One serving of cheese contains many of the essential nutrients your body needs, including:

**Calcium**
- Helps build and maintain strong bones and teeth.
- 15% DAILY VALUE

**Protein**
- Helps build and repair muscle tissue.
- 14% DAILY VALUE

**Phosphorus**
- Helps build and maintain strong bones and teeth, supports tissue growth.
- 15% DAILY VALUE

**Vitamin B12**
- Helps with normal blood function, helps keep the nervous system healthy.
- 20% DAILY VALUE

**Pantothenic Acid**
- Helps your body use carbohydrates, fats, and protein for fuel.
- 45% DAILY VALUE

**Niacin**
- Used in energy metabolism in the body.
- 15% DAILY VALUE

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.