

Choosing a Healthier Cheese



Cheese is a great way to add calcium and protein to your meals and snacks.

15%

Look for cheese that has **15% milk fat** (15% M.F.) **or less** on front of package



Often **hard cheese** like cheddar, mozzarella, or brie have **higher % M.F.** than softer cheeses like goat and ricotta



Hard or brined cheeses such as cheddar or feta cheese have **more sodium** than soft cheese such as ricotta



Although **cottage cheese** is soft, it has a **higher amount of sodium**



To keep the **amount of sodium you eat low**, eat a **smaller portion of cheese**

Disclaimer: These tips are for information only. They do not replace advice from your doctor.



Learn more about choosing healthy foods.

Visit www.cardiaccollege.ca or www.diabetescollege.ca to watch the Choosing Healthy Foods video series.