



# CHEESE 101

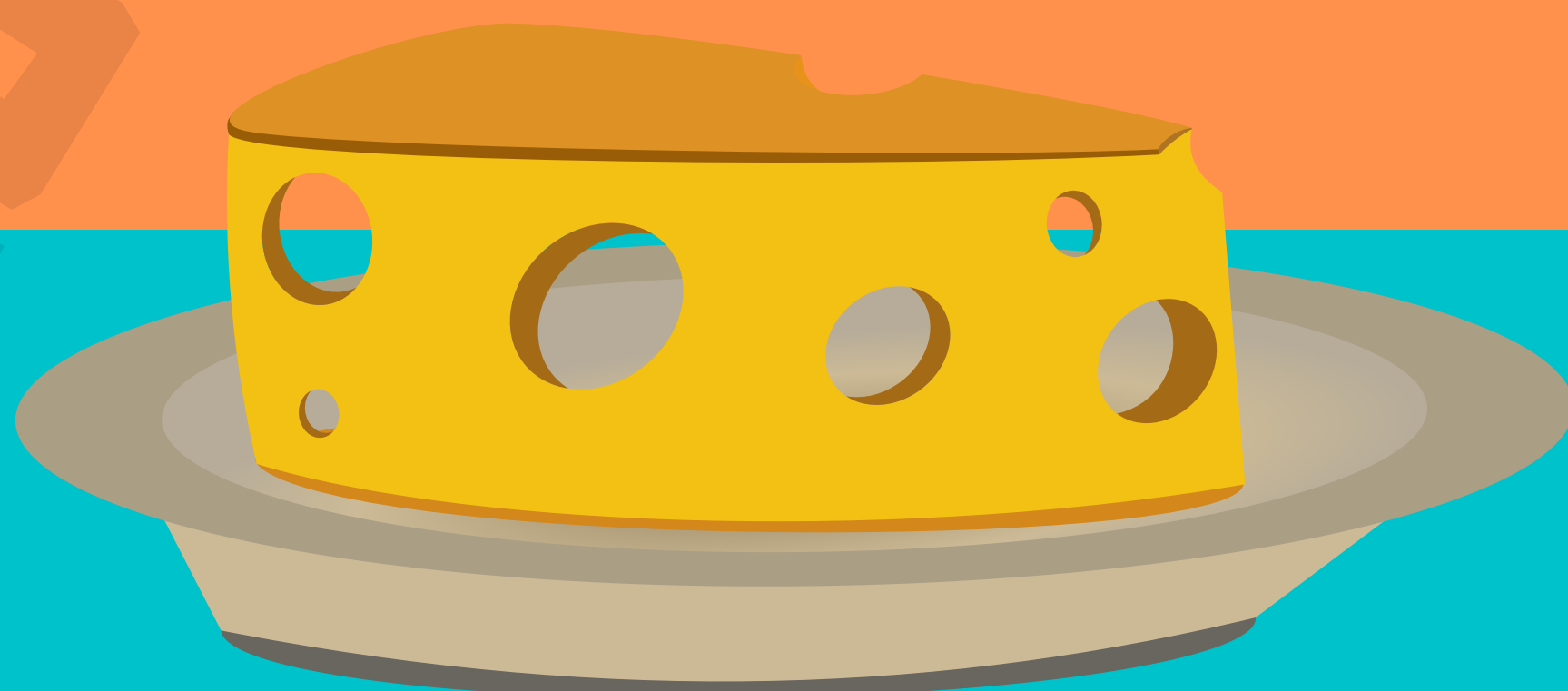
ALL YOU NEED TO KNOW ABOUT CHEESE

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# What is Cheese ?

CHEESE IS MADE FROM PASTUERIZED MILK (FROM COW, GOAT OR SHEEP) WHICH HAS BEEN COAGULATED (EITHER THROUGH HEAT, ENZYME REACTION OR STARTER CULTURE-GOOD BACTERIA) THEN SALT TO ADD FLAVOUR THUS PRODUCING THE DIFFERENT VARIANTS WE KNOW TODAY

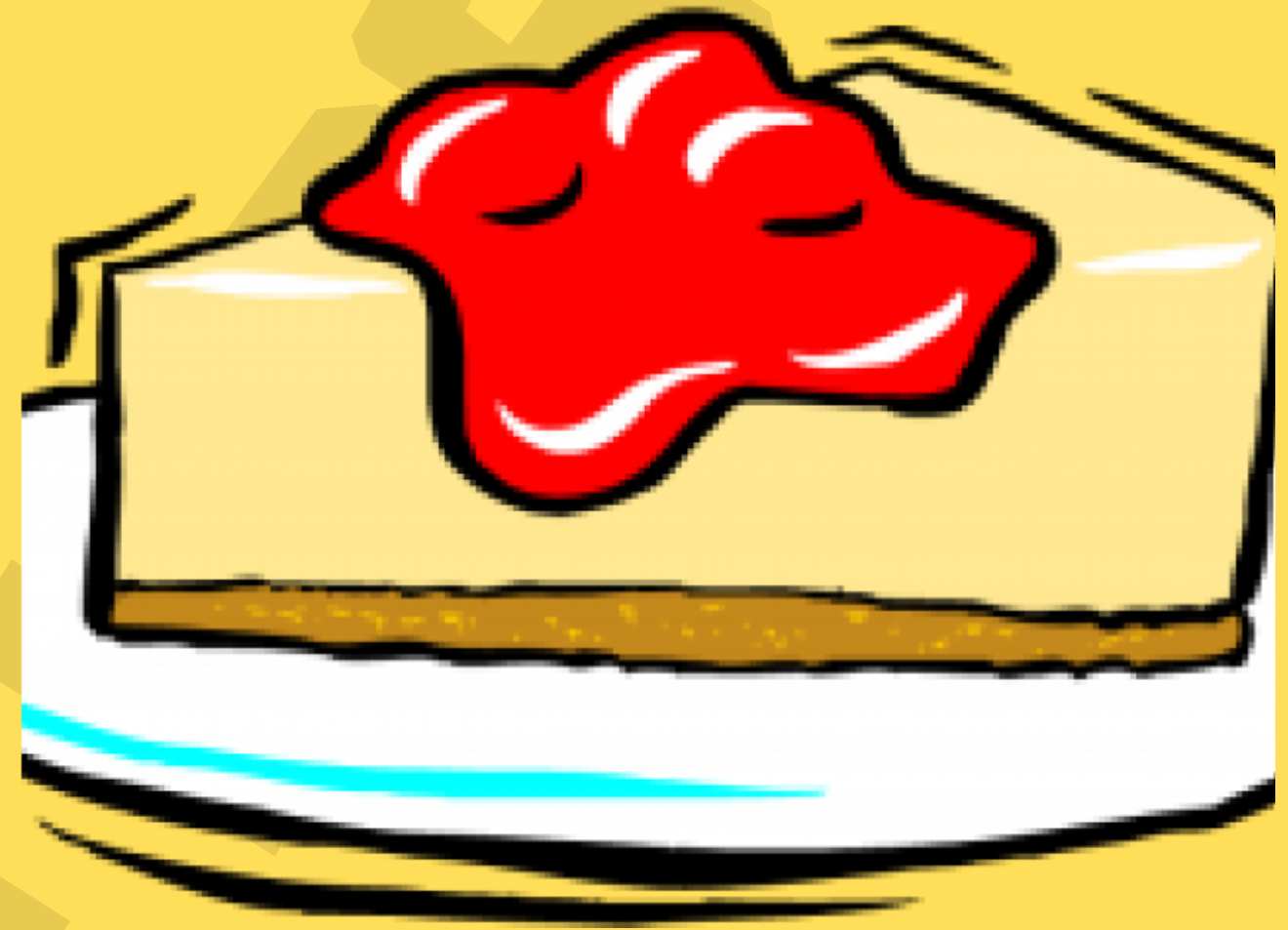


# What are the different types of cheeses ?

## FRESH CHEESE

They are uncooked, unaged and still contain some whey. Some examples are mozzarella, cottage cheese, ricotta, cream cheese, mascarpone.

They tend to still have some liquid and don't last long. So its best to buy only what you need at a time



These are made just by allowing the milk curds (after being pressed) to ripen and age. Many of them are made from raw milk, and they include English Stilton and the French fromage de chèvre.

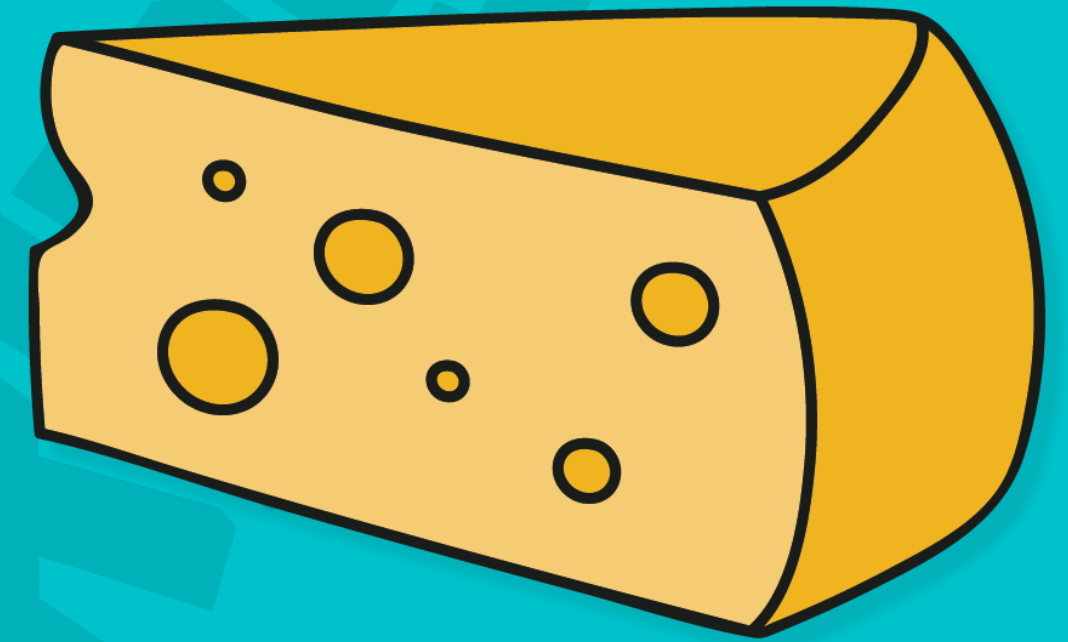


## NATURAL-RIND CHEESE

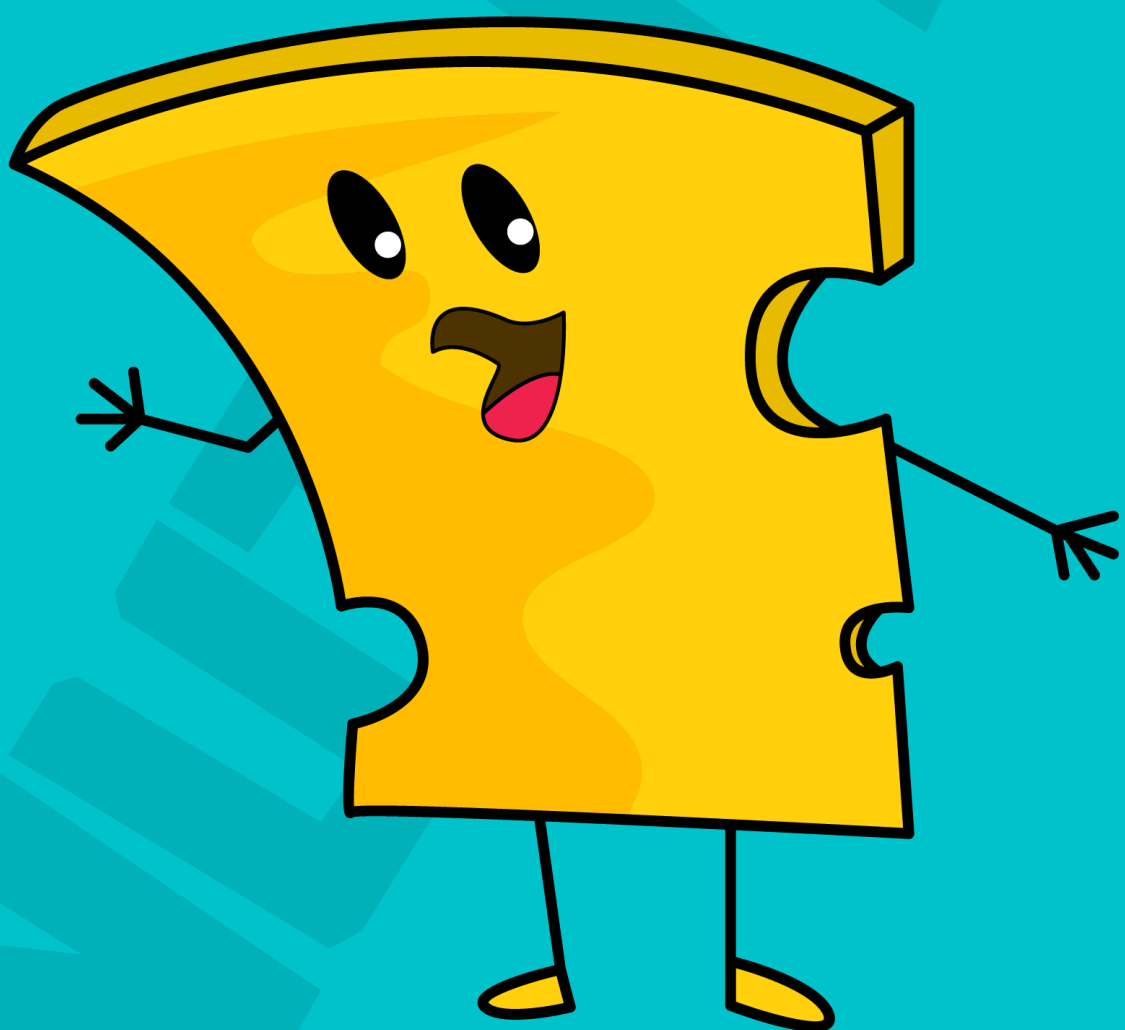
# What are the different types of cheeses ?

## UNCOOKED PRESSED CHEESE

These are made without heat; instead they have been pressed to give it a very compact, dense texture. a great example is cheddar



Unlike their counterparts their curds are heated before being pressed. Examples of these are Gruyère, Emmental, Provolone (usually stretched after)



## COOKED PRESSED CHEESE

# What are the different types of cheeses ?

## PROCESSED CHEESE

Isn't really cheese but a byproduct of the cheesemaking process. They are usually made with scraps of cheese as well as water, dyes, gums and other ingredients. They tend to have a longer shelf life than natural cheese and can be made in spreadable varieties.

Examples include American cheese/cheddar, cheese slices, Cheez Whiz, Velveeta, Laughing cow e.t.c.

# Nutritional Benefits of Cheese

This varies based on the type of cheese in question.

Here are some of the common kinds.

## **CHEDDAR CHEESE**

**Calories: 114 kcal**

**Protein: 7 g; 14 % DV**

**Calcium: 204 mg; 20.4 % DV**

**Fat: 9g; 13.8% DV**

**Sodium: 176mg; 7.3% DV**



## **SWISS CHEESE (EMMENTHAL)**

**Calories: 106Kcal**

**Protein: 8g; 16% DV**

**Calcium: 224mg; 22.4% DV**

**Fat: 8g; 12.3%**

**Sodium: 54mg; 2.3% DV**



## **AMERICAN CHEESE (PROCESSED)**

**Calories:79Kcal**

**Protein:5g; 10% DV**

**Calcium: 116mg; 11.6% DV**

**Fat: 7g; 10.8% DV**

**Sodium:263mg; 10.9% DV**



## **MOZERELLA**

**Calories:72Kcal**

**Protein:7g; 14% DV**

**Calcium: 222mg; 22% DV**

**Fat: 4.5g; 6.9% DV**

**Sodium:175mg; 7% DV**



# Nutritional Benefits of Cheese

## Things you need to note

CHEESE CONTAINS HIGH AMOUNTS OF SODIUM (DUE TO ITS PROCESSING) SO EATING IT IN MODERATION IS KEY. WHEN USING IT TOO COOK MEALS FOR A CHILD ENSURE YOU DO NOT ADD EXTRA SALT TO THE DISH. THIS HELPS TO REGULATE THE SODIUM CONTENT. THE RULE OF THUMB IS THE SOFTER THE CHEESE IS (CREAM CHEESE, MOZERALLA) THE LESS SODIUM IT CONTAINS.

MOST CHEESES AVAILABLE ARE DIARY PRODUCT AND SHOULD BE AVOIDED IF THE CHILD CONSUMING IT IS ALLERGIC OR REACTS TO CASEIN.

ON THE OTHER HAND, PEOPLE WHO ARE LACTOSE INTOLERANT HAVE BEEN FOUND TO TOLERATE CHEESE BECAUSE OF LITTLE OR NO LACTOSE (DEPENDENT ON THE CHEESE)

CHEESE IS MADE WITH GOOD BACTERIA AND NOT HARMFUL BACTERIA.

AIM TO PURCHASE BLOCKS OF CHEESE VS SLICED CHEESE OR SPREADS.

PROCESSED CHEESE IS MADE WITH VERY LITTLE CHEESE OR CHEESE BY PRODUCTS WITH OTHER INGREDIENTS TO EITHER ENHANCE COLOUR, TASTE, TEXTURE.

CHEESE IS HIGH IN CALCIUM, VIT B12 AND FATS. ITS AIDS WITH THE DEVELOPMENT OF STRONG BONES, WEIGHT GAIN, PRODUCTION OF RED BLOOD CELLS AND OPTIMAL HEALTH OF THE NERVOUS SYSTEM.