

Weights, measures and portion sizes for foods and beverages: findings from the ANIBES-study in Spain

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

Objective: Establish a consensus about consumer food serving from the portions that had been used in The ANIBES Study.

Method: The data used were obtained from photos taken by The ANIBES Study participants through their tablet devices. Subsequently, codified, analyzed and collected by experts.

Results: NON-ALCOHOLIC BEVERAGE: Sugared soft drinks, Juices and nectars, Other drinks, Coffee and infusions, Unsweetened soft drinks and Water (Portion size (PS):200 and Serving size (SS):225); Sports drinks and energy drinks PS:500/SS:225. ALCOHOLIC BEVERAGES: Low alcohol content beverage (beer PS:200/SS:200, wine PS:90/SS:90); High alcohol content beverage (spirits PS:35/SS:35, rum PS:50/SS:50). GRAINS: Bread PS:30/SS:50; Bakery and pastry PS:50/SS:90; Grains and flours PS:10/SS:35; Pasta PS:70/SS:70; Breakfast cereals and cereal bars PS:30/SS:30. MILK AND DAIRY PRODUCTS: Milks PS:200/SS:225; Cheeses PS:40/SS:40; Yogurt and fermented milk PS:125/SS:125. EGGS: Egg PS:64/SS:64. SUGARS AND SWEETS: Chocolate PS:25/

SS25; Sugar PS:12/SS:12; Marmalade and jam PS:15/SS:20. OILS AND FATS: Olive oil PS:10/SS:10; Other oils PS:10/SS:10; Butter, margarine and shortening PS:15/SS:15. VEGETABLES: Vegetables PS:200/SS:200; Potatoes PS:170/SS:170. PULSES: Chick pea, kidney beans and lentils PS:70/SS:70. FRUITS: Fresh fruits PS:200/SS:200; Canned fruits PS:150/SS:150; Dried fruits PS:10/SS:30; Nuts and seeds PS:25/SS:25. MEAT AND MEAT PRODUCTS: Meat PS:150/SS:150; Sausages and other meat products PS:20/SS:80. FISH AND SHELLFISH: Fresh fish PS:200/SS:200; Shellfish PS:150/SS:150; Canned fish PS:82/SS:82.

Conclusion: This study will allow the creation of a new consensus document of consumer food serving, in order to suggest recommendations regarding the Spanish population.

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Key words: *portion-size, serving-size, ANIBES study.*