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# CHEESE 101





***Know the Facts!***

# 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

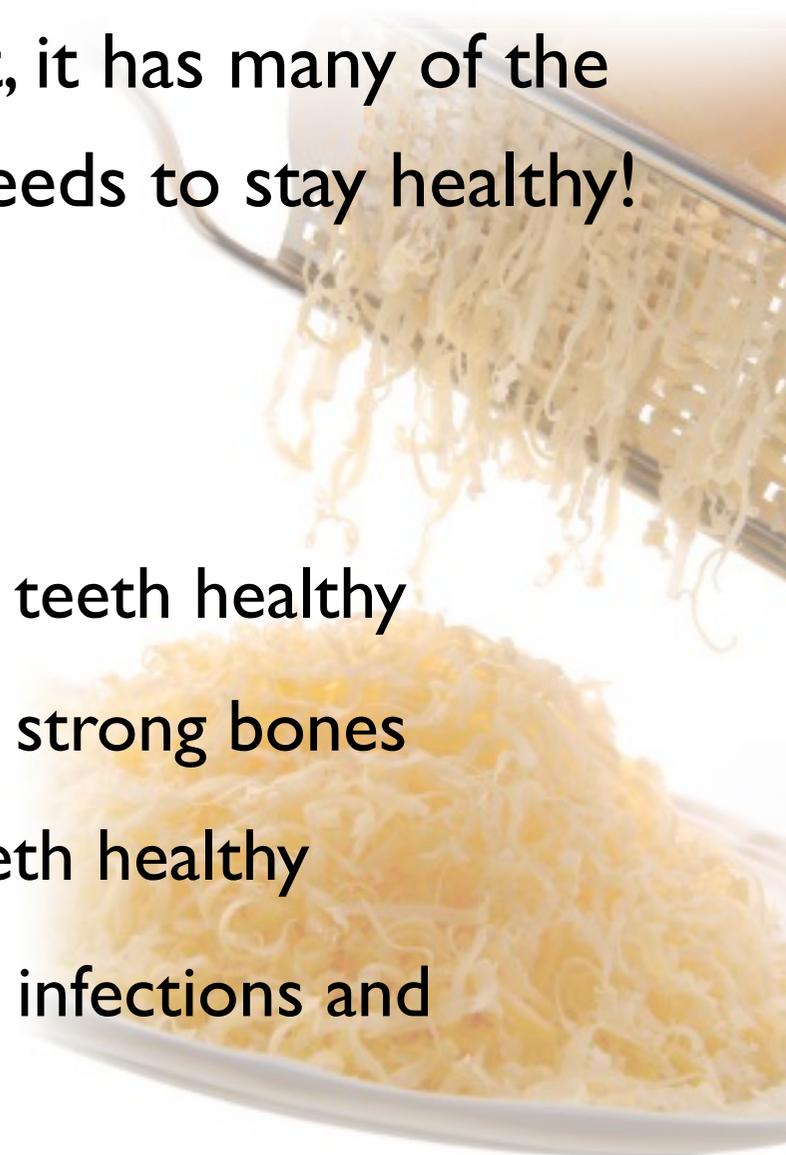
Builds and maintains strong bones

Phosphorous

Keeps bones and teeth healthy

Zinc

Helps the body fight infections and



# Types of Cheeses

## Hard

**Parmesan**

**Romano**

**Swiss**

## Semi-hard

**Cheddar**

**Monterey Jack**

**Provolone**

## Semi-soft

**American**

**Pepper Jack**

**Baby Swiss**

## Soft

**Cream Cheese**

**Cottage Cheese**

**Feta**

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

# Regular vs. Low-fat and Fat-free

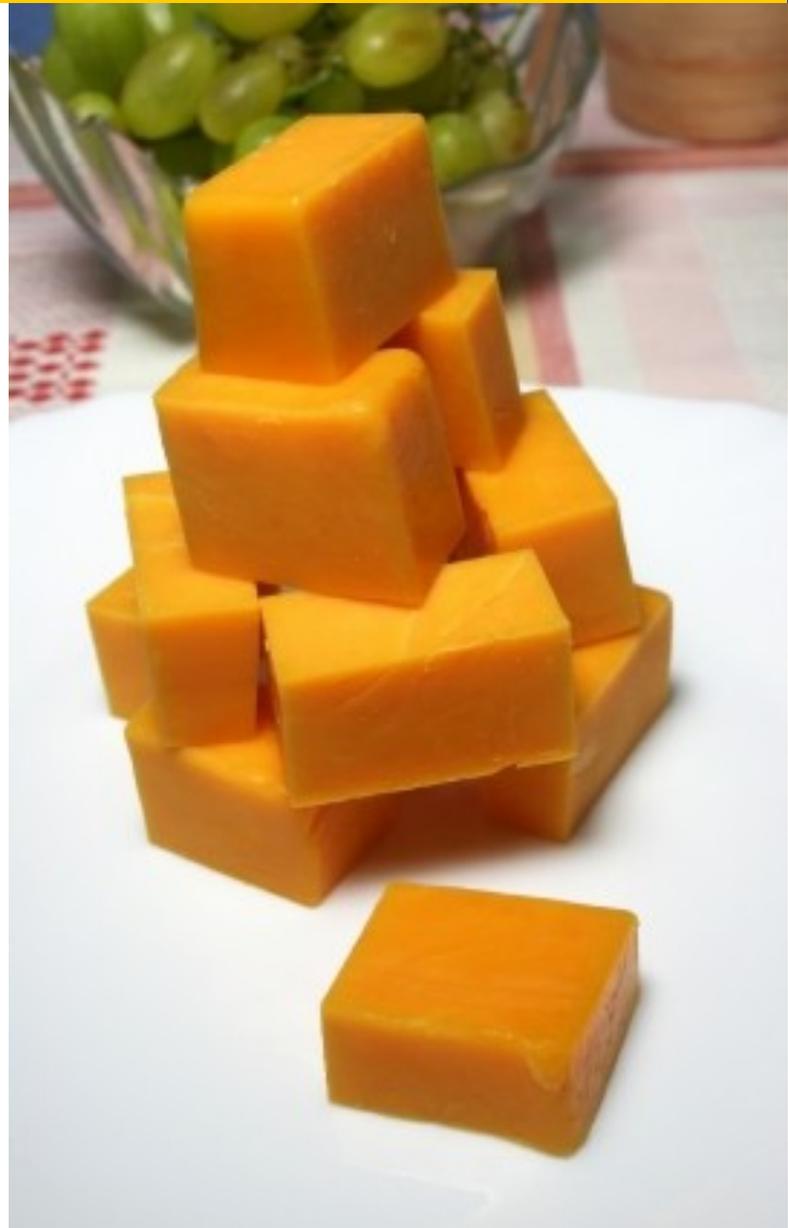
	Calories per oz	Fat (grams) per oz
<b>Regular Cheddar</b>	113	9.5
<b>Natural low-fat cheddar</b>	49	2
<b>Natural fat-free cheddar</b>	45	0



# 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.





# Buying Cheese

Block cheese is often cheaper per ounce than shredded or sliced.

Remember to check the unit price to get the best buy.

# 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.



# How long will it keep?

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



Milk. A part of everything  
that's good.®

