



We all know that cheese is another valuable source of Vitamin D, the sunshine vitamin, and is recommended as part of your Slimtone Plan. It also contains valuable protein and calcium and by simply swapping to reduced fat alternatives can still be enjoyed.

Look at the calories in your favourite cheese.

per oz (28g)	Calories
Cheddar/ Half Fat (most varieties)	102/ 65
Mozzarella/ Half Fat	88/ 55
Cathedral city/ Low fat/Lighter Slices/Lighter Minis	120/ 80/62/56
Fromage Frais Full Fat/ 0% Fat	35/ 14
Philadelphia Cream cheese Original/ Light/Extra light	70/ 48/30
Cottage Cheese/ Low Fat	28/ 20
Edam/ Half Fat	93/ 71
Stilton Blue/White	116/101
Camembert and Brie	91
Danish Blue/ Red Leicester/ Gorgonzola & Caerphilly	109
Wensleydale with Cranberry or Apricot	100
Light <u>Philadelphiand</u> chocolate spread (30g)	86
Feta/ Light	76/ 54
Parmesan (per tspn)	23
Quark	20
The following are all portion controlled and ideal for packed lunches or snacks.	Calories
Babybel/ Light (20g)	60/ 43
Dairylea Triangles Original/ Light	54/ 25
Leerdammer slices original/ light	70/ 52
Laughing Cow Triangle Lite (28g/1 oz)/ Original	25/ 45
Seriously strong squares original/ light (20g)	42/ 32
Seriously strong Lighter (125g pot)	280
Philadelphia Extra Light Portions	38
Processed Cheese Slices (Really great with ham in a toastie)	38