

Low Fat Cheeses

Standard cheddar cheeses contain around 35% fat. Edam contains around 26% fat. Reduced-fat cheddar around 24% fat.

Feta cheese and Chevre salade

Standard feta is around 20 % fat and is traditionally made from either sheeps or goats milk. Feta is cured in brine and subsequently is very high in sodium. Chevre Salade is similar to feta but is creamier and much lower in sodium.

Uses:

Crumble in salads or on pasta dishes to add a distinctive flavour.

Reduced-fat cream cheese

Standard cream cheese has 37% fat, so choosing reduced fat varieties which have around 17% fat are recommended.

Uses:

Cream cheese is delicious in sandwiches or on crackers with other toppings such as tomatoes, gherkins and sweet chilli sauce. There are now a range of flavoured varieties available.

Cottage cheese

Made from skim milk and is naturally low in fat. Standard cottage cheese is around 3.5 to 4 % fat. Fat reduced varieties are as low as 0.5 to 1 % fat.

Uses:

Cottage cheese can be used in sandwiches, on crackers, salads or as a dip with flavoured varieties.

Reduced-fat processed cheese slices

These low fat alternatives contain around 10% fat.

Wrapped in individual slices these can be useful for pre portioned snacks and in sandwiches.

Cheese Tips:

Use parmesan or tasty cheddar in cooking. When making cheese sauce, add Edam cheese and then some parmesan to increase the flavour. While higher in fat you only need a little amount for added flavour.