

# Cheese

**CREATE**  
HEALTHY CHOICES



- There are 7 grams of protein in 1 ounce of most cheeses.
- Cheese is a great source of calcium and vitamin D, which are both important for strong bones and teeth.
- Use cheese in salads, veggie loaded quesadillas, and casseroles. Cheese also makes a great on-the-go snack.

**CREATE** SNAP-ED  
**BETTER HEALTH**

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