

Cheese

Eat This

Not That!

Sargento® Aged Swiss (1 slice, 19 g)

70 calories
5 g fat (3 g saturated)
40 mg sodium

Swiss stamps cheddar by providing more calcium in fewer calories and just a quarter of the sodium.

Athenos Feta Basil & Tomato (28 g)

80 calories
6 g fat (3.5 g saturated)
320 mg sodium
Feta is a naturally low-fat cheese. Try one flavored chunk and you'll never even miss the crumbled blue.

Treasure Cave® Crumbled Blue Cheese (28 g)

100 calories
8 g fat (5 g saturated)
380 mg sodium
Beware the concentration of sodium in crumbled blue cheese.

Kraft Deli Express Mild Cheddar (1 slice, 23 g)

90 calories
8 g fat (5 g saturated)
160 mg sodium

A single slice of this cheese provides almost a quarter of your day's saturated fat.



Horizon Organic® Mozzarella String (1 stick, 28 g)

80 calories
5 g fat (3 g saturated)
170 mg sodium
One of the market's greatest snacks.

Kraft Velveeta (1 slice, 21 g)

60 calories
4 g fat (2.5 g saturated)
270 mg sodium
Velveeta is actually a blend of milk, milkfat, and milk protein, a quick-melting blend that knocks 50 calories off your sandwich.

The Laughing Cow® Light Gourmet Cheese Bites™ (5 pieces, 23.5 g)

35 calories
2 g fat (1 g saturated)
300 mg sodium
The perfect companion to a whole-grain cracker.

Kraft Grate-It-Fresh Parmesan (2 Tbsp, 5 g)

20 calories
1.5 g fat (1 g saturated)
75 mg sodium
Trade in the dry powdered cheese for the real stuff.

Kraft Shredded Low-Moisture Part-Skim Mozzarella (½ cup, 39 g)

80 calories
6 g fat (3.5 g saturated)
160 mg sodium
One of the great melting cheeses.

Sargento® Reduced Fat Provolone (1 slice, 19 g)

50 calories
3.5 g fat (2 g saturated)
140 mg sodium
A good cheese to make your go-to for all matters sandwich-related.

Horizon Organic® Provolone (1 slice, 21 g)

70 calories
9 g fat (6 g saturated)
140 mg sodium
Don't always assume that organic is somehow healthier.

Kraft Shredded Sharp Cheddar (½ cup, 39 g)

110 calories
9 g fat (6 g saturated)
180 mg sodium
The average American eats 30 pounds of cheese each year.

Kraft Macaroni & Cheese Topping (2 tsp, 6 g)

25 calories
1 g fat (0 g saturated)
270 mg sodium
The artificial colors here have been linked to hyperactive behavior in kids.

Kraft Snackables Cubes Colby & Monterey Jack (5 pieces, 21 g)

77 calories
6.5 g fat (4 g saturated)
168 mg sodium
Nearly 5% of your daily saturated fat in each tiny cube.

Kraft Deli Deluxe® Sharp Cheddar (1 slice, 28 g)

110 calories
9 g fat (5 g saturated)
440 mg sodium
"Deluxe" is Kraft-speak for "extra fat and calories."

Kraft LiveActive® Natural Cheddar (1 stick, 28 g)

120 calories
10 g fat (6 g saturated)
180 mg sodium
Don't fall for LiveActive's inflated health claims.