

# A Look at the Nutrition of Cheese



**It takes 10 pounds of milk to make 1 pound of cheese, making cheese a nutrient-dense food.**

**Cheese for Dental Health** | Consuming cheese immediately after meals or as a snack can help reduce the risk of tooth decay. The calcium, phosphorus, and other nutrients in cheese may contribute to this.

## Nutritional Profiles of Popular Cheeses

Per 1 ounce (unless noted)	SWISS	MONTEREY JACK	RICOTTA 1/2 cup, part skim	CHEDDAR	MOZZARELLA Part skim	BRIE	AMERICAN Processed, 1 slice, 21g	BLUE
Calories	106	104	171	114	72	95	79	100
Fat	8g	8g	10g	9g	4.5g	8g	7g	8g
Protein	8g	7g	14g	7g	7g	6g	5g	6g
Calcium	224mg	209mg	337mg	204mg	222mg	52mg	116mg	150mg

# Nutrition and Health Benefits

Nutrients in cheese	BENEFITS
Calcium	Builds and maintains strong bones and teeth; reduces the risk of stress fractures and osteoporosis; promotes normal blood pressure
Protein	Builds and maintains lean muscle
Phosphorus	Works with calcium and vitamin D to keep bones strong
Vitamin A	Important for good vision, healthy skin, and a healthy immune system
Zinc	Supports the immune system, wound healing, and the ability to smell and taste

## But What About the Fat, Sodium, and Lactose in Cheese?

- Cheese accounts for only 9% of the total fat in the U.S. diet
- And only 8% of total sodium in the U.S. diet
- Most of the lactose in natural cheese is removed when the curds are separated from the whey



## Cheese to Suit Your Needs

- Cheeses with lower sodium: Swiss, Monterey Jack, ricotta, Parmesan
- Cheeses with less fat: Parmesan, Romano, part-skim mozzarella
- Cheeses with less lactose: cheddar, Swiss, Monterey Jack, mozzarella

There are thousands of varieties of cheese, each with a unique taste, texture, and nutritional profile. They are classified into eight categories:

### BLUE

Varieties that develop blue or green streaks of harmless, flavor-producing mold throughout the interior (ex. **Gorgonzola**)

### HARD

Well-aged and easily grated (ex. **Parmesan**)

### PASTA FILATA

The curds are heated and kneaded before being molded into a shape. The cheese stretches when melted (ex. **mozzarella**)

### PROCESSED

A blend of fresh and aged cheeses are mixed with an emulsifier salt (ex. **American**)

### SEMI-HARD

A classification based on texture (ex. **cheddar**)

### SEMI-SOFT

Cheeses made with whole milk that melt well (ex. **Monterey Jack**)

### SOFT AND FRESH

Made with lactic acid cultures and have a high moisture content (ex. **ricotta**)

### SOFT-RIPENED

A classification based on texture (ex. **Brie**)

