

Average percentages of nutrients in typical meals consumed in the USA–Plan A

SAMPLE ESSAY

NOTES

INTRO	<p>The pie chart illustrates the distribution of three key nutrients—sodium, saturated fat, and added sugar—across four typical meals consumed by Americans, highlighting the potential health concerns related to excessive intake.</p>	
OVERVIEW	<p>Overall, it is evident that sodium, saturated fat, and added sugar are present in all four meals, while dinner accounts for the largest share of sodium and saturated fat, snacks are a major source of added sugar, raising concerns about their impact on health.</p>	
DETAIL 1	<p>Dinner stands out as the predominant meal in terms of nutrient consumption, contributing 43% of sodium, 37% of saturated fat, and 23% of added sugar. However, it is interesting to note that snacks, although contributing only a small proportion of sodium (14%), exceed dinner in added sugar consumption, representing a significant 42%. Snacks also contain 21% of the total saturated fat, which is slightly higher than breakfast.</p>	
DETAIL 2	<p>In terms of breakfast, it represents the smallest proportion of nutrient intake, accounting for only 14% of sodium, 16% of saturated fat, and 16% of added sugar. Lunch, on the other hand, shows a noticeable increase in nutrient intake, with sodium making up 29%, saturated fat 26%, and added sugar 19%. Notably, the sodium intake at lunch is more than double that of breakfast, making it the second highest after dinner.</p>	

Average percentages of nutrients in typical meals consumed in the USA–Plan B

SAMPLE ESSAY

NOTES

INTRO	<p>The pie chart illustrates the distribution of three key nutrients—sodium, saturated fat, and added sugar—across four typical meals consumed by Americans, highlighting the potential health concerns related to excessive intake.</p>	
OVERVIEW	<p>Overall, it is evident that sodium, saturated fat, and added sugar are present in all four meals, while dinner accounts for the largest share of sodium and saturated fat, snacks are a major source of added sugar, raising concerns about their impact on health.</p>	
DETAIL 1	<p>When comparing the intake of these three nutrients, both sodium and saturated fat share a similar pattern, with dinner being the largest source and breakfast contributing the least. Specifically, 43% of sodium and 37% of saturated fat come from dinner, while breakfast accounts for only 14% and 16%, respectively. Lunch ranks second for both nutrients, with 29% of sodium and 26% of saturated fat—5% more saturated fat than snacks, which provide 21%. Interestingly, sodium intake from snacks mirrors that of breakfast, both standing at a modest 14%.</p>	
DETAIL 2	<p>However, the consumption of added sugar contrasts sharply with the other two nutrients. While dinner remains the dominant source of sodium and saturated fat, snacks become the primary contributor to added sugar intake, representing a significant 42%. This figure is nearly double that of dinner (23%) and more than twice that of breakfast (16%), which again ranks the lowest. Lunch holds an intermediate position across all three nutrients but is particularly notable for its sodium intake, which is more than double that of breakfast. This comparison reveals that while sodium and saturated fat are concentrated in main meals, added sugar consumption is driven primarily by snacking.</p>	