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.

15%
Protein
Helps provide sustained energy. Helps build and maintain lean muscle. Helps maintain a healthy immune system.

15%
Phosphorus
Helps build and maintain strong bones and teeth, supports tissue growth.

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.

10%
Niacin
Used in energy metabolism in the body.

10%
Riboflavin
Helps your body use carbohydrates, fats and protein for fuel.

10%
Selenium
Helps maintain a healthy immune system, helps regulate metabolism and helps protect healthy cells from damage.

10%
Iodine
 Necessary for proper bone and brain development during pregnancy and infancy; linked to cognitive function in childhood.

REFERENCES
- 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.