

Lisa R. Young, PhD, RD

Nutritionist's Picks...



Healthful Cheese

We all love cheese, but there are lots of cheese products that have too much fat, sodium or other unhealthy ingredients. Plenty of reduced-fat cheeses are available, but many of them contain chemical additives that make them taste artificial—kind of like plastic. Fortunately, you can find delicious options made with low-fat milk—if you know what to look for.

My advice (recommendations are based on a one-ounce serving)...

■ **Limit the fat content.** Don't exceed 5 g of total fat.

■ **Get enough calcium.** Aim for at least 20% of the daily value (DV)—the percentage of a nutrient that you need to consume each day (based on a 2,000-calorie diet).

■ **Watch out for sodium.** Stick to 250 mg or less per serving.

■ **Keep an eye on calories.** Look for no more than 80 calories per serving.

My top picks...

Cabot

50% REDUCED FAT CHEDDAR

One ounce (one-inch cube*): 4.5 g total fat...3 g saturated fat...0 g trans fat...8 g protein...170 mg sodium...20% DV calcium...70 calories.

Finlandia

IMPORTED LIGHT SWISS DELI SLICES

One slice (about ¾ ounce): 3 g total fat...2 g saturated fat...0 g trans fat...7 g protein...110 mg sodium...22% DV calcium...57 calories.

The Laughing Cow MINI BABYBEL LIGHT

One round piece (about ¾ ounce): 3 g total fat...1.5 g saturated fat...0 g trans fat...6 g protein...160 mg sodium...20% DV calcium...50 calories.

*Nutritional breakdowns are based on serving sizes that vary slightly, depending on the form of the cheese—sliced, cubed or individually wrapped.

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