

8 WAYS CHEESE

Can help your body

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



Calcium

Helps build and maintain strong bones and teeth.



Protein

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



Phosphorus

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



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.



Niacin

Used in energy metabolism in the body.



Riboflavin

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



Selenium

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



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

- U.S. Department of Agriculture FoodData Central (FDC) online at https://fdc.nal.usda.gov/. Mean values calculated in 2021 across each type of cheese in the Legacy (n=50), Foundation (n=7) and Survey (FNDDS) (n=34) datasets. Iodine values (n=110) were obtained from USDA, FDA, ODS-NIH Iodine database online at Iodine Content of Common Foods.
- 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.

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