XXVIII Reunión de la Sociedad Española de Nutrición
Salud y bienestar: investigando en nutrición
SORIA
20-22 de junio de 2019

Data consumption on fruit juices: findings from the ANIBES Study

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Introduction

Currently, there is a lot of controversy about the consumption of juices. In order to make appropriate recommendations, accurate data regarding preferences, consumption and contribution to the diet are needed.

Objectives

To know the consumption of the different juices and nectars per age groups and their energy contribution to the diet.

Methodology

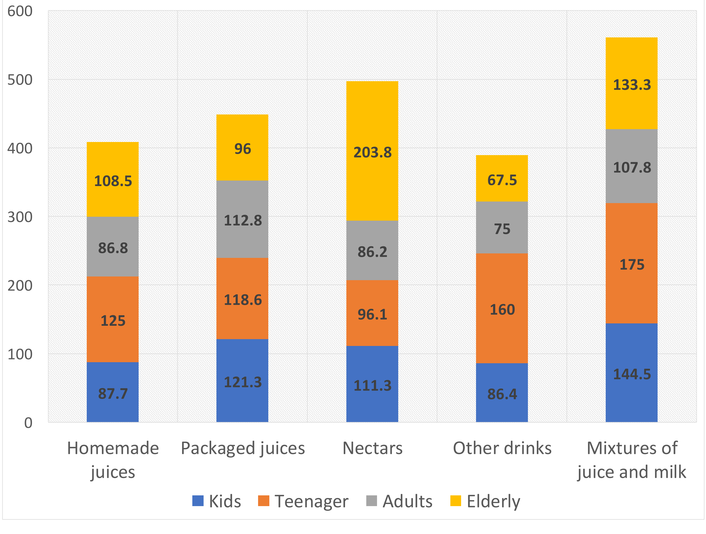
The ANIBES Study includes a representative sample of the Spanish population between 9 and 75 years, with 2,009 participants. The random sample plus additional participants includes 2,285 participants, being representative to all age groups. The ANIBES Study consisted of a 3-day dietary recall (2 weekdays and 1 weekend day), fulfilled with a tablet device, where descriptions of consumed food, and photograhs before and after consumption were carried out. Ingredients and grams were codified by dieticians.

Results

Juices and nectars variants are consumed by 31.2% of ANIBES sample. With increasing age range, there is a reduction in the juice consumption. Regarding the type of juices, children and teenagers are the highest consumers of “juice and milk mixtures” (23.5%, 20.4%) followed by bottled juices (22.1%, 19.9%) and nectars (20.2%, 18%). Instead, home-made juices and bottled juices are more consumed by adults and elderly people (home-made juices: 10.9%, 8.3%) (bottled juices: 10.5%, 6.3%). This subgroup of food represents 1.3% of the daily energy intake (2,83% in children; 2,46% in teenagers; 1.23% in adults; and 0.91% in elderly people). The average juice intake is 130.3 g/person/day (145.8 g/person/day for men and 114.8 g/person/day for women).

Conclusion

Almost one third of the population consumes some kind of juice. However, the contribution of this food group to the total energy intake is low. It is essential to conduct studies where juice categories are separated; thereby, a better diet assessment and specific recommendations can be made.



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