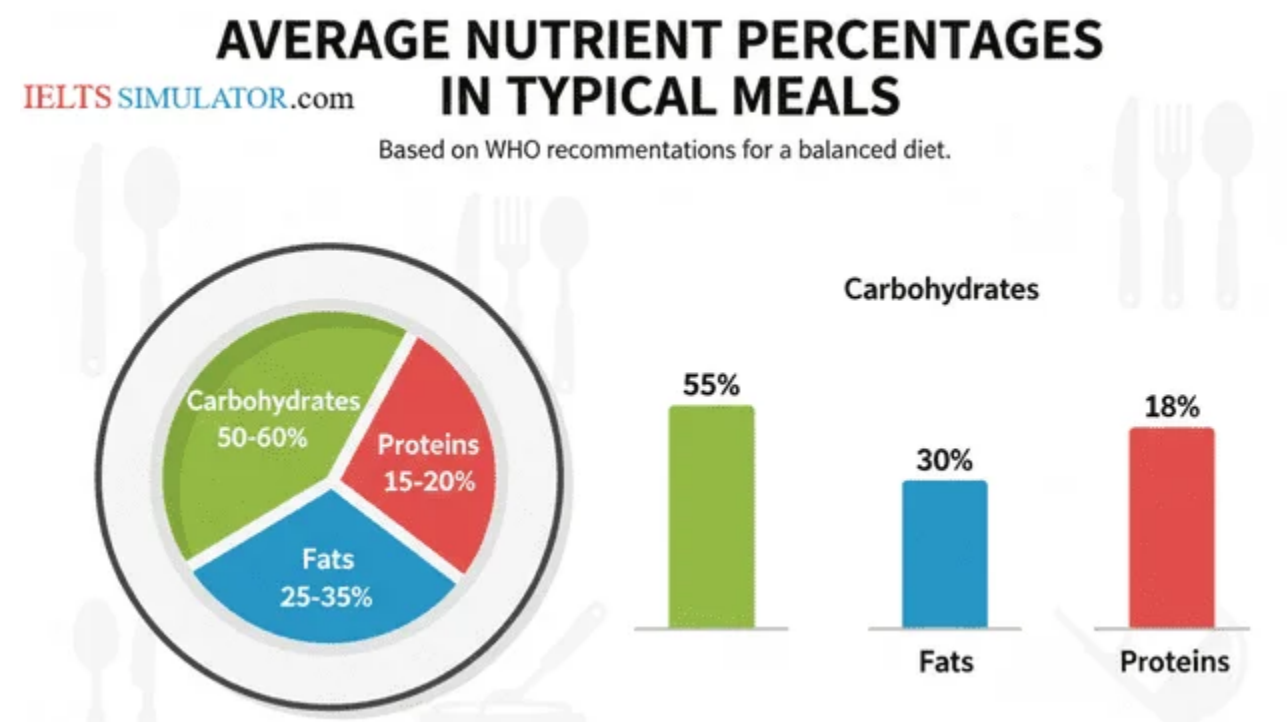


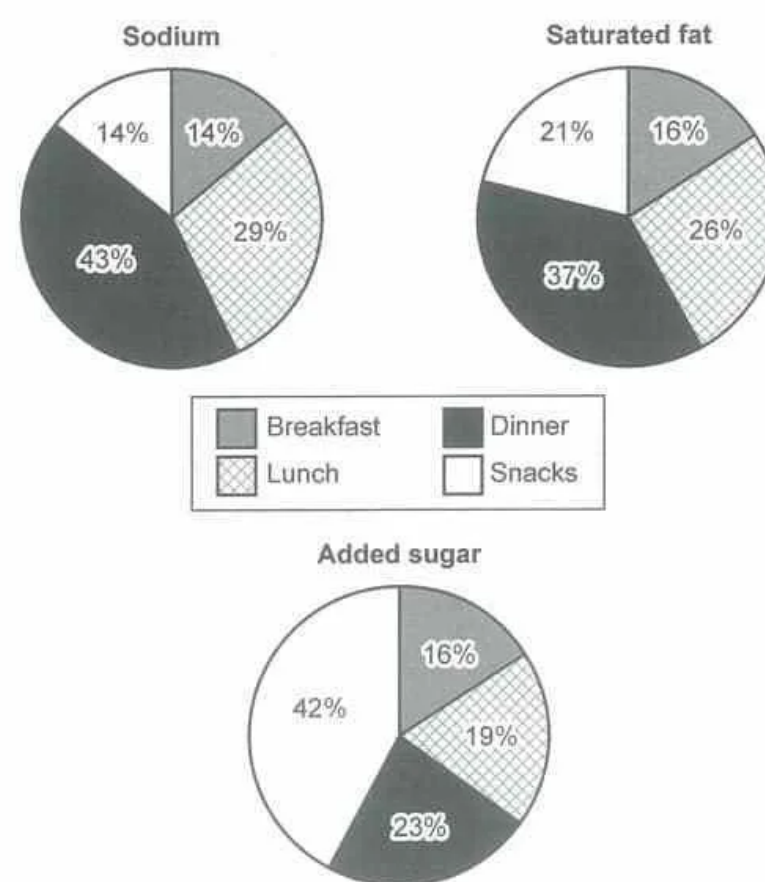
# IELTS WRITING – the average percentages in typical meals of three types of nutrients S16AT1



## IELTS Writing Task 1 Essay: Nutrient Charts in Typical Meals

- 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



[Attempt Writing Test..](#)

[Download Free PDF](#)

Apply for Class Courses Today Good Results.

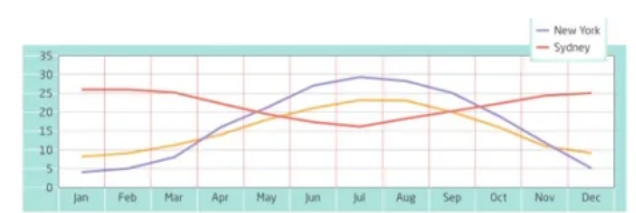


8439000086  
 8439000087  
 7055710003  
 7055710004

IELTS Simulation 323 GMS Road, Near Ballupur Chowk, Dehradun, India

[Chat on WhatsApp](#)

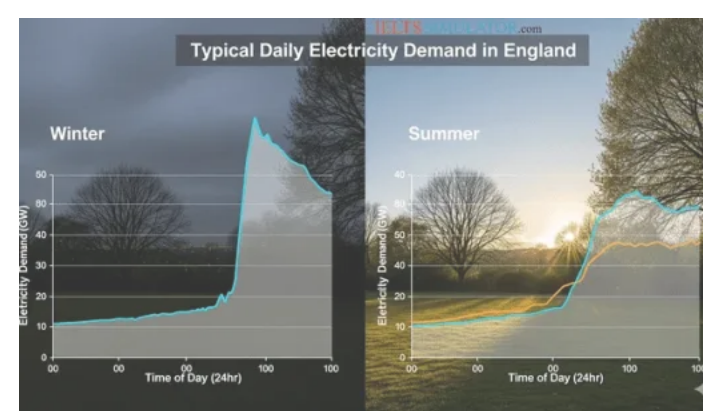
email: info at ieltsband7.com



Total annual hours of sunshine for London, New York and Sydney

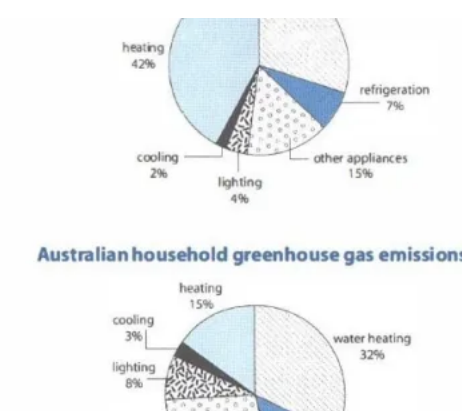
IELTS WRITING – The average monthly temperatures and the average number of hours of sunshine per year in three major cities. S6AT1  
 June 21, 2019

In "IELTS Academic Writing – Task 1 & 2 Format, Tips, and Sample Answers"



IELTS WRITING – Demand for electricity in England during typical days in winter and summer S26AT1  
 September 3, 2025

In "IELTS Academic Writing – Task 1 & 2 Format, Tips, and Sample Answers"



IELTS WRITING – How energy is used in an average Australian household S14AT1  
 July 18, 2019

In "IELTS Academic Writing – Task 1 & 2 Format, Tips, and Sample Answers"

Tagged [IELTS WRITING AC](#), [WRITING](#)

## Leave a Reply

You must be [logged in](#) to post a comment.

**IELTS SIMULATOR**

8439000086  
 8439000087  
 7055710003  
 7055710004

[You Tube](#)  
[instagram](#)

email: info at ieltsband7.com

IELTS SIMULATOR 323 GMS Road, Near Ballupur Chowk, Dehradun, India.



