

Cheese, Please

For our Best Bite (✓✓) criteria, check the “Best Bites have” paragraph at the end of each section in the text. Honorable Mentions (✓) are plant-based cheeses (●) that meet our criteria but have less calcium or protein than dairy cheese. Cheeses are ranked from least to most saturated fat, then sodium, then most to least protein, then calcium.

Cheddar, Mozzarella, etc.—blocks & rounds (1 oz.)

	Calories	Sat Fat (g)	Sodium (mg)	Protein (g)	Calcium (% DV)
✓ Oatzaarella Cheese Wheel Original ●	50	1	190	0	0%
✓ Follow Your Heart Mozzarella, with soy ●	80	1.5	95	1	0%
✓ Treeline Aged Artisanal Cracked Pepper ●	140	1.5	140	5	0%
✓ Miyoko’s Aged Herbes de Provence ●	130	1.5	180	4	2%
✓ Miyoko’s Aged Sharp English Farmhouse ●	110	1.5	200	4	0%
Cabot Lite75 White Sharp Cheddar	60	1.5	220	9	25%
✓✓ Jarlsberg Lite Swiss	70	2	95	9	20%
✓ Treeline Aged Artisanal Classic ●	140	2	125	5	0%
Cabot Lite50 White Sharp Cheddar	70	2.5	220	8	20%
✓✓ Galbani Fresh Mozzarella Original	70	3	100	5	8%
✓✓ Cabot Lite50 Jalapeño Cheddar	70	3	170	8	20%
Miyoko’s Organic Cashew Milk Mozzarella ●	60	3	210	1	0%
BelGioioso Fresh Mozzarella	70	3.5	85	5	8%
Cracker Barrel 2% Vermont Sharp White	90	3.5	190	7	15%
Cracker Barrel 2% Extra Sharp Yellow	90	3.5	240	7	15%
Miyoko’s Farmhouse Cheddar ●	70	3.5	270	3	10%
BelGioioso Burrata	70	4	60	3	6%
Kerrygold Reduced Fat Dubliner	80	4	190	8	15%
Atalanta Halloumi	80	4	260	6	10%
Daiya ¹ ●	80	4.5	220	1	10%
Miyoko’s Double Cream ¹ ●	120	5	160	3	0%
Follow Your Heart Mozzarella, soy free ●	80	6	260	0	0%

Cheddar, Mozzarella, etc.—sliced (1 slice, about ¾ oz., unless noted)

	Calories	Sat Fat (g)	Sodium (mg)	Protein (g)	Calcium (% DV)
✓✓ Jarlsberg Lite Swiss	50	1.5	70	7	15%
✓✓ Sargento Reduced Fat Provolone	50	2	130	5	10%
✓✓ Sargento Reduced Fat Swiss	70	2.5	65	7	15%
✓✓ Kraft Slim Cut Mozzarella (2 slices)	70	2.5	120	6	10%
✓✓ Sargento Reduced Fat Colby-Jack	60	2.5	120	5	10%
✓✓ Sargento Reduced Fat Medium Cheddar	60	2.5	125	6	15%
✓✓ Sargento Reduced Fat Pepper Jack	50	2.5	150	4	10%
✓✓ Whole Foods 365 Reduced Fat Mild Cheddar	70	2.5	170	6	10%
✓✓ Kraft Slim Cut 2% Swiss (2 slices)	70	3	55	7	15%
✓✓ Alpine Lace 25% Reduced Fat Swiss	70	3	90	6	15%
✓✓ Trader Joe’s Lite Havarti (1 oz.)	70	3	190	8	20%
✓✓ Kraft Slim Cut 2% Extra Sharp White Cheddar (2 slices)	70	3	200	6	15%
✓✓ Kraft Slim Cut 2% Sharp Cheddar (2 slices)	70	3	200	6	15%
Miyoko’s Farmhouse Cheddar (1 oz.) ●	70	3.5	270	3	10%
Sargento Ultra Thin (2 slices) ¹	80	4	120	5	10%
Daiya ¹ ●	60	4	170	0	10%
Field Roast Chao ¹ ●	60	4	180	0	0%
So Delicious ¹ ●	60	4.5	180	0	0%

Shredded (1 oz., about ¼ cup)

	Calories	Sat Fat (g)	Sodium (mg)	Protein (g)	Calcium (% DV)
✓ Trader Joe’s Almond Mozzarella Style Shreds	70	0	160	5	15%
Kraft Fat Free Cheddar	45	0	280	9	20%
Oatzaarella Original ●	60	0.5	250	0	0%
Go Veggie Lactose Free Mozzarella Style Shreds	70	0.5	340	6	20%
✓✓ Trader Joe’s Lite Mexican Blend	80	2.5	170	8	20%
✓✓ Kraft 2% Mozzarella	80	2.5	190	8	20%
Sargento Reduced Fat Mozzarella	70	2.5	210	8	15%
Daiya Original Mozzarella Style Shreds ●	100	2.5	340	1	2%
✓✓ Trader Joe’s Lite 3 Cheese Blend	80	3	135	8	20%
✓✓ Whole Foods 365 Part-Skim Mozzarella	80	3	170	8	15%
✓✓ Sargento Reduced Fat Sharp Cheddar	90	3	180	8	20%
Kraft 2% Cheddar—Mild or Sharp	90	3.5	230	7	15%
Miyoko’s Farmhouse Cheddar ●	70	3.5	260	3	10%
Trader Joe’s Dairy Free Cashew Mozzarella Style Shreds ●	80	5	230	0	0%
So Delicious Shreds ¹ ●	90	6	210	1	0%

Cottage Cheese (½ cup)

	Calories	Sat Fat (g)	Sodium (mg)	Protein (g)	Calcium (% DV)
✓✓ Breakstone’s 2% Lowfat, 40% Less Sodium	100	1.5	250	13	10%
✓✓ Good Culture Low-fat Classic	80	1.5	340	14	8%
✓✓ Daisy 2% Low Fat	90	1.5	350	13	8%
Breakstone’s 2% Lowfat	100	1.5	360	13	10%
Horizon Organic 2% Lowfat	100	1.5	400	14	15%
Good Culture Whole Milk Classic	110	3	340	14	8%
Daisy 4%	110	3	390	13	8%

Cream Cheese (2 Tbs., tub, unless noted)

	Calories	Sat Fat (g)	Sodium (mg)	Protein (g)	Calcium (% DV)
✓✓ Kite Hill—Everything or Garden Veggie ●	70	0	180	2	2%
✓✓ Kite Hill Chive ●	60	0	200	2	2%
✓✓ Kite Hill Plain ●	70	0	200	2	2%
✓✓ Treeline—Chive & Onion or Plain ●	90	1	130	2	2%
✓✓ Philadelphia Whipped Original	50	2.5	85	1	0%
✓✓ Trader Joe’s Light, block	70	2.5	90	3	6%
✓✓ Miyoko’s Organic Cashew Milk—Classic Plain, Everything, Lox, or Savory Scallion ¹ ●	90	2.5	115	3	0%
✓✓ Trader Joe’s Soft Spreadable Light	70	3	95	3	8%
✓✓ Trader Joe’s Organic Light Whipped	60	3	105	3	4%
Cedar’s Labne	50	3.5	60	1	4%
Philadelphia ⅓ Less Fat	60	3.5	120	3	2%
Philadelphia ⅓ Less Fat Chive & Onion	60	3.5	150	3	2%
Karoun Original Labne	60	4	40	1	2%
Philadelphia ⅓ Less Fat, block	70	4	120	2	0%
Daiya Plain ●	80	4.5	120	0	0%
Violife Just Like Cream Cheese Original ●	70	6	140	0	0%

Ricotta & Farmer Cheese (¼ cup)

	Calories	Sat Fat (g)	Sodium (mg)	Protein (g)	Calcium (% DV)
✓✓ Sargento Light Ricotta	60	1	60	4	10%
Kite Hill Ricotta Alternative ●	140	1	230	5	4%
✓✓ Lifeway Farmer Cheese	80	2.5	25	7	8%
✓✓ Whole Foods 365 Farmer Cheese	80	2.5	25	6	8%
✓✓ Galbani Ricotta, Made with Part Skim Milk	80	2.5	60	4	15%
✓✓ Whole Foods 365 Part-Skim Ricotta	80	3	70	6	15%
Galbani Ricotta, Made with Whole Milk	100	5	65	4	10%

Feta (1 oz. crumbles, unless noted)

	Calories	Sat Fat (g)	Sodium (mg)	Protein (g)	Calcium (% DV)
✓✓ Président Fat Free, chunk or crumbles ¹	35	0	260	6	8%
Athenos Fat Free	30	0	430	7	10%
✓✓ Athenos Reduced Fat	50	2	340	5	4%
Whole Foods 365	70	2.5	340	6	10%
Trader Joe’s	70	2.5	340	6	8%
Follow Your Heart ●	80	6	270	0	4%
Violife Just Like Feta, block ●	90	7	190	0	0%

Goat Cheese (1 oz.)

	Calories	Sat Fat (g)	Sodium (mg)	Protein (g)	Calcium (% DV)
✓✓ Trader Joe’s Goat’s Milk Creamy Cheese	45	2.5	135	3	4%
✓✓ Chavrie Original, spreadable pyramid	50	3	125	3	2%
Montchevre Medallions	70	3.5	40	5	4%
Vermont Creamery Classic, crumbles	70	3.5	55	5	2%
Vermont Creamery Classic, log	80	4	60	5	2%
Trader Joe’s Chevre, log	80	4.5	80	5	0%
Chavrie Original, log	90	5	85	4	2%
Alouette crumbles	90	5	140	6	2%

Spreadables & Brie (2 Tbs. or 1 wedge, unless noted)

	Calories	Sat Fat (g)	Sodium (mg)	Protein (g)	Calcium (% DV)
✓ Kite Hill Soft Spreadable ¹ ●	60	0	115	2	2%
✓✓ The Laughing Cow Blends ¹	35	0	125	2	10%
✓ Treeline French-Style (1 oz.) ¹ ●	100	1	95	4	0%
✓✓ The Laughing Cow Creamy—Light or flavors ¹	30	1	180	2	10%
✓✓ Rondelé Light Garlic & Herbs	45	2	150	2	4%
✓✓ The Laughing Cow Creamy Original	50	2.5	180	2	10%
✓✓ Rondelé Reduced Fat Spinach & Garlic	60	3	160	2	4%
✓✓ Président or Trader Joe’s Light Brie (1 oz.)	70	3	200	6	10%
Boursin Dairy-Free Garlic & Herbs ●	90	6	170	0	2%

Snacks (1 string, stick, or round, ¾ oz., unless noted)

	Calories	Sat Fat (g)	Sodium (mg)	Protein (g)	Calcium (% DV)
✓✓ Kraft Twists 2% Mozzarella & Cheddar	50	1.5	160	6	8%
✓✓ Sargento Light String	45	1.5	160	5	10%
✓✓ Cabot Lite50 White Sharp Cheddar	50	2	160	6	15%
✓✓ Babybel Light	50	2	160	6	10%
✓✓ Kraft 2% Mozzarella String	60	2	180	6	10%
✓✓ Sargento Reduced Fat Sharp Cheddar	60	2.5	140	6	15%
✓✓ Babybel Mozzarella	50	2.5	160	6	10%
✓✓ Cracker Barrel 2% Extra Sharp Yellow Sticks	60	2.5	180	5	10%
✓✓ Sargento Reduced Fat Colby-Jack	70	3	120	6	10%
✓✓ Babybel Sharp Original	60	3	140	5	10%
✓✓ Kraft Part-Skim Mozzarella String (1 oz.)	80	3	180	7	10%
BelGioioso Fresh Mozzarella Snacking (1 oz.)	70	3.5	85	5	8%
Miyoko’s Cheddar Sticks ●	60	3.5	170	2	6%
Ile de France Brie Bites (0.9 oz.)	70	4	140	4	8%
Babybel Original	70	4	160	5	10%

✓✓ Best Bite. ✓ Honorable Mention. ● Plant-based.

¹Average of the entire line or the varieties listed.

Daily Values (for a 2,000-calorie diet): **Saturated Fat:** 20 grams.

Sodium: 2,300 milligrams. **Calcium:** 1,300 milligrams.

Daily Protein Target: 85 grams.

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