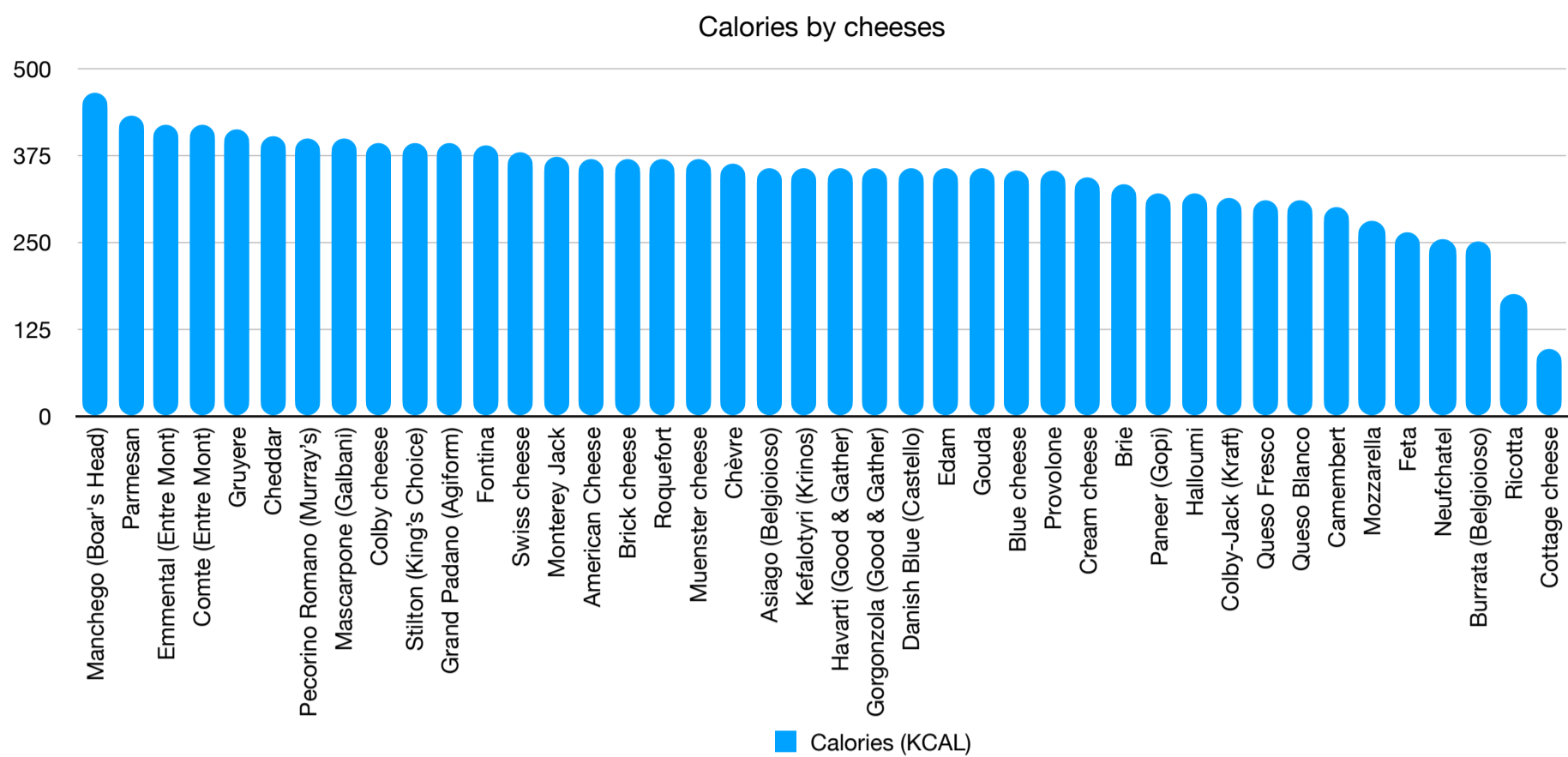


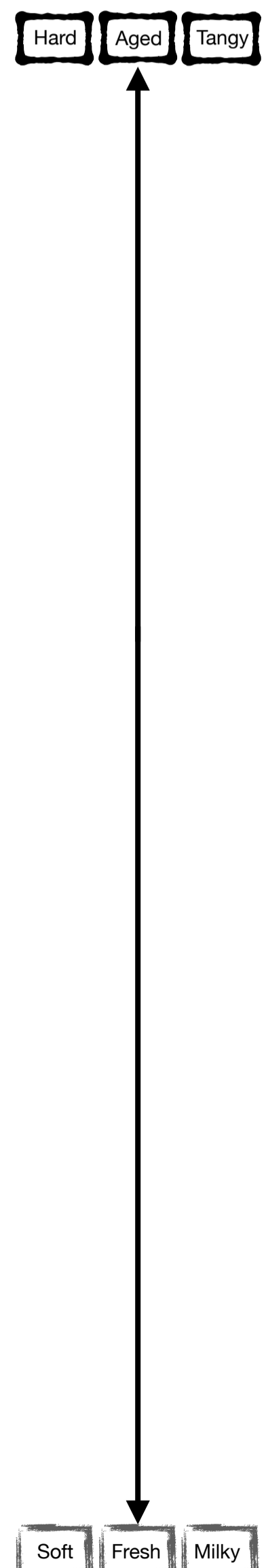
Calories

Below is a summary of *nearly* all of the most popular cheese in the USA. The calories is obtained via the public source of the USDA FoodData Central and compiled into a useful presentation. It is for users to have a glance of calorie counts for all popular cheeses. The data gathered from an average value of brands, some cheeses may use a specific/popular brand as a representative.



Cheese by Calories

Cheese (100g)	Calories (KCAL)	Type by Texture
Manchego (Boar's Head)	464	Semi-hard
Parmesan	431	Hard
Emmental (Entre Mont)	419	Hard
Comte (Entre Mont)	419	Semi-hard
Gruyere	413	Hard
Cheddar	402	Semi-hard
Pecorino Romano (Murray's)	400	Hard
Mascarpone (Galbani)	400	Soft
Colby cheese	394	Semi-hard
Stilton (King's Choice)	393	Semi-soft
Grand Padano (Agiform)	393	Hard
Fontina	389	Semi-soft
Swiss cheese	380	Semi-hard
Monterey Jack	373	Semi-hard
American Cheese	371	Semi-soft
Brick cheese	371	Semi-hard
Roquefort	369	Semi-soft
Muenster cheese	368	Semi-soft
Chèvre	364	Soft
Asiago (Belgioioso)	357	Hard
Kefalotyri (Krinos)	357	Hard
Havarti (Good & Gather)	357	Semi-soft
Gorgonzola (Good & Gather)	357	Semi-soft
Danish Blue (Castello)	357	Semi-soft
Edam	357	Semi-hard
Gouda	356	Semi-hard
Blue cheese	353	Semi-soft
Provolone	352	Semi-hard
Cream cheese	342	Soft
Brie	334	Semi-soft
Paneer (Gopi)	321	Semi-soft
Halloumi	321	Semi-soft
Colby-Jack (Kraft)	314	Semi-hard
Queso Fresco	310	Semi-soft
Queso Blanco	310	Semi-soft
Camembert	299	Semi-soft
Mozzarella	280	Semi-soft
Feta	264	Semi-soft
Neufchatel	253	Semi-soft
Burrata (Belgioioso)	250	Semi-soft
Ricotta	174	Soft
Cottage cheese	98	Soft

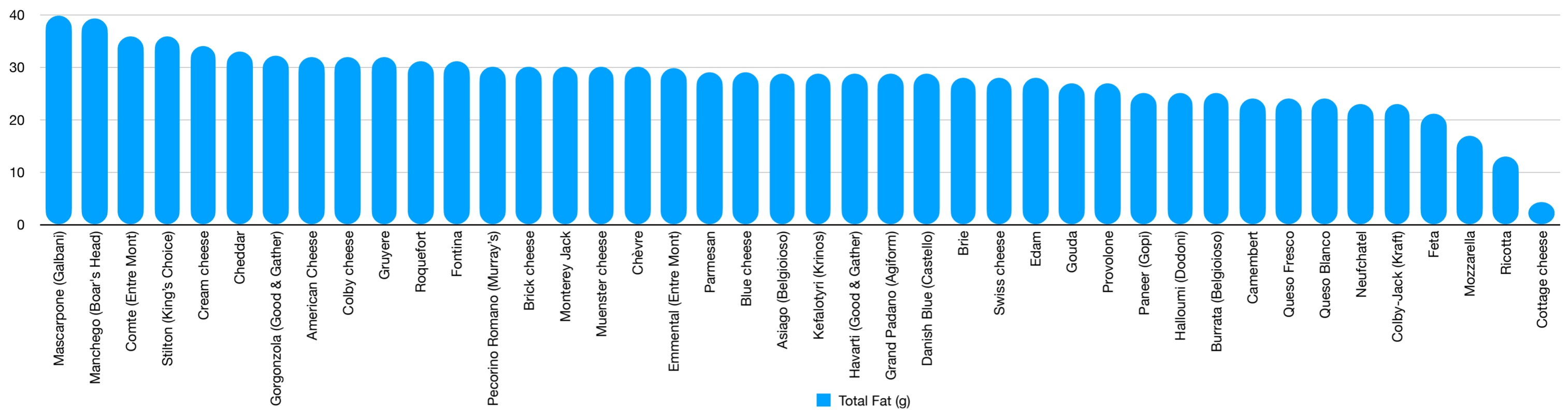


*Different brands may give slightly different values. Please use this as a reference.

Fat

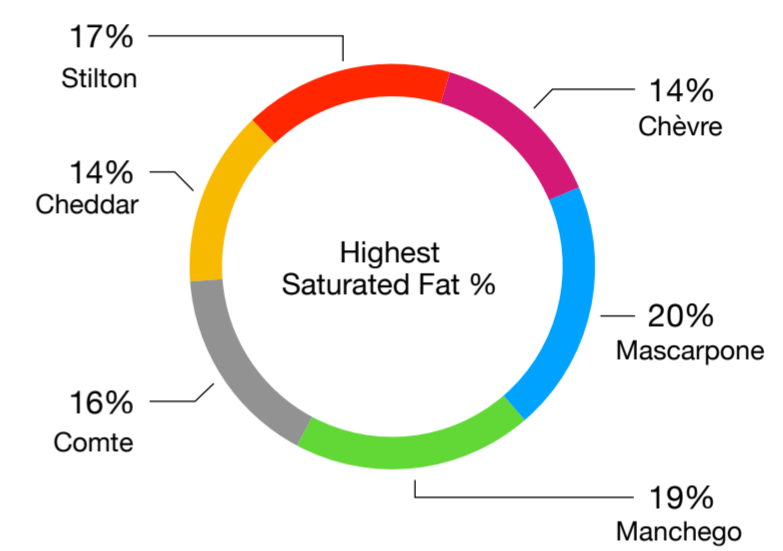
Below is a summary of *nearly* all of the most popular cheese in the USA. The fat data is obtained via the public source of the USDA FoodData Central and compiled into a useful presentation. It is for users to have a glance of total fat, saturated fat, and cholesterol level for all popular cheeses.

Calories by cheeses

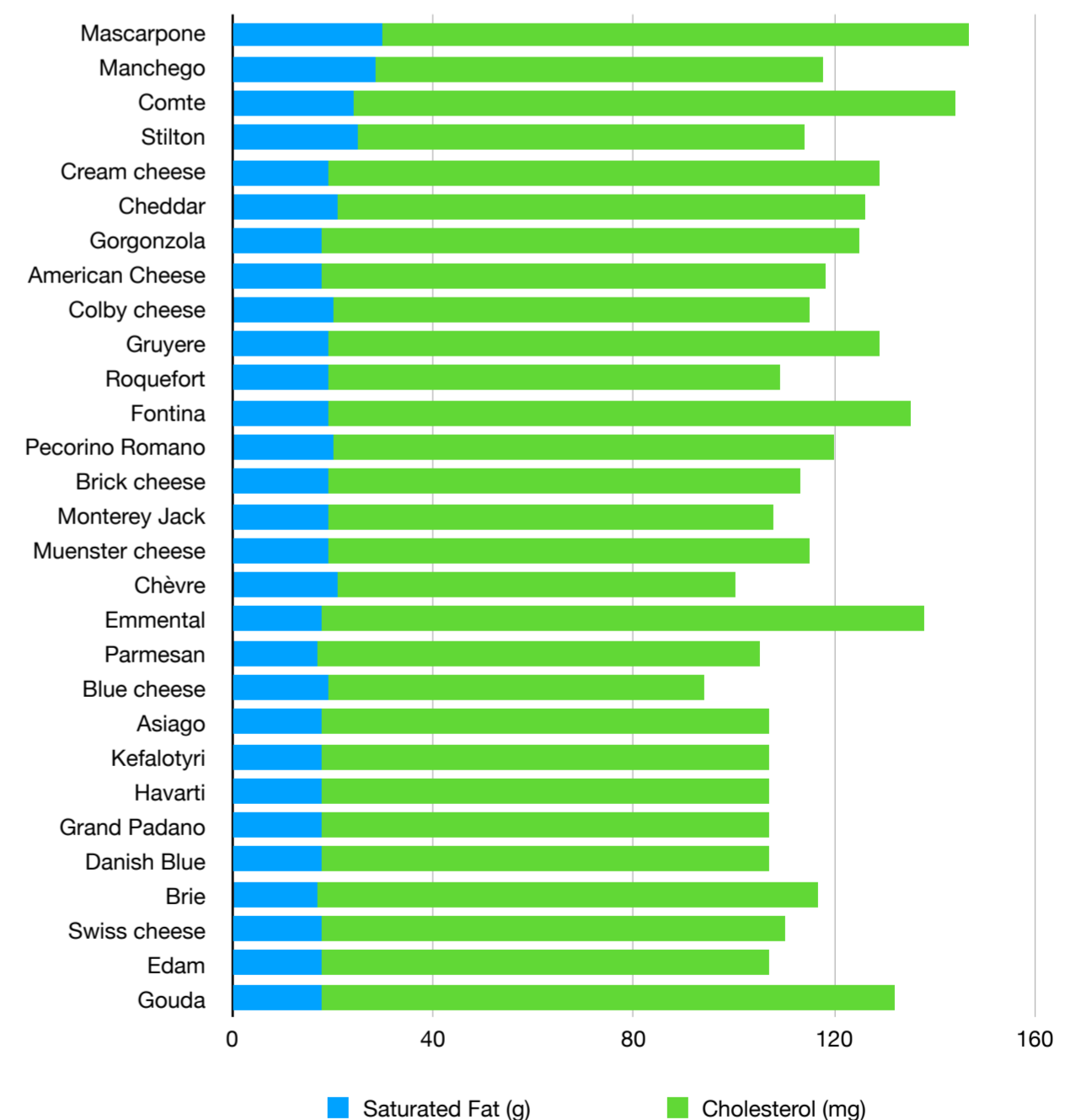


Cheese by Calories

Cheese (100g)	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Daily Value for Fat (%)
Mascarpone (Galbani)	40	30	117	62%
Manchego (Boar's Head)	39.3	28.6	89	60%
Comte (Entre Mont)	35.9	24	120	55%
Stilton (King's Choice)	35.7	25	89	55%
Cream cheese	34	19	110	52%
Cheddar	33	21	105	50%
Gorgonzola (Good & Gather)	32.1	17.9	107	49%
American Cheese	32	18	100	49%
Colby cheese	32	20	95	49%
Gruyere	32	19	110	49%
Roquefort	31	19	90	47%
Fontina	31	19	116	47%
Pecorino Romano (Murray's)	30	20	100	46%
Brick cheese	30	19	94	46%
Monterey Jack	30	19	89	46%
Muenster cheese	30	19	96	46%
Chèvre	30	21	79	46%
Emmental (Entre Mont)	29.9	18	120	46%
Parmesan	29	17	88	44%
Blue cheese	29	19	75	44%
Asiago (Belgioioso)	28.6	17.9	89	44%
Kefalotyri (Krinos)	28.6	17.9	89	44%
Havarti (Good & Gather)	28.6	17.9	89	44%
Grand Padano (Agiform)	28.6	17.9	89	44%
Danish Blue (Castello)	28.6	17.9	89	44%
Brie	28	17	100	43%
Swiss cheese	28	18	92	43%
Edam	28	18	89	43%
Gouda	27	18	114	41%
Provolone	27	17	69	41%
Paneer (Gopi)	25	17.9	89	38%
Halloumi (Dodoni)	25	14.3	71	38%
Burrata (Belgioioso)	25	14.3	71	38%
Camembert	24	15	72	36%
Queso Fresco	24	14	70	36%
Queso Blanco	24	14	70	36%
Neufchatel	23	13	74	35%
Colby-Jack (Kraft)	22.9	12.9	86	35%
Feta	21	15	89	32%
Mozzarella	17	11	54	26%
Ricotta	13	8	51	20%
Cottage cheese	4.3	1.7	17	6%



The unhealthiness cheese based on Saturated Fat & Cholesterol



*Daily Value of recommended fat Intake is 65 g.

*Daily Value of recommended cholesterol Intake is 300 mg.

*Daily Value of recommended saturated fat Intake is 16-22 g.