

## DAIRY PRODUCTS: NUTRITION INFORMATION

PRODUCT	SERVING SIZE	CARBS (g)	PROTEIN (g)	POTASSIUM (mg)
Parmesan	1oz.	1	11	35
Cheddar	1oz.	0.4	7	27
Ricotta 4% fat	½ cup	4	14	130
Cottage 2% fat	½ cup	4	15	108
Feta	1oz.	1	4	18
Goat	1oz.	0.7	6	45
Mozzarella	1oz.	0.6	6	21
Brie	1oz.	0.1	6	43
Provolone	1oz.	0.6	7	39
Blue cheese	1oz.	0.7	6	73
Gorgonzola	1oz.	0.4	6	n/a
Gouda	1oz.	0.6	7	34
Muenster	1oz.	0.3	7	38
Havarti	1oz.	1	7	n/a
American	1oz.	0.5	6	48
Cream cheese	1 tablespoon	0.3	0.8	12
Roquefort	1oz.	0.6	6	26
Monterey Jack	1oz.	0	6	n/a
Swiss	1oz.	.08	4	11
<b>Milk</b>	<b>8 oz.</b>	<b>12</b>	<b>8</b>	<b>366</b>
Cream: heavy	1oz.	0	0	0
Half & Half	1oz.	1	0.9	39
Butter	1 tablespoon	<0.1	0.1	3
<b>Yogurt-plain</b>	<b>1 cup</b>	<b>12</b>	<b>8</b>	<b>378</b>



Note: high carbohydrate foods shown in **BOLD RED**