

## 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](http://www.cardiaccollege.ca) or [www.diabetescollege.ca](http://www.diabetescollege.ca) to watch the Choosing Healthy Foods video series.