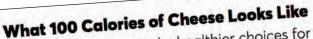
## As Seen In the September 2018 Issue of

## **CR** Consumer Reports



A guide to help you make healthier choices for your sandwich, snack, or party plate



Whether it's <u>sliced</u>, 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.

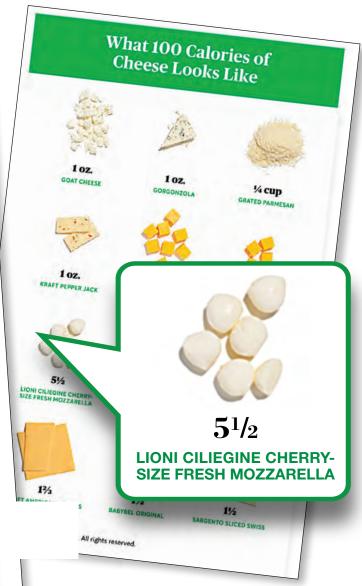
A few downsides come with all that consumption, says Amy Keating, a registered dietitian at Consumer Reports: "Cheese is an excellent source of protein and supplies calcium, but it's easy to nibble on; and the calories, saturated fat, and sodium can add up."

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

Traditional Fresh Mosarella Cheese

vioy cheese with fruit or raw nuts. These dded ingredients, such as sugars, and vt.

lculated what 100 calories of k soundly at your next soirée or



**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.