



MARIE'S GUIDE TO THE CHEESE BOARD

Healthy eating doesn't mean having to give up your favourite cheeses. They contain valuable protein and calcium and by simply swapping to reduced fat alternatives can still be included in your Lifestyle Plan. Let's check out your favourites.....

per oz (28g)	Calories
Brie/Camembert	91
Caerphilly Cheese	110
Cream cheese/ Light/ Extra light	70/47/30
Cheddar/ Half fat	102/65
Edam / Half fat	93/71
Feta	76
Goats Cheese	87
Gorgonzola	109
Mozzarella/ Half fat	88/55
Low fat Cathedral City	80
Low Fat Cottage Cheese	20
Parmesan (per tspn)	23
Stilton Blue/white	116/101
Slimtone members favourites	Calories
Boursin portion (16g) Black Pepper/Garlic & Herb	66
Laughing Cow Triangle Lite Original and Blue Cheese	25
LowLow Mature Cheddar Spread (20g)	41
Medium fat Cheddar Cheese Slices	60
Mini Babybel (21g)/ Original/Light	70/50
Philadelphia Light all flavours (30g)	48
Philadelphia Extra Light Portions	34