American, Cheddar, Swiss or Jack

No matter which variety you choose, cheese can be a tasty part of a healthy diet.

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Like all dairy products, cheese is a rich source of calcium and protein. In addition, this nutritious milk by-product helps protect your teeth against cavities by reducing the enamel-eroding acids created by dental plaque.

But while these benefits are a plus, you can get too much of a good thing. Cheese is fattening if not eaten in moderation. That means it’s important to compare calories and fat content.

Softer cheeses, such as goat and feta, have fewer calories. Strong or savory cheeses have more flavor so you use less. And if you eat more than one ounce each day, choose reduced-, low- or nonfat varieties.

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http://beta.docker.realhealthmag.com/article/Cheese-Dairy-Diet-19975-6574