

Cheese, Please

For our Best Bite (✓✓) criteria, check the “Look for” paragraph at the end of each section in the text. Cheeses are ranked from least to most saturated fat, then sodium, then most to least protein, then calcium.

Cottage Cheese (½ cup, unless noted)	Calories	Sat Fat (g)	Sodium (mg)	Protein (g)	Calcium (% DV)
✓✓ Good Culture Low-Fat 2% Classic	80	0.5	280	14	10
Good Culture Low-Fat 2% flavored (5.3 oz.) ^{1*}	120	1	320	16	15
✓✓ Good Culture Low-Fat 2% Classic (5.3 oz.)	110	1	380	19	15
✓✓ Breakstone’s Lowfat 2% 30% Less Sodium	90	1.5	270	10	10
✓✓ Breakstone’s Lowfat 2%	90	1.5	340	10	15
✓✓ Muuna Lowfat 2% Plain	90	1.5	350	14	10
✓✓ Daisy Low Fat 2%	90	1.5	350	13	10
Muuna 2% flavored (5.3 oz.) ^{1*}	120	1.5	370	15	15
Breakstone’s Live Active Lowfat 2%	80	1.5	370	10	10
Good Culture Organic Whole Milk Classic	110	3	350	14	10

Ricotta (¼ cup)	Calories	Sat Fat (g)	Sodium (mg)	Protein (g)	Calcium (% DV)
Kite Hill Ricotta Alternative	160	1	230	4	0
✓✓ Lifeway Farmer Cheese	70	2	20	8	25
✓✓ Galbani Made with Part Skim Milk	80	2.5	65	5	15
✓✓ 365 (Whole Foods) Part-Skim	80	3	70	6	15
✓✓ Trader Joe’s Part Skim	70	3	80	4	20
Friendship Farmer Cheese	70	3	220	8	0
365 (Whole Foods) Whole Milk	100	4.5	50	6	10

Cream Cheese (2 Tbs., tub, unless noted)	Calories	Sat Fat (g)	Sodium (mg)	Protein (g)	Calcium (% DV)
Kite Hill Cream Cheese Style Spread ¹	70	0.5	170	2	0
✓✓ Philadelphia Whipped—Chive or Original ¹	50	2.5	90	1	2
✓✓ Trader Joe’s Soft Spreadable Light	70	3	95	4	4
Trader Joe’s Organic Light Whipped	60	3	105	3	8
Karoun Original Labne	60	3.5	75	1	2
Philadelphia ½ Less Fat, brick or tub ¹	70	4	120	2	4
Philadelphia Original	80	4.5	125	2	4
Daiya Plain Cream Cheeze Style Spread*	80	5	120	1	0
Philadelphia Original, brick	100	6	110	2	2
Violife Just Like Cream Cheese Original	70	6	140	0	0

Sour Cream (2 Tbs.)	Calories	Sat Fat (g)	Sodium (mg)	Protein (g)	Calcium (% DV)
✓✓ Chobani Savor Low-Fat Greek Yogurt	20	0	10	3	2
Breakstone’s Fat Free*	30	0	25	1	4
✓✓ Fage 2% Greek Yogurt	20	0.5	10	3	4
✓✓ Chobani Savor Whole Milk Greek Yogurt	30	1	10	3	2
✓✓ 365 (Whole Foods) Organic Low Fat	40	1.5	20	2	6
✓✓ Trader Joe’s Light	40	1.5	30	2	6
✓✓ Breakstone’s Reduced Fat	40	2	20	1	6
✓✓ Daisy Light	40	2	25	2	4
Tofutti Better Than Sour Cream*	90	2	160	1	0
Daisy	60	3.5	15	1	2
Wallaby Organic Cultured	100	7	10	1	2

Crème Fraîche, Mascarpone, & Quark (2 Tbs.)	Calories	Sat Fat (g)	Sodium (mg)	Protein (g)	Calcium (% DV)
✓✓ Vermont Creamery Fromage Blanc 0% Fat	20	0	40	3	4
✓✓ Vermont Creamery Quark	35	1	40	2	4
Alouette Crème Fraîche	110	7	10	1	2
BelGioioso Mascarpone	120	10	10	2	6

Spreadable Cheese (2 Tbs., unless noted)	Calories	Sat Fat (g)	Sodium (mg)	Protein (g)	Calcium (% DV)
✓✓ Treeline Creamy Soft French-Style ¹	90	1	95	4	0
✓✓ The Laughing Cow—except Queso Fresco & Chipotle (1 wedge) ¹	30	1	180	3	8
The Laughing Cow Queso Fresco & Chipotle (1 wedge)	30	1	190	2	8
✓✓ Président Rondelé Light Garlic & Herbs	45	2	135	2	4
✓✓ Trader Joe’s Goat’s Milk Creamy Cheese	45	2	140	3	4
✓✓ Vermont Creamery Spreadable Goat ¹	45	2.5	90	2	2
✓✓ Alouette Reduced Fat Garlic & Herbs	45	2.5	120	1	2
✓✓ Chavrie Purely Goat Original	50	3	125	3	2
Alouette Spinach & Artichoke	60	3.5	115	1	2
Kaukauna Sharp Cheddar	80	3.5	160	4	10
Alouette Toasted Everything	70	4	90	1	2
Président Rondelé Garlic & Herbs	70	4.5	135	2	2

Brie (1 oz.)	Calories	Sat Fat (g)	Sodium (mg)	Protein (g)	Calcium (% DV)
Président or Trader Joe’s Light	70	2.5	230	7	15
Ile de France or Trader Joe’s Brie Bites ¹	70	4	160	4	10
Président	100	5	140	5	10
Trader Joe’s Double Creme	100	6	160	5	10
Trader Joe’s Triple Creme	110	7	160	4	10

Feta (1 oz.)	Calories	Sat Fat (g)	Sodium (mg)	Protein (g)	Calcium (% DV)
✓✓ Président Fat Free, chunk or crumbled ¹	35	0	260	7	10
✓✓ Trader Joe’s Fat Free Crumbled	35	0	260	7	10
Athenos Fat Free Traditional Crumbled	30	0	430	7	15
Trader Joe’s Light chunk	40	1	370	5	10
✓✓ Président Reduced Fat Crumbles	60	2	260	6	15
Athenos Reduced Fat Traditional Crumbled	50	2	340	5	6
365 (Whole Foods) Crumbled	70	3	340	6	10
Président Crumbles	70	3.5	260	5	10
Athenos Traditional Crumbled	70	3.5	330	5	6
Trader Joe’s Authentic Greek Feta in Brine	80	4	340	5	15
Mt Vikos Traditional chunk	80	5	340	4	8

Fresh Goat Cheese (1 oz.)	Calories	Sat Fat (g)	Sodium (mg)	Protein (g)	Calcium (% DV)
✓✓ Montchevre Medallions	70	3.5	40	5	4
Montchevre Honey log*	80	3.5	55	5	4
✓✓ Vermont Creamery Classic Crumbled	70	3.5	55	5	2
✓✓ Montchevre log—Fig & Olive, Garlic & Herbs, Lemon, or Natural ¹	70	3.5	70	5	4
✓✓ Trader Joe’s Chevre log—Fine Herbs, Silver, Wild Blueberry Vanilla, or Creamy, Fresh ¹	70	3.5	70	5	4
✓✓ Montchevre Crumbled Onion Basil	80	3.5	85	5	6
✓✓ 365 (Whole Foods) log	70	3.5	115	5	2
Vermont Creamery log	80	4	60	5	2
Trader Joe’s Chevre Cranberry log*	80	4	125	4	4
Alouette Crumbled	80	4.5	135	5	2

✓✓ Best Bite. ¹ Average of the entire line or the varieties listed.

* Contains added sugars.

Daily Limits (for a 2,000-calorie diet): Saturated Fat: 20 grams.

Sodium: 2,300 milligrams.

Protein Daily Target: 85 grams. Calcium Daily Value (DV): 1,000 milligrams.

Note: % DVs for calcium are based on the old Nutrition Facts label, which is still on most foods. The new label has a higher DV (1,300 mg).

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