

WRITING TASK 1

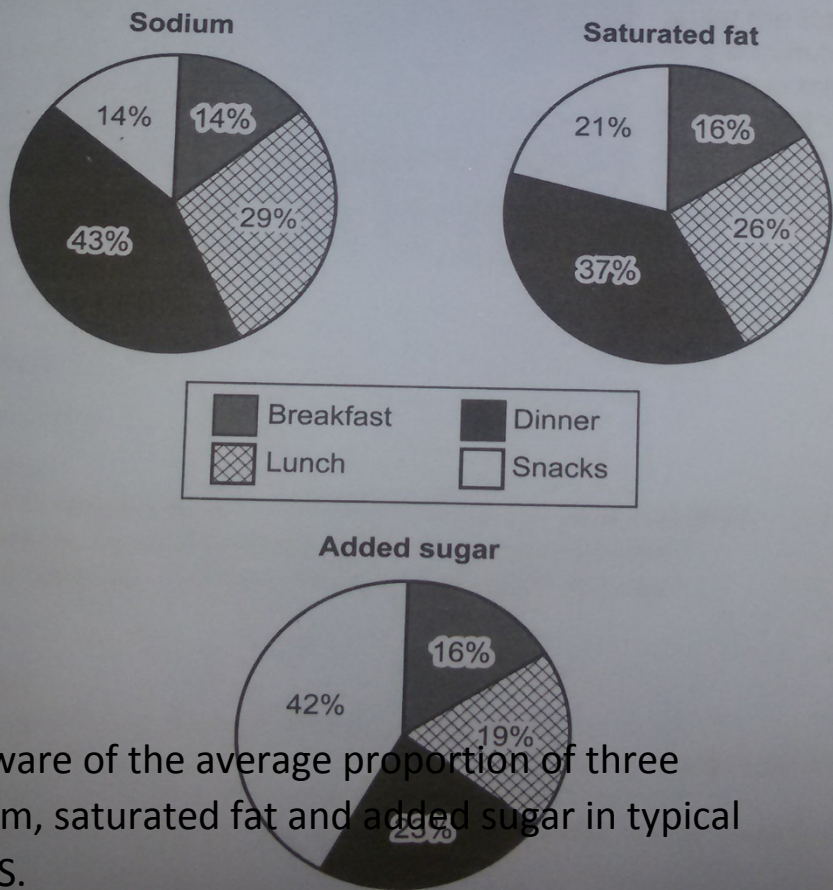
You should spend about 20 minutes on this task.

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.

Write at least 150 words.

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



The pie charts make us aware of the average proportion of three nutrients which are sodium, saturated fat and added sugar in typical meals consumed in the US.

The first chart gives us information about sodium and it is clear that dinner and lunch contain the highest amount of sodium among these meals with 43% and 29% respectively while breakfast and snacks share the same proportion with only 14% each.

A glance at the second diagram suggests that the highest amount of saturated fat can be found in dinner with 37% while Lunch and snacks

contain less which means the former contains 26% whereas the latter ~~contains~~ 21%. However, the proportion of saturated fat present in breakfast is the lowest. This figure stands at 16.

The third and the last diagram illustrates that snacks are the dominant meal for containing added sugar with 42% while that of dinner stands at 23%. By eating breakfast and lunch, consumers receive 16% and 19% of added sugar respectively.

Overall, we can ~~understand-witness~~ that the dominant meal in having sodium and saturated fat is dinner whereas snacks have the highest level of added sugar.