

CHEESE



Cheese is a good source of protein and calcium but many varieties are also high in fat and calories.

Around two thirds of the fat in cheese is saturated, so its best to keep portions of high fat cheeses small and limit them to 2-3 times a week. If eaten regularly, cheese can also contribute significantly to salt intakes.

Look out for cheeses that have been modified to help make them more "heart healthy". Manufacturers achieve this either by:

- lowering the fat content (e.g. half fat Cheddar, Philadelphia light)
- replacing some or all the dairy fat with a healthier fat blend (Leskol half fat, MiniCol)
- lowering the salt content (Leskol half fat)
- increasing the levels of plant sterols (MiniCol)

If cooking with cheese, a good tip is to choose stronger varieties (for more taste) and use less.

Very high fat cheese <i>More than 30g fat per 100g</i>	High fat cheese <i>Between 20 and 30g of fat per 100g</i>	Moderate fat cheese <i>Between 10 and 20g of fat per 100g</i>	Low fat cheese <i>Less than 10g of fat per 100g</i>
Boursin	Babybel	Babybel light	Cottage cheese
Caerphilly	Brie	Reduced fat cheddar	Fromage frais
Cheddar	Camembert	Curd cheese	Quark
Cheshire	Dairylea	Philadelphia light	Ricotta
Cream cheese	Edam	Edam light	
Double Gloucester	Feta	Leskol half fat	
Emmental	Halloumi		
Goats Cheese	Jarlsberg		
Gouda	Gorgonzola		
Gruyere	Mozzarella		
Lancashire	Philadelphia		
Mascarpone	Port Salut		
Parmesan	Raclette		
Red Leicester			
Roquefort			
Roule			
Stilton			
Wensleydale			