



# 6 WAYS *Cheese* CAN HELP YOUR BODY

ONE SERVING OF CHEESE CONTAINS MANY OF THE ESSENTIAL NUTRIENTS YOUR BODY NEEDS, INCLUDING:

**15% DAILY VALUE**



*Calcium*

Helps build and maintain strong bones and teeth.

*Protein*

Helps build and repair muscle tissue.

**14% DAILY VALUE**



**PHOSPHORUS**

Helps build and maintain strong bones and teeth, supports tissue growth.

**15% DAILY VALUE**

*Niacin*

Used in energy metabolism in the body.

**15% DAILY VALUE**



**45% DAILY VALUE**

**PANTOTHENIC ACID**

Helps your body use carbohydrates, fat and protein for fuel.

**20% DAILY VALUE**

**VITAMIN B12**

Helps with normal blood function, helps keep the nervous system healthy.



The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. Based on one-ounce serving size. Credit: National Dairy Council