Rodríguez Alonso, P.; Del Pozo de la Calle, S.; Valero Gaspar, T.; Ruiz Moreno, E.; Ávila Torres, JM.; Varela-Moreiras, G.
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Nutrición Hospitalaria, vol. 32, núm. 2, diciembre, 2015, p. 46
Grupo Aula Médica
Madrid, España

Available in: http://www.redalyc.org/articulo.oa?id=309243334080
Beverages consumption and energy contribution from the ANIBES study

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Introduction: The purpose of this ANIBES study was to contribute to updating data of dietary energy intake and its main sources from food and beverages.

Objective: To evaluate alcoholic and non-alcoholic beverages intake and percentage of energy input by beverages in The ANIBES study.

Method: The sample was representative and composed of residents in Spain between 9 and 75 years old. Study participants were provided with a tablet device and trained in how to record information by taking photos of all food and drinks consumed during three days. Food records were returned from the field in real time by coders. VD-FEN2.1 software was used to calculate energy intake and food consumption records.

Results: In The ANIBES study, the average consumption of non-alcoholic beverage was 851 g/person/day and alcohol beverage consumption was 99 g/person/day. Within the group of non-alcoholic beverages water is the most consumed beverage (570 g/d) followed by sugared soft drinks (88 g/d). For alcoholic beverages the low alcohol content drinks are largely the most consumed beverages (97 g/d). Energy contribution from non-alcoholic beverages was 3.9% and from alcoholic beverages 2.6% of the total energy intake. Juices and nectars provide 2.9% of the total energy intake in children. Sugared soft drinks represent 3.4% of total energy intake in adolescents. Low alcohol content beverages represent 2.6% and 3.3% of the total energy intake in adults and elderly respectively.

Conclusion: The most consumed beverage group was the non-alcoholic beverages, representing 3.9% of the total energy intake.

Acknowledgements: The study was financially supported by a grant from Coca-Cola Iberia through an agreement with the Spanish Nutrition Foundation (FEN).

Key words: energy intake, ANIBES study.

DOI:10.3305/nh.2015.32.sup2.10335