

Whole Food Profiles

Learn the basics to start cooking with these nutritious, whole foods!

Cheddar Cheese

Cheddar cheese is a flavorful dairy food that credits as a meat/meat alternate. It is a good source of protein, calcium, vitamin B12, and phosphorus.



How to Select and Store:

Selection

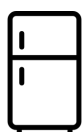
**LOOK FOR
UNIFORM
COLOR**

**CHECK FAT
AND SODIUM
CONTENT**

Cheddar cheese is a semi-hard to hard cheese depending on the variety. Make sure that your cheese is not too crumbly or dry to the touch. Also, it is best for cheddar cheese to have a relatively uniform color.

Cheese is often high in fat and sodium, so be sure to take a look at the levels of these nutrients in a serving of the cheeses that you are selecting.

Storage



**STORE IN THE
REFRIGERATOR**

All cheese, no matter the type, should be well wrapped and kept in the warmest section of the refrigerator. Pre-shredded cheese stores best tightly sealed in the package it originally came in so that the cheese shreds do not dry out.

Semi-hard and hard cheeses in block form will keep for about two weeks. Shredded cheese will keep for about one week.

Nutrition Facts

Serving Size 1 cup, shredded 113g (113 g)

Amount Per Serving

Calories 455 Calories from Fat 329

% Daily Value*

Total Fat 37g 58%

Saturated Fat 24g 119%

Trans Fat

Cholesterol 119mg 40%

Sodium 702mg 29%

Total Carbohydrate 1g 0%

Dietary Fiber 0g 0%

Sugars 1g

Protein 28g

Vitamin A 23% • Vitamin C 0%

Calcium 81% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g

Calories per gram:
Fat 9 Carbohydrate 4 Protein 4

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Tips for Preparing and Cooking:

Shredding

If you are shredding your cheese before cooking with it, be sure to do so when it's cold. You can use a knife, a food processor, or a cheese grater to do the shredding.

Melting

Toss shredded cheese into a hot dish (e.g. a bowl of pasta, a plate of hot vegetables, a warm salad) just before serving to prevent it from settling at the bottom.

Baking

Heat reduces moisture, so the longer you cook a dish the drier it will be. Consider adding a little bit of liquid to your baked cheese dishes that require a long cook time.

Serving Fresh

Cheese tastes delicious on cold dishes too! Consider adding cheese cubes or shredded cheese to cold pasta, sandwiches, and salads!



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Did you know?

Cheddar cheese naturally has a white to pale yellow color; however, some cheddar cheese may have an artificially added yellow-orange color.