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The pie charts provide information on the average proportions in three kinds of meals which are unhealthy for us if consumed excessively.

There are three charts of the average percentages in typical American meals with/containing nutrients s such as sodium, saturated fat and added sugar which can cause an unhealthy condition if eaten too much.

The pie charts provide information on the proportions of three types of nutrients in typical meals in the United States. These three all might cause a detrimental effect on people if they overeat.

The three pie charts indicate the average percentage of three kinds of nutrients such as sodium, saturated fat, and added sugar in major meals in everyday life

I study English every day. every day = 副詞 / everyday = 形容詞

everyday meals

On the whole, two types of nutrients show relatively the same trend in each meal, whereas the other proportion tends to be different in some meals.

Overall, people tend to consume the largest proportion of sodium and saturated fat in dinner rather than breakfast. In addition, they consume added sugar the most in lunch.

All in all, the majority of sodium and saturated fat is consumed at dinner. On the other hand, snacks account for roughly a half proportion of the total added sugar.

Snacks account for 42% of the total added sugar.

Snacks constitutes roughly a half of the total added sugar.

Snacks comprises the largest share of the total added sugar.

Overall, as for breakfast, the average percentages of sodium, fat, and added sugar tend to be the smallest in three major kinds of meals. On the other hand, the average percentages of sodium and fat for dinner are the biggest in three major types of meals. Also,

Judging from the data given, Americans consume sodium in breakfast and saturated fat in lunch at about 14 and 26％, respectively. (☞要際チェック)