



Shopper's Guide

Let's Get Cheesy!



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Cheese is a beloved food. It plays a role in the culinary aspects of many cultures known for their delicious food, including Italian, Mexican, French, Spanish, and of course, American. However, we're often told to limit cheese intake due to its saturated fat content.

The latest Dietary Guidelines for Americans (see page 2) recommend that you limit your daily saturated fat intake to less than 10 percent of your calories—that's roughly 22 grams for the average person. Some cheeses provide one-third of this amount in just one ounce. If you enjoy cheese in your diet, there is no need to forgo it completely. However, it's important to make wise choices regarding the types you eat, and how often and how much you eat it. Reduced fat cheeses also can help you include cheese with less impact on your saturated fat intake.

On the positive side, cheese is rich in protein, which is important for maintaining strong muscles and bones. Protein also can help you feel full longer, aiding in keeping your weight in check. Overall, cheese is a nutrient-rich food that can fit into a healthy eating plan if you check your portions and choose wisely.

Helpful hints. Here are some suggestions for healthy ways to include cheese in your diet.

- ▶ **Strong flavor.** The more flavor a cheese has, the less you need to use. Use small amounts of powerful cheeses like Parmesan, Romano, and blue cheese when possible for a big flavor boost.
- ▶ **Portion sense.** Because of the high saturated fat and calorie content, portion sizes of cheese are small—1 ounce, the equivalent of two dice. Keep that in mind when faced with a cheese platter.
- ▶ **End with it.** To maximize the flavor cheese adds to a meal, try sprinkling it on just before serving instead of mixing it into a dish.
- ▶ **Perfect pairings.** Pair cheese with fiber-rich carbohydrate foods, like fruits and whole grain crackers. You'll get long-lasting satiety from this combination. **EN**

—Heidi McIndoo, MS, RD

Cheese Nutritional Comparison

✓ = **EN's Picks.** As with all EN comparisons, this is only a sampling of products. Picks contain no more than 5 g sat fat (25% DV) and 230 mg sodium (10% DV).

CHEESE* (1 OZ)	Calories	Total Fat (g)	Sat Fat (g)	Carb (g)	Sodium (mg)	Protein (g)
Apple Smoked Gruyere	90	7	6	1	250	6
Asiago	101	8	5	0	344	7
✓ Babybel, Original	95	8	5	0	230	7
✓ Babybel, Original, Light	68	4	2	0	216	8
✓ Brie	95	8	5	0	178	6
✓ Cabot Cheddar 50% Light	70	4.5	3	<1	170	8
✓ Cabot Cheddar Vermont 75% Reduced Fat	60	2.5	1.5	0	200	9
Cheddar	115	10	6	<1	183	7
Colby	112	9	6	1	171	7
Cotija	104	9	5	1	397	6
Cracker Barrel Extra Sharp White Cheddar 20% Reduced Fat	90	6	4	1	240	7
✓ Edam	101	8	5	0	230	7
Emmental	113	9	6	0	53	9
Feta	75	6	4	1	260	4
✓ Fontina	110	9	5	0	227	7
Ford Farm Smoked Seaside Cheddar	120	10	6	0	200	7
Goat	103	9	6	0	118	6
Gorgonzola	100	9	6	1	390	6
Gouda	101	8	5	1	232	7
✓ Gruyere	117	9	5	0	202	9
Halloumi	70	8	5	0	310	6
Havarti	111	10	7	0	213	6
✓ Jarlsberg	100	8	5	0	130	8
✓ Jarlsberg Lite	70	3.5	2	0	130	9
✓ Monterey Jack	106	9	5	0	170	7
✓ Mozzarella, Fresh	73	6	4	0	112	5
✓ Muenster	104	9	5	0	178	7
Organic Valley Raw Sharp Cheddar	110	9	6	0	170	7
Parmesan	111	7	5	1	390	10
✓ Port Salut	90	8	5	0	170	6
Provolone	100	8	5	1	248	7
Romano	110	8	5	1	406	9
✓ Skinny Cheese Fat Free Garden Vegetable	40	0	0	1	153	8
✓ Skinny Cheese Fat Free Sharp Cheddar	40	0	0	1	153	8
Stilton	116	10	7	0	223	7
✓ Swiss	108	8	5	2	54	8
Trader Joe's Italian Truffle Cheese	110	9	6	0	420	6
✓ Trader Joe's Lite Sharp Celtic Cheddar	70	4	2.5	0	210	8
Trader Joe's Mini Basque	110	10	6	0	200	6
Trader Joe's Parmesan & Gouda	120	9	6	0	230	8

*Cheese selections include general types of cheese and branded products. Note: oz=ounce, g=gram, mg=milligram, sat fat=saturated fat, carb=carbohydrates, DV=Daily Value, Daily requirement based on 2,000 calorie/day diet. Source: Food Labels and ESHA Food Processor