

Nutrient composition of cheese

CHEESE Per 100 g	Unit	Cottage cheese (full-fat)	Cottage cheese (fat-free)	Cream cheese	Ricotta cheese	Cheddar cheese	Gouda cheese
Moisture	g	75.2 ¹	83.6 ¹	54.4 ²	71.7 ²	37.4 ¹	40.6 ¹
Energy (Gross)	kJ	801 ¹	373 ¹	—	—	1869 ¹	1777 ¹
Energy (Calculated)	kJ	628 ¹	262 ¹	1431 ²	728 ²	1645 ¹	1579 ¹
Protein (N x 6.38)	g	9.41 ¹	10.5 ¹	5.93 ²	11.3 ²	24.7 ¹	23.9 ¹
Total Fat	g	11.0 ¹	0.14 ¹	34.2 ²	13.0 ²	32.3 ¹	31.5 ¹
Carbohydrate (Calculated)	g	3.38 ²	6.66 ²	4.07 ²	3.04 ²	1.28 ²	2.22 ²
Lactose	g	2.67 ²	1.56 ²	3.21 ²	*0.27 ²	0.23 ²	*2.22 ²
Total Saturated 4:0	g	5.95 ⁵	0.169 ⁵	18.8 ⁵	7.88 ⁵	18.5 ⁵	18.5 ⁵
6:0	mg	109 ²	7 ²	998 ²	574 ²	1046 ²	999 ²
8:0	mg	25 ²	2 ²	294 ²	93 ²	529 ²	640 ²
10:0	mg	226 ¹	9 ²	825 ²	229 ²	689 ¹	719 ¹
12:0	mg	345 ¹	6 ²	919 ²	158 ²	935 ¹	953 ¹
14:0	mg	1093 ¹	20 ²	3042 ²	1364 ²	3179 ¹	3150 ¹
16:0	mg	2830 ¹	70 ²	8497 ²	4057 ²	8212 ¹	8061 ¹
18:0	mg	1298 ¹	50 ²	3823 ²	1281 ²	3585 ¹	3529 ¹
20:0	mg	—	—	50 ²	—	—	—
Total Monounsaturated 14:1	g	2.76 ¹	0.079 ⁵	8.62 ⁵	3.40 ⁵	8.11 ¹	7.94 ¹
16:1	mg	79 ¹	—	249 ²	—	268 ¹	264 ¹
18:1	mg	126 ¹	12 ²	448 ²	532 ²	424 ¹	409 ¹
Total Polyunsaturated 18:2	g	0.259 ¹	0.003 ⁵	1.21 ⁵	0.385 ⁵	0.750 ¹	0.755 ¹
18:3	mg	220 ¹	3 ²	1032 ²	273 ²	619 ¹	614 ¹
Cholesterol	mg	37 ¹	7 ²	110 ²	51 ²	115 ¹	92.9 ¹
Minerals							
Calcium	mg	111 ¹	120 ¹	98 ²	207 ²	788 ¹	806 ¹
Iron	mg	0.86 ¹	0.55 ¹	0.38 ²	0.38 ²	0.780 ¹	0.686 ¹
Magnesium	mg	8.15 ¹	9.47 ¹	9 ²	11 ²	29.9 ¹	30.8 ¹
Phosphorus	mg	98.7 ¹	114 ¹	106 ²	158 ²	532 ¹	565 ¹
Potassium	mg	117 ¹	185 ¹	138 ²	105 ²	82.3 ¹	70.5 ¹
Sodium	mg	153 ¹	161 ¹	321 ²	84 ²	487 ¹	511 ¹
Zinc	mg	0.94 ¹	0.63 ¹	0.51 ²	1.16 ²	3.78 ¹	3.73 ¹
Copper	mg	0.07 ¹	0.05 ¹	0.019 ²	0.021 ²	0.0662 ¹	0.0543 ¹
Chloride	mg	355 ¹	337 ¹	480 ³	—	990 ¹	843 ¹
Manganese	µg	70 ¹	50 ¹	11 ²	6 ²	74.4 ¹	68.3 ¹
Selenium	µg	4 ³	9.4 ²	2.4 ²	14.5 ²	13.9 ²	14.5 ²
Iodine	µg	trace ³	—	—	39 ³	5 ⁴	—
Fluorine	µg	△31.6 ²	△31.6 ²	—	—	△34.9 ²	75 ³
Boron	µg	—	—	—	—	—	—
Chromium	µg	—	—	—	—	11.8 ⁴	88.7 ⁴
Vitamins							
Retinol	µg	36 ²	2 ²	359 ²	117 ²	344 ¹	367 ¹
Beta carotene	µg	12 ²	4 ³	41 ²	33 ²	85 ²	10 ²
Vitamin B1	mg	0.06 ¹	0.04 ¹	0.020 ²	0.013 ²	0.040 ²	0.0432 ¹
Vitamin B2	mg	0.18 ¹	0.21 ¹	0.125 ²	0.195 ²	0.361 ²	0.330 ¹
Vitamin B3	mg	0.099 ²	0.144 ²	0.145 ²	0.104 ²	0.08 ²	0.063 ²
Vitamin B6	mg	0.046 ²	0.016 ²	0.035 ²	0.043 ²	0.074 ²	0.08 ²
Folic acid	µg	•12 ²	•9 ²	•11 ²	•12 ²	•18 ²	•21 ²
Vitamin B12	µg	0.43 ²	0.46 ²	0.25 ²	0.34 ²	0.83 ²	1.54 ²
Biotin	µg	3.0 ³	3.0 ³	1.6 ³	—	3.0 ³	1.4 ³
Vitamin C	mg	trace ³	trace ³	trace ³	trace ³	trace ³	trace ³
Vitamin D ^o	µg	0.03 ³	0.01 ³	0.27 ³	—	0.26 ³	0.24 ³
Vitamin E	µg	80 ²	10 ²	650 ²	110 ²	1146 ¹	1226 ¹
Amino acids							
Total (Calculated)	g	9.72 ⁵	10.9 ⁵	6.66 ⁵	13.0 ⁵	25.1 ⁵	24.2 ⁵
Arginine	g	0.33 ¹	0.38 ¹	0.235 ²	0.632 ²	0.861 ¹	0.821 ¹
Serine	g	0.54 ¹	0.62 ¹	0.374 ²	0.575 ²	1.50 ¹	1.47 ¹
Aspartic acid	g	0.76 ¹	0.85 ¹	0.514 ²	0.995 ²	1.85 ¹	1.77 ¹
Glutamic acid	g	1.91 ¹	2.25 ¹	1.30 ²	2.45 ²	5.33 ¹	5.08 ¹
Threonine	g	0.46 ¹	0.50 ¹	0.233 ²	0.517 ²	1.02 ¹	0.944 ¹
Glycine	g	0.18 ¹	0.21 ¹	0.142 ²	0.295 ²	0.468 ¹	0.459 ¹
Alanine	g	0.34 ¹	0.38 ¹	0.184 ²	0.499 ²	0.823 ¹	0.775 ¹
Tyrosine	g	0.45 ¹	0.51 ¹	0.303 ²	0.589 ²	1.11 ¹	1.08 ¹
Proline	g	0.87 ¹	1.02 ¹	0.665 ²	1.07 ²	2.55 ¹	2.51 ¹
Methionine	g	0.30 ¹	0.35 ¹	0.191 ²	0.281 ²	0.801 ¹	0.736 ¹
Valine	g	0.52 ¹	0.57 ¹	0.395 ²	0.692 ²	1.35 ¹	1.26 ¹
Phenylalanine	g	0.48 ¹	0.55 ¹	0.291 ²	0.556 ²	1.26 ¹	1.20 ¹
Isoleucine	g	0.40 ¹	0.42 ¹	0.324 ²	0.589 ²	1.01 ¹	0.949 ¹
Leucine	g	0.92 ¹	1.02 ¹	0.657 ²	1.22 ²	2.21 ¹	2.14 ¹
Histidine	g	0.22 ¹	0.22 ¹	0.175 ²	0.459 ²	0.770 ¹	0.762 ¹
Lysine	g	0.81 ¹	0.84 ¹	0.567 ²	1.34 ²	1.75 ¹	1.71 ¹
Tryptophane	g	0.12 ¹	0.13 ¹	0.069 ²	0.125 ²	0.293 ¹	0.369 ¹
Cystine	g	0.11 ¹	0.12 ¹	0.042 ²	0.099 ²	0.110 ¹	0.125 ¹

CHEESE Per 100 g	Unit	Mozza- rella cheese	Full fat processed cheese	Medium fat processed cheese spread	Feta	Brie	Camemb- ert	Blue cheese

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- * Lactose = Total sugars
- Folic acid = Folate
- △ Fluorine = Fluoride
- Vitamin D values are best estimates, as reported in either IU or µg. 1 IU = 0.025µg

REFERENCES

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5. As per calculated value.

(-) Missing values.



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South African
Cheese

