



The
PTI BUZZ
Carol Kur, MSRD

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SAY CHEESE!!!!

Calorie content of our favorite cheese based on one ounce portions.

Brie - 106 cal, 8.3 gms of fat
Cheddar- 138 cal, 11.1gms of fat
Edam- 111 cal, 8.1gms of fat
Danish Blue- 116 cal, 9.3gms of fat
Parmesan- 150 cal, 10.3gms of fat
Cheese Spread- 93 cal, 10gms of fat
Cream Cheese- 143 cal, 15.3gms of fat
Processed slice- 109 cal, 8.6gms of fat

Best Choices for calorie control: for hard cheese it would be Feta at 70-90 calories an ounce, for soft cheese it would be cottage cheese at 35-40 calories per ounce.

Walk back and forth to the bus stop with your kids and burn up to 100 calories.

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