



CHEESE EXCHANGE

Fork Friendly Selections (Cal/g carb)

Serving Size

Product Picture

Selections contain less salt and saturated fat than other products.

Block

Kroger

- Mozzarella (80/2) ----- 1 oz./1 inch cube



Jarlsberg

- Lite Reduced Fat Swiss (70/0) ----- 1 oz./1 inch cube



HEB Select Ingredients

- Fat-Free Mozzarella (40/0) ----- 1 oz./1 inch cube



- Reduced-Fat Colby Jack (90/0.5) ----- 1 oz./1 inch cube



- 2% Milk Cheddar (90/1) ----- 1 oz./1 inch cube

Cottage Cheese

Breakstone's

- Honey Vanilla (60/7) ----- 1/4 cup



Daisy

- Low Fat (45/2.5) ----- 1/4 cup



J&J

- Low-Fat (45/2.5) ----- 1/4 cup



Kroger

- Fat Free (40/3) ----- 1/4 cup

Cream Cheese

HEB

- Whipped Mixed Berry (50/5) ----- 2 tbsp



Kroger

- Fat Free Original (30/4) ----- 2 tbsp



Marzetti

- Strawberry Cream Cheese (60/8) ----- 2 tbsp



Philadelphia

- Original Whipped (50/2) ----- 2 tbsp



Kite Hill

- Almond Milk Cream Cheese (70/2) ----- 2 tbsp

Fork Friendly Selections (Cal/g carb)**Serving Size****Product Picture****Feta****Odyssey**

- Reduced Fat (50/2) ----- 2 tbsp

Président

- Fat Free Crumbles (35/3) ----- 2 tbsp

**Parmesan****Buitoni**

- Freshly Shredded (20/0) ----- 2 tbsp

Kraft

- 100% Grated (20/0) ----- 2 tbsp

Kroger

- Grated (20/0) ----- 2 tbsp

**Ricotta****Kroger**

- Low Fat (50/5) ----- 1/4 cup

Miceli's

- Lite Low Fat (50/5) ----- 1/4 cup

**Shredded****Kroger**

- Reduced Fat Mexican Style (80/1) ----- 1/4 cup

- Shredded Mozzarella (80/2) ----- 1/4 cup

HEB

- Fat Free Mozzarella (40/2) ----- 1/4 cup

Daiya

- Mozzarella, Cheddar Style (100/7) ----- 1/4 cup



Fork Friendly Selections (Cal/g carb)

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Slices

Kroger

- Mozzarella (60/10) ----- 1 slice

HEB

- 2% Reduced Fat Milk Cheddar (60/0) ----- 1 slice

- 2% Milk Colby & Monterey Jack (70/0) ----- 1 slice

- Reduced Fat Monterey Jack Thin (70/0) ----- 1 slice

Sargento

- Mozzarella (60/1) ----- 1 slice



Soft

The Laughing Cow

- Creamy Garlic and Herb (30/1) ----- 1 wedge

- Creamy Spicy Pepper Jack (30/1) ----- 1 wedge

- Light Creamy Swiss (30/1) ----- 1 wedge

Babybel

- Light (50/0) ----- 1 piece



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](#)

Fork Friendly Selections (Cal/g carb)

Serving Size

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Sticks

Frigo

- CheeseHeads Light String (50/1) ----- 1 stick

HEB

- Reduced-Fat Colby and Monterey Jack (70/0) ----- 1 stick

Kraft

- Reduced-Fat Mozzarella (60/1) ----- 1 stick

Weight Watchers

- Light Mozzarella (50/1) ----- 1 stick



Vegan

Chao Field Roast

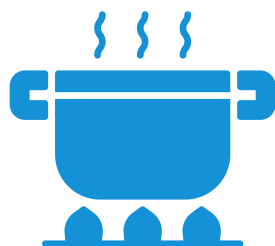
- Creamy Original (60/4) ----- 1 slice
- Spicy Original (60/4) ----- 1 slice

Daiya

- Cheddar Style Shreds (40/4) ----- 2 tbsp
- Mozzarella Style Shreds (40/4) ----- 2 tbsp



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 low-fat options.

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