Cheat sheet: read a Nutrition Facts label in one minute

What to check on the U.S. label

Per serving	Low ✓	High ×
% Daily Value: 5% or less | 20% or more		
Sodium: under 140 mg | over 460 mg		
Added sugars: under 2.5 g | over 10 g		
Saturated fat: 1 g or less | over 4 g		

- [ ] Check serving size and servings per container first.
- [ ] Ingredients are listed by weight: the first 3 matter most.
- [ ] Spot hidden sugars: syrup, dextrose, maltodextrin, cane juice.
- [ ] Fiber: 5 g or more per serving is high; 3 g is a good source.
- [ ] Look for a whole grain as the first ingredient in bread and cereal.

> "Natural," "multigrain" and "made with whole grains" are marketing terms, not health guarantees.