

Average percentages of nutrients in typical meals consumed in the USA.

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>	