

Nutritional Benefits of Cheese

I. CHEESE IS A CONCENTRATED SOURCE OF ALL THE SAME NATURALLY-OCCURRING NUTRIENTS THAT ARE FOUND IN MILK:

- a. Cheese is an excellent source of calcium, and accounts for 25% of the calcium in the overall food supply
- b. Calcium helps build strong bones and teeth, and also helps to prevent osteoporosis

II. CHEESE ALSO CONTAINS OTHER ESSENTIAL NUTRIENTS:

Phosphorus	Vitamin B12
Zinc	Protein
Vitamin A	Folate
Riboflavin	Magnesium

III. THERE ARE DOZENS OF VARIETIES OF LOW-FAT CHEESES AVAILABLE ON THE MARKET:

LOW-FAT CHEESES	HI-FAT CHEESES
Neufchatel "Light" cream cheese Fat-free cream cheese	Original cream cheese
Reduced-calorie cheese Low-calorie processed cheeses Fat-free cheeses (i.e., American Fat-Free)	Regular cheese (Cheddar, Swiss, Jack, American)
Low-fat (1%) or reduced-fat (2%) cottage cheese	Regular (4%) cottage cheese
Part-skim milk, low-moisture mozzarella cheese	Whole milk mozzarella cheese
Part-skim milk ricotta cheese	Whole milk ricotta cheese

IV. PEOPLE WHO ARE LACTOSE INTOLERANT CAN CONSUME AGED CHEESES BECAUSE THEY CONTAIN LITTLE OR NO LACTOSE



Milk. A part of everything that's good.