



CHEESE EXCHANGES

Fork Friendly Selections (carb)

Serving Size

Product Pictures

*All Fork Friendly Selections contain **approximately 50 Calories per serving**, unless otherwise indicated. Selections contain **less salt and saturated fat** than other products.

Block

HEB Select Ingredients

- Reduced Fat Colby Jack (0g) ----- 1 slices
- Low-Moisture Part Skim (1g) ----- 1 slices

Kroger

- Mozzarella (1g) ----- 1.25 slices



Cottage Cheese

Daisy

- Low Fat (2g) ----- 1/4 cup

Kroger

- Fat Free (3g) ----- 1/4 cup



Cream Cheese

Raskas

- Fat Free (4g) ----- 4 tbsp (*60 Cal)

Kroger

- Greek Cream Cheese Spread (2.5g) ----- 1.5 tbsp
- Greek Cream Cheese Whipped (1.5g) ----- 1.5 tbsp
- Fat Free Original (4g) ----- 1.5 tbsp

Marzetti

- Philadelphia Whipped (1g) ----- 1 tbsp



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Feta

Président

- Fat Free Feta Crumbles (1g) ----- 2 tbsp



Parmesan

Kraft

- 100% Grated Parmesan Cheese (0g) --- 1.5 tbsp

HEB

- Grated Parmesan Cheese (0g) ----- 1.5 tbsp



Ricotta

Kroger

- Low Fat (5g) ----- 1/4 cup

HEB

- Low Fat (3g) ----- 1/4 cup



Shredded

Kroger

- Reduced Fat Mexican Style (0.5g) ----- 2 tbsp

- Shredded Mozzarella (0g) ----- 2 tbsp

HEB

- Reduced Fat Mozzarella (1g) ----- 2 tbsp

- Fat-Free Mozzarella (1.1g) ----- 1/4 cup

Daiya

- Mozzarella Style Shreds (4g) ----- 2 tbsp



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Slices

Kroger

- Mozzarella (0g) ----- 0.75 slice

HEB

- 2% Milk Colby & Monterey Jack (0g) -- 0.75 slices
- 2% Milk Cheddar (0g) ----- 1 slices

Sargentos

- Mozzarella (0.5g) ----- 0.75 slices



Soft

The Laughing Cow

- Light Garlic and Herb (1.5g) ----- 1.5 wedges
- Light Creamy Swiss (1.5g) ----- 1.5 wedges
- Light Creamy Spicy Pepper Jack (1.5g) - 1.5 wedges

Babybel

- Light (0g) ----- 1 wedges



Did You Know?



Cheese can help lower blood pressure! Consuming 3 ounces of low-fat or nonfat dairy products a day--as part of a diet high in fruits and vegetables--has been shown to reduce blood pressure.

Source: [National Heart, Lung, and Blood Institute](#)

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Sticks

Kroger

- Reduced Fat Mozzarella (0g) ----- 1 stick

Frigo

- Cheese Heads Light String (0g) ----- 1 stick

Kraft

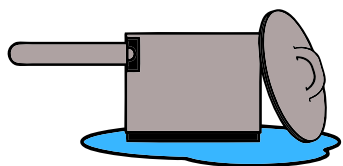
- Reduced Fat Mozzarella (0g) ----- 1 stick

Weight Watchers

- Light Mozzarella (0g) ----- 1 stick



Cooking with Low Fat Cheese



Cooking with reduced-fat cheese doesn't have to be difficult. You can still enjoy your favorite dishes from lasagna and enchiladas to cheesecakes and glazed sweets. Click the link below to learn how to keep cheesy dishes delicious with fat-free options.

Source: [It's Cheesy, It's Easy](#)