
CHEESE 101

Here's what you need to know...

3 Steps to Making Cheese Part of a Healthy Diet

1. Avoid processed cheeses such as American or Cheez Whiz. These include artificial ingredients and flavorings.
2. Choose lower-fat and lower-sodium cheeses if you like the flavor of a particular cheese.
3. Use smaller amounts of flavorful cheeses such as asiago or Roquefort.

Cheese is a good source of protein that fits into any meal or snack. With a wide variety of different types of cheese to choose from, you can pick the type that meets your taste, nutrition, and personal preferences.

*By Lynn Grieger RDN,
CDE, CPT, CWC*

Cheese and Saturated Fat:

Cheese is the #1 source of saturated fat in the American diet. According to the Dietary Guidelines for Americans, "A strong body of evidence indicates that higher intake of most dietary saturated fatty acids is associated with higher levels of blood total cholesterol and low-density lipoprotein (LDL) cholesterol. Higher total and LDL cholesterol levels are risk factors for cardiovascular disease."

MyPlate adds its voice to these assertions, maintaining, "Saturated fats and trans fats tend to raise 'bad' (LDL) cholesterol levels in the blood. This, in turn increases the risk for heart disease. To lower risk for heart disease, cut back on foods containing saturated fats and trans fats."

