



# 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.

