



8 WAYS CHEESE

Can help your body

One serving of **cheese** contains many of the essential nutrients your body needs, including:



15%

Calcium

Helps build and maintain strong bones and teeth.



10%

Niacin

Used in energy metabolism in the body.



15%

Protein

Helps provide sustained energy. Helps build and maintain lean muscle. Helps maintain a healthy immune system.



10%

Riboflavin

Helps your body use carbohydrates, fats and protein for fuel.



10%

Phosphorus

Helps build and maintain strong bones and teeth, supports tissue growth.



10%

Selenium

Helps maintain a healthy immune system, helps regulate metabolism and helps protect healthy cells from damage.



15%

Vitamin B12


Helps maintain healthy immune, blood and nervous system function. Supports normal energy metabolism. Necessary for brain development during pregnancy and infancy; linked to cognitive function in childhood.



15%

Iodine

Necessary for proper bone and brain development during pregnancy and infancy; linked to cognitive function in childhood.

 = daily value

10% or higher
is a good source

20% or higher is
an excellent source

REFERENCES

- USDA FoodData Central online at <http://fdc.nal.usda.gov/>. Mean values calculated from database entries across all fat levels for common cheese varieties (hard, semi-hard, semi-soft, soft-fresh, processed, pasta-filata) and their respective RACCs in Legacy, Foundation, and Survey (FNDDS) data sources (n=91).
- The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

