CHEESE PLEASE !

Cheese is not only delicious and nutritious, but also very versatile. You can add it to dishes for flavour or eat it in moderate amounts by itself or on bread.

It's also convenient and easy to pack as part of your lunch box.
There are many varieties of cheese available. Some of the well-known ones are
Cheddar, Gouda Mozzarella and Feta

Here is why CHEESE IS GOOD FOR YOU:

Cheese is an excellent source of good-quality protein. It contains all the essential building blocks (amino acids) you need to build strong bones and muscles.

Cheese is a good source of calcium, which plays an important role in bone health.

Two slices of cheese (40 g) supply 15% of the amount of vitamin A you need daily to maintain good eyesight and to fight against disease.

Cheese fills you up and makes you feel fuller for longer.

Cheese such as Cheddar and Gouda contains very little lactose.These are good choices if you are lactose intolerant because they are well tolerated.

Protein, calcium and phosphorus in cheese help to protect your teeth against decay. Research has shown that eating hard cheese directly after a meal is a good way to protect your teeth and keep them healthy.

To make cheese an affordable option in your diet, buy it when it is offered at a good price. Grate all the cheese and store it in the freezer. This way your cheese will last much longer. You can then use it directly from the freezer as needed.

Choose cheese as a snack or part of a meal to:

- **help you reach your 3-a-day-dairy goal so that you get enough calcium for healthy bones**
- **keep your teeth in tip-top shape so that you can keep smiling**
- **help you reach or maintain your ideal weight.**

dairy™ 3-A-DAY EVERY DAY

An initiative by the Consumer Education Project of Milk SA
For more information visit www.rediscoverdairy.co.za
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rediscover dairy 3-A-DAY