Defining Dairy

CHEESE

From fresh to aged and everything in between, discover what makes these cheeses unique!

American Dairy Association MIDEAST

*Nutrition analysis based on 1.5-oz serving

Soft Fresh Cheeses

Only one step removed from milk, these cheeses contain the highest moisture content of any cheeses. They are not aged or ripened and do not have rinds, have a mild, delicate and creamy flavor and are smooth and often spreadable. They are white throughout, but sometimes natural colors like betta carotene or annatto are added to give a uniform orange color.

Some examples include cheese curds, fresh Mozzarella, Ricotta, Cream cheese, Cottage cheese and Feta.

Whole Milk Mozzarella

Calories	Fat	Carbs	Protein	Calcium
127	9g	1g	9g	17%

Cream Cheese

Calories	Fat	Carbs	Protein	Calcium
149	15g	2g	3g	3%

Cottage Cheese

Calories	Fat	Carbs	Protein	Calcium
61	4g	1g	4.5g	3%

Soft-Ripened Cheeses

These cheeses are ripened when briefly exposed to mold cultures that form a thin, white or cream-colored rind that is soft and edible (also known as a bloomy rind). Soft-ripened cheeses have a high moisture level and fat content, resulting in a buttery taste and creamy texture.

Some examples are Brie and Camembert.

Brie

Calories	Fat	Carbs	Protein	Calcium
142	12g	0.2g	9g	6%

Camembert

Calories	Fat	Carbs	Protein	Calcium
128	10g	0.2g	8g	13%

Semi-Soft Cheeses

Semi-soft cheeses are all made with whole milk, giving them a soft and creamy texture. These cheeses are more dense than soft cheeses and have a mild and buttery taste. Some of these cheeses have a small rind from being lightly pressed into a mold.

Some examples include Muenster, Havarti, Fontina and Pepper Jack.

Muenster

Calories	Fat	Carbs	Protein	Calcium
157	13g	0.5g	10g	23%

Havarti

Calories	Fat	Carbs	Protein	Calcium
156	13g	2g	9g	22%

Pepper Jack

Calories	Fat	Carbs	Protein	Calcium
165	13.5g	1.5g	9g	23%

To learn more, visit Drink-Milk.com

Defining Dairy / Cheese

*Nutrition analysis based on 1.5-oz serving

Semi-Hard Cheeses

These cheeses are pressed into a mold and are aged for at least eight months. There are dense and firm but still have some springiness. Their flavor characteristics can vary greatly, but tend to be well balanced, and smooth.

Some examples include Cheddar, Swiss, Gouda, Gruyere and Edam.

Cheddar	Swiss	Gouda
CALORIES 172	CALORIES 168	CALORIES 152
FAT 14g	FAT 13g	FAT 12g
CARBS 1.4g	CARBS 0.6g	CARBS 1g
PROTEIN 10g	PROTEIN 11.5g	PROTEIN 11g
CALCIUM 23%	CALCIUM 27%	CALCIUM 23%

Hard Cheeses

Hard cheeses are pressed and aged the longest to remove much of their moisture, giving them a longer shelf life. These cheeses are dry and crumbly and have a strong and savory taste.

Examples are Parmesan, Asiago and Romano.

Parmesan (Grated)	Romano	Asiago
CALORIES 167	CALORIES 165	CALORIES 150
FAT 10.5g	FAT 11.5g	FAT 12g
CARBS 1.4g	CARBS 1.5g	CARBS 0g
PROTEIN 15g	PROTEIN 13.5g	PROTEIN 10.5g
CALCIUM 39%	CALCIUM 35%	CALCIUM 23%

Blue-Veined Cheeses

These cheeses are made by adding blue mold cultures directly to milk. During the cheesemaking process, the cheese is pierced with thin skewers to create veins where oxygen encourages the mold to grow. They have a distinct flavor and soft and crumbly texture.

Some examples are Blue cheese and Gorgonzola.

Blue Cheese	Gorgonzola
CALORIES 150	CALORIES 156
FAT 12g	FAT 13.5g
CARBS 1.5g	CARBS 0g
PROTEIN 9g	PROTEIN 9g
CALCIUM 18%	CALCIUM 15%