

6 WAYS

# CHEESE

CAN HELP YOUR BODY

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.

[www.nationaldairycouncil.org/](http://www.nationaldairycouncil.org/)

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Sources: U.S. Department of Agriculture, Agricultural Research Service. 2016. USDA National Nutrient Database for Standard Reference, Release 28. Nutrient Data Laboratory Home Page, <http://www.ars.usda.gov/nutrientdata>; Low moisture, part skim mozzarella (#01029)

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