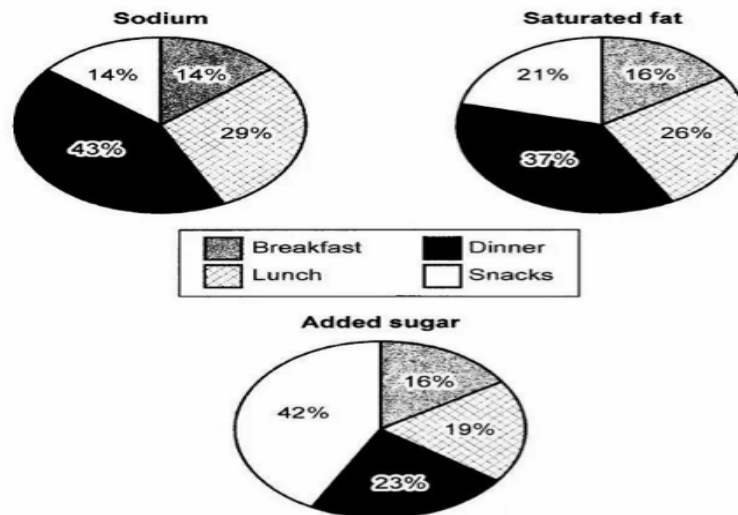


The charts below show the average percentages in typical meals of three types of nutrients, all of which may be unhealthy if eaten too much. Summarise the information by selecting and reporting the main features, and make comparisons where relevant.

Average percentages of sodium, saturated fats and added sugars in typical meals consumed in the USA



The pie charts give information about sodium, saturated fat, and added sugar in four types of meals consumed by Americans.

It is clear that people in the USA obtain the most sodium and saturated fat from dinner, while snacks are the dominant source of sugar intake. Also noteworthy is the fact that breakfast provides the lowest proportions of the three nutrients for them

Turning to the details, we can see that dinner provides the largest intake of sodium and saturated fat, with 43% and 37% respectively, as well as a noticeable proportion of added sugar at 23%. Americans also consume an abundant amount of these three nutrients from lunch, with the highest consumption of sodium, at almost 30%

In comparison, breakfast accounts for the lowest nutritional intake, as Americans only obtain 16% of saturated fat and sugar, in addition to 14% of sodium, from their first meal of the day. However, they consume a sizeable proportion (42%) of added sugar and just over a fifth of saturated fat from snacks.