrients and micronutrients intake and their sources, as well as the level of physical activity and socioeconomic data of the population, which was coordinated by the [Spanish Nutrition Foundation](#) (FEN in Spanish).

"This work highlights the elevated proportion of individuals in the Spanish population who do not meet the existing recommended dietary guidelines in terms of consumption of fruits and vegetables, cereals, milk and dairy products, which are consumed less than recommended", pointed out Prof. **Rosa M^a Ortega**, Director of the VALORNUT Research

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Spanish Nutrition Society (SEN)



Spanish Society of Community Nutrition (SENC)



Spanish Foundation for Nutritional Research (FEN)



Nutrition Studies Association (ASEN)



Group and Professor of Nutrition at the Complutense University of Madrid and main researcher of this work. "At the same time, it was observed that the consumption of meat and meat products was higher than recommended".

Taking as reference the parameters included in the guidelines, "94.6% of the ANIBES population did not consume the five recommended daily servings of fruit and vegetables", explained Prof. Rosa M^a Ortega. "Moreover, 84.2% ingested less than four servings per day of cereals and 66.4% of the sample consumed less than two servings per day of dairy products".

On the other hand, "59% of the population had more than one serving of meat and meat products per day, which contrasts with 60% of this population that did not even consume half a serving of eggs or fish per day", explained the author of this study.

Adherence in people with overweight or obesity

Taking into account the differences of dietary habits based on fat distribution, "men with higher risk (Waist-Height ratio ≥ 0.5) had a lower consumption than recommended of meat, eggs and fish, but had an intake of fruits, vegetables and cereals higher than those without risk (Waist-Height ratio < 0.5)", explained the main researcher of this study. "With regard to women with a Waist-Height ratio equal or higher than 0.5, they had a lower intake of eggs and fruit than the women with a Waist-Height ratio lower than 0.5, but with a higher consumption of whole grains than them".

On the other hand, if the Body Mass Index (BMI) is taken as reference, "women with overweight or obesity, as well as with abdominal adiposity participating in the ANIBES Study had a low consumption of foods high in fat and simple sugars, usually restricted in weight loss programs", insisted Prof. Rosa M^a Ortega. "The results of this work indicate that the population with excess weight, and who are usually more concerned about this situation, eat a higher amount of foods that they believe are more appropriate for weight control".

Besides, "female population with obesity had a high intake of fish, fruit and legumes and took less breakfast cereals and dairy products", concludes the researcher. "It was also observed that women with overweight and with obesity consume less food high in sugars and more sugar-free drinks than those with lower weight, and the women who show abdominal obesity take less cereals and foods high in sugars, but higher amounts of fruits, vegetables and non-alcoholic drinks than the women without abdominal obesity".

With regard to the male population, this study has proved that "those with overweight or obesity and abdominal adiposity had cereal consumption, as well as fruits and vegetables, much lower than the dietary guidelines recommendations".

Rodríguez-Rodríguez E, Aparicio A, Aranceta-Bartrina J, Gil A, González-Gross M, Serra-Majem LI, Varela-Moreiras G, Ortega RM. Low adherence to dietary guidelines in Spain, especially in the overweight/obese population: The ANIBES Study. *J Am Coll Nutr*, 2016;12:1-8; doi:10.1080/07315724.2016.1248246.

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Spanish Nutrition Society (SEN)



Spanish Society of Community Nutrition (SENC)



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Technical specifications of the ANIBES Study

Design: Representative sample of the resident population in Spain (excluding Ceuta and Melilla)

Sample: Individuals aged between 9 and 75 years old who live in municipalities with more than 2,000 inhabitants

Universe: 37 million inhabitants

Final sample: 2,009 individuals (2.23% error and 95% margin of confidence)

Random sample plus boost: 2,285 participants*

*Boost in the sample size was considered in order to obtain a correct representation

The final protocol of the ANIBES scientific study was previously approved by the Clinical Ethics Committee of the Autonomous Region of Madrid (Spain).

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