

# CHEESE 101



## Types of Cheeses

Hard	Semi-hard	Semi-soft	Soft
Parmesan	Cheddar	American	Cream Cheese
Romano	Monterey Jack	Pepper Jack	Cottage Cheese
Swiss	Provolone	Baby Swiss	Feta

Processed cheese is made from natural cheese. It may be in a jar, tub, or box, but it is cheese!

## Buying Cheese



Block cheese is often cheaper per ounce than shredded or sliced. Remember to check the unit price to get the best buy.

## Know the Facts!

### Regular vs. Low-fat and Fat-free

	Calories per oz	Fat (grams) per oz
Regular Cheddar	113	9.5
Natural low-fat cheddar	49	2
Natural fat-free cheddar	45	0



### 3 C's of Storing Cheese

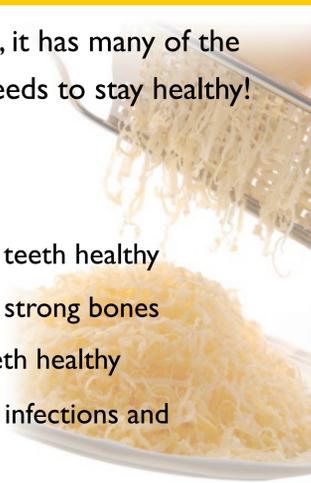
- Clean:** Cheese will absorb other flavors, so keep it away from other foods that have strong odors.
- Cold:** Keep cheese in the refrigerator.
- Covered:** Unwrapped cheese loses its flavor and moisture, so keep it tightly wrapped.



### Deliciously Nutritious

Not only does cheese taste great, it has many of the important nutrients your body needs to stay healthy!

Nutrient	Function
Protein	Builds muscles
Vitamin A	Keeps eyes, skin and teeth healthy
Calcium	Builds and maintains strong bones
Phosphorous	Keeps bones and teeth healthy
Zinc	Helps the body fight infections and



### Making cheese a healthy choice

If you are watching your weight, make cheese 1 of your 3 dairy servings and choose low-fat or fat-free varieties .

One serving of natural cheese is about 1.5 oz, or the size of 3 dice. One serving of processed cheese is 2 oz., or the size of 4 dice.



### How long will it keep?

Natural hard and processed cheese will last 6 months unopened, or 3-4 weeks opened and well-wrapped.

