

For the Love of Cheese

With more than 400 varieties available, cheese offers versatility and flavor to many dishes and snacks. Cheese lovers, you can enjoy cheese while controlling fat and calories:

- Low-fat mozzarella or ricotta complement many casseroles.
- String cheese is a portion-controlled lower-fat option.
- Sharp cheeses allow you to enjoy all the flavor in smaller portions.
- Shredded cheese helps you use less.
- Grated or crumbled cheese like feta, blue or Parmesan offer flavor that lasts.

Reduced-fat or low-fat cheeses may not work as well when used in cooking. Test them in small amounts before substituting them completely in a recipe. Or look for recipes that call for reduced-fat or low-fat cheese.