09112020 東京電機大学様

公開添削

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.**☞ Paraphrase**

The three pie charts provide information on the average proportions in general meals of three kinds of nutrients, all of which may not be healthy if we eat too much.

These three charts in terms of the average percentages of three types of nutrients in typical American meals, all of which may not be healthy if eaten (=consumed) too much.

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1. **Overall (概要)**

Overall, dinner tended to be salty and fatty, and in terms of snacks, it was the most sugary. While breakfast had the lowest rate for all nutrients.

Overall, sodium and saturated fat are consumed the most at dinner, while most added sugar is eaten in snacks. All of these charts show (that) the percentages of each nutrient (each + 単数名詞) are the lowest at breakfast.

The largest proportion of sodium is consumed at dinner, which accounts for slightly less than three quarters, and the second largest share is eaten at lunch (29%). These combined account for the vast majority　of the total percentages of sodium.Tuning to saturated fat, whose rates like sodium(☞ are similar to those of sodium): the majority of lunch and dinner combined. However, the proportions of saturated fat at breakfast and in snacks are slightly higher than that of sodium. Finally, looking at added sugar, it is different from the other two nutrients. The largest proportion is taken in snacks, which represents 42%. It is almost double the shares of sodium and saturated fat.

---------------------------------------------------------------Sodium and saturated fat represent roughly similar charts, the largest percentages of dinner (43% for sodium and 37% for saturated fat) and the second largest percentages of lunch (29% for sodium and 26% for saturated fat, respectively).

Turning to added sugar, the chart shows the largest proportion in snacks (42%), which is twice the percentage of saturated fat, surprisingly(☚「驚くべきことに」という表現は書き手の主観を表すので避けたほうが無難です.

Overall, the pie charts illustrate the highest proportions of sodium and saturated fat at dinner, but breakfast and snacks represent similar percentages of them. While snacks comprise the largest share of add sugar, snacks account for only about 15%.