

HEALTHFUL TIPS

HEALTH AND FITNESS TIPS FOR YOUR ENTIRE FAMILY



Say Cheese!

Making cheese a healthy part of your post-surgery diet

Cheese is a concentrated source of the nutrients calcium, protein, phosphorus and fat. Its origins predate recorded history. Cheese is considered part of the local ethnic cuisines of Europe, the Middle East and North and South America.

Switzerland is the location of the first cheese factory, but the U. S. is known for creating large-scale assembly-line production. The U. S. remains the leader in cheese production, but Greece holds the title of largest per capita consumption at 60 pounds per person per year. American citizens consume an average of 31 pounds of cheese each year.

Cheese can be part of a healthy diet after surgery, but choosing the right types of cheese and limiting quantities are key.

- Look for light cheeses and watch portions. Pre-sliced or cubed cheese may help keep portions honest.
- Choose strong-flavored cheeses— a little goes a long way.

- Look for new flavored light cheeses such as Laughing Cow Light. Now available in Light French Onion, Light Blue Cheese, Light Mozzarella, Sun dried Tomato and Basil, and Light Queso Fresco and Chipotle.

CHEESE	PORTION	PROTEIN (GM)	FAT (GM)	CALORIES
Babybel, light	1 piece	6	3	50
Blue Cheese, Danish	1 ounce	6	8	99
Brie	1 ounce	8	8	94
Cheddar, regular	1 ounce	7	9	113
Cheddar, low fat	1 ounce	7	2	48
Cottage Cheese, 4% fat	½ cup	13	5	111
Cottage Cheese, 2% fat	½ cup	13	3	97
Cottage Cheese, fat free	½ cup	12	0	81
Feta	1 ounce	6	4	74
Laughing Cow Light	1 wedge	2	1.5	35
Monterey Jack	1 ounce	7	8	104
Mozzarella	1 ounce	6	6	84
Mozzarella, part-skim	1 ounce	7	4	71
Parmesan, grated	1 TBSP.	2	1	22
Provolone	1 ounce	7	7	98
Ricotta, part-skim	½ cup	14	10	171
Swiss, low fat	1 ounce	8	1	50