

# Cheese...

## What's your type?<sup>1</sup>

### Looking to lower the sodium in your diet?

**Try:** Swiss, Monterey Jack, ricotta, Port de Salut or Parmesan (1 Tbsp). Also try lower sodium varieties of Colby-Jack, provolone, Muenster, mozzarella or Cheddar.

### Watching the fat in your diet?

**Try:** Parmesan, Romano (grated) or part-skim mozzarella. Also try lower fat options of cottage, ricotta, Cheddar, Swiss, Parmesan, Colby, Muenster, provolone, Mexican blend\* or American (process).

### Need more calcium in your diet?

**Try:** Swiss, Cheddar, ricotta, mozzarella, Monterey Jack, Gouda, queso blanco, Mexican blend\* or Colby.

### Looking for more protein options in your diet?

**Try:** Swiss, cottage, ricotta, mozzarella, Monterey Jack, Cheddar, Gouda, Colby, Port de Salut, provolone, Mexican blend\* or Muenster.

### Watching lactose in your diet?

**Try:** Cheddar, Swiss, Monterey Jack or mozzarella.

\*A blend of cheeses

## Did you know?

If you are looking to lower the sodium in your diet, one tip is to choose a cheese based on firmness and age. In general, softer, less-aged cheeses require less salt than harder, aged varieties. Lower-sodium and lower-fat cheeses also are available. Get more help on a cheese to meet your individual needs in the chart below.<sup>1</sup>

Per 1 oz. (unless noted)	Swiss	Monterey Jack	Ricotta, part-skim ( <sup>1</sup> / <sub>2</sub> cup)	Cheddar	Mozzarella, part-skim	Brie	Process American (1 slice/21 g)	Blue
Calories	106	104	171	114	72	95	79	100
Protein	8 g	7 g	14 g	7 g	7 g	6 g	5 g	6 g
Calcium	224 mg	209 mg	337 mg	204 mg	222 mg	52 mg	116 mg	150 mg
Phosphorus	161 mg	124 mg	227 mg	145 mg	131 mg	53 mg	108 mg	110 mg
Fat	8 g	8 g	10 g	9 g	4.5 g	8 g	7 g	8 g
Sodium	54 mg	150 mg	155 mg	176 mg	175 mg	178 mg	263 mg	395 mg
Lactose	0.02 g	0.14 g	0.38 g	0.07 g	0.32 g	0.13 g	0.11 g	0.14 g

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#### REFERENCES

<sup>1</sup> U.S. Department of Agriculture, Agricultural Research Service. 2010. USDA National Nutrient Database for Standard Reference, Release 23. Nutrient Data Laboratory Home Page. Available at: <http://www.ars.usda.gov/ba/bhnrc/ndl>. Accessed March 9, 2011.