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What 100 Calories of Cheese Looks Like
 A guide to help you make healthier choices for your sandwich, snack, or party plate

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PHOTO: JAMES WORRELL

Whether it's sliced, cubed, crumbled, or shredded, Americans can't get enough cheese. According to a recent survey of 2,000 adults by market research firm Mintel, a whopping 95 percent reported having eaten cheese within the past three months, with the majority saying they'd eaten it several times per month.

A few downsides come with all that consumption, says Amy Keating, a registered dietitian at Consumer Reports: "Cheese is an excellent source of protein and supplies calcium, but it's easy to nibble on; and the calories, saturated fat, and sodium can add up."

And on top of that, you have to consider what you pair with the cheese. In recent CR tests, even healthy crackers had 5 to 40 calories each, and some had as much as 100 calories and 100 milligrams of sodium per cracker.

Enjoy cheese with fruit or raw nuts. These added ingredients, such as sugars, and...

...calculated what 100 calories of... soundly at your next soirée or

What 100 Calories of Cheese Looks Like

 1 oz. GOAT CHEESE	 1 oz. GORGONZOLA	 1/4 cup GRATED PARMESAN
 1 oz. KRAFT PEPPER JACK	 1 oz. BABYBEL ORIGINAL	 1/2 oz. SARGENTO SLICED SWISS
 5 1/2 LIONI CILIEGINE CHERRY-SIZE FRESH MOZZARELLA	 5 1/2 LIONI CILIEGINE CHERRY-SIZE FRESH MOZZARELLA	
 1 3/4 KRAFT AMERICAN SINGLES	 1/2 oz. BABYBEL ORIGINAL	 1/2 oz. SARGENTO SLICED SWISS

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A Healthy Choice

For a healthy eating choice, 5 1/2 pieces of Lioni Ciliegine Cherry-size fresh mozzarella have only **100 calories** and are an excellent source of protein and calcium.