

The flavor you crave, THE NUTRITION YOU NEED.

Less Fat. Melts Fast. More Protein.

“Less fat—not no fat—
means better flavor
and texture.

We like Cabot the best.”

Cooking Light Magazine

“Cabot’s light cheeses
are full of sharp flavor
without the rubberlike
texture common to
reduced-fat cheeses.”

Fitness Magazine

NUTRITIONAL INFORMATION

PER 1 OZ. SERVING OF CABOT CHEDDAR	REGULAR	50% REDUCED FAT	75% REDUCED FAT
Calories	110	70	60
Calories from Fat	80	40	20
TOTAL FAT	9g	4.5g	2.5g
Saturated Fat	6g	3g	1.5g
Cholesterol	30mg	15mg	10mg
Sodium	180mg	170mg	200mg
Total Carbohydrate	<1g	<1g	<1g
Protein	7g	8g	9g
Calcium*	20%	20%	20%
Vitamin A*	6%	6%	6%

* based on % Daily Value



CABOT
Vermont

Owned by Dairy Farmers
Since 1919

For more info on how Cabot cheese
fits into your healthy lifestyle, visit us at:

CABOTCHEESE.COOP

HEALTHINFO@CABOTCHEESE.COOP

Supporting our Communities •
100%
of profits go to our
FARMERS
• Our Communities Supporting Us