

== THE FLAVOR YOU CRAVE ==

The Nutrition You Need

NUTRITIONAL INFORMATION

PER 1 OZ. SERVING OF CABOT CHEDDAR	REGULAR	LIGHT CHEDDAR	EXTRA LIGHT CHEDDAR
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%

“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



◀ SNACK • COOK • MELT ▶



For recipes and info on how Cabot cheese fits into your healthy lifestyle, visit us online!

CABOTCHEESE.COOP