The three pie charts delineate the mean proportions of the consumption of three detrimental supplements-Sodium, Saturated Fat, and Added Sugar-in four typical American Meals, namely Breakfast, Lunch, Dinner, and snacks

At first glance, it is evident that, while Sodium and Saturated Fat dominated the list of typical meal consumption for dinner, added sugar is most consumed during snacks. Another interesting point to know is that an equal amount of sodium is consumed during both snacks and breakfast

In greater detail, Sodium is consumed at 43%, which is the summation of the total amount of Sodium consumed in both breakfast and lunch. Moreover, Saturated Fat is consumed by just over one-third which is equivalent to the summation of the amount of Saturated Fats consumed in both breakfast and lunch

Added Sugar, during snack time, at 42% outpaced sugar consumption at dinner by 19% and sugar consumption during lunch and breakfast by 23% and 26% respectively