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

**CALCIUM**
- Helps build and maintain strong bones and teeth.  
- **15% DAILY VALUE**

**PROTEIN**
- Helps build and repair muscle tissue.  
- **14% DAILY VALUE**

**PHOSPHORUS**
- Helps build and maintain strong bones and teeth, supports tissue growth.  
- **15% DAILY VALUE**

**VITAMIN B12**
- Helps with normal blood function, helps keep the nervous system healthy.  
- **20% DAILY VALUE**

**PANTOTHENIC ACID**
- Helps your body use carbohydrates, fats and protein for fuel.  
- **45% DAILY VALUE**

**NIACIN**
- Used in energy metabolism in the body.  
- **15% DAILY VALUE**

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.