

## **8 WAYS CHEESE**

## Can help your body

One serving of **cheese** contains many of the essential nutrients your body needs, including:



Calcium
Helps build and maintain strong

bones and teeth.

immune system.



**Niacin**Used in energy metabolism in the body.



Protein

Helps provide sustained energy.

Helps build and maintain lean
muscle. Helps maintain a healthy



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



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



Selenium

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



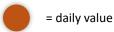
Vitamin B12

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.



**Iodine** 

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



**10%** or higher is a good source

20% or higher is an excellent source

## REFERENCES

U.S. Department of Agriculture, Agricultural Research Service. 2016. USDA National Nutrient Database for Standard Reference, Release 28.
 Nutrient Data Laboratory Home Page, <a href="https://www.ars.usda.gov/nutrientdata">https://www.ars.usda.gov/nutrientdata</a>; low moisture, part skim mozzarella (#01029).

@NtlDairyCouncil

• 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.







