Evolution of drinks availability in households from Spain in the last 50 years

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Introduction: There is a continuous need of updating the food and beverage consumption and dietary patterns and trends in Spain.

Objective: to describe the evolution of Spanish household drinks availability from the 60’s to nowadays.

Method: This study is based on household food purchases evaluated by the National Statistics Institute (1964-1991) and Spanish Ministry of Agriculture, Food and Environment (2000-2014) in collaboration with the Spanish Nutrition Foundation (FEN).

Results: Many differences are observed regarding the consumption of beverages in Spain, between the 60’s and 2014. Consumption of alcoholic beverages has decreased (50% -1964: 145 g/person/day; 1991: 113 g/person/day; 2000: 78.4 g/person/day and 2014: 72.6 g/person/day-) and consumption of non-alcoholic has increased (721% -1964: 46 g/person/day; 1991: 96 g/person/day; 2000: 240 g/person/day and 2014: 332 g/person/day).

In 2014, the most consumed alcoholic beverage was beer (41.3 g/day), followed by wine (23.0 g/day). Regarding non-alcoholic beverages the most consumed was water (144 g/day), followed by cola (ordinary: 30.7 g/day and diet: 20.5 g/day).

In 2014, alcoholic beverages contributed 2% of the available energy and sugars and non-alcoholic 3% of energy and 16% of sugars while in 2000 alcoholic beverages contributed 2% energy and 1% sugars and non-alcoholic 4% energy and 23 sugars.

Conclusion: In the last decades, there were significant changes in the patterns of intake of drinks, with a dramatic increase in non-alcoholic drinks consumption especially in some Spanish regions whereas a decline in alcoholic beverages consumption was observed.

Key words: non-alcoholic drinks, alcoholic drinks.

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