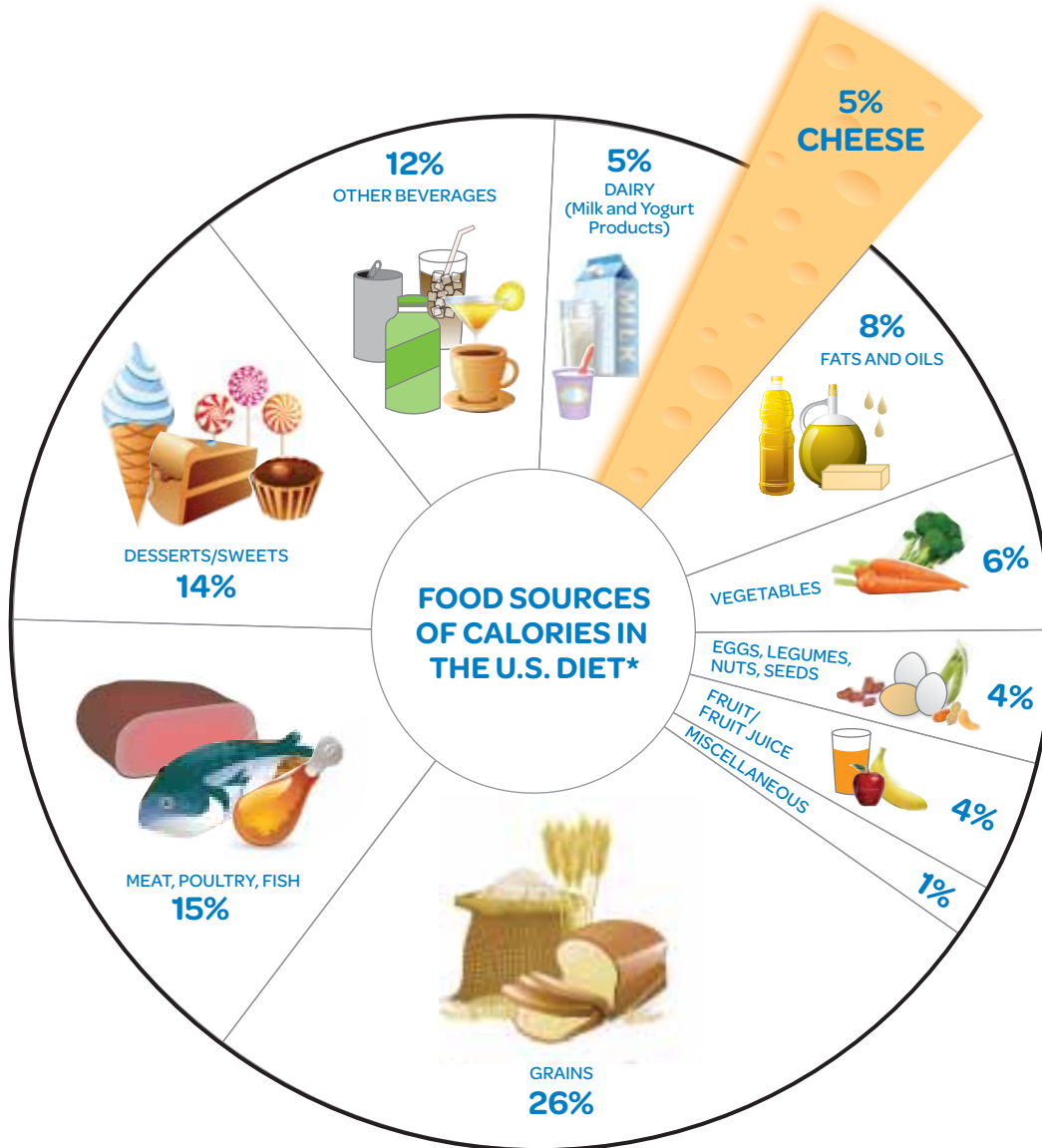


Cheese: A Valuable Source of Nutrients for the Calories

Although it only contributes about **5% of the calories** to the U.S. diet, cheese makes significant nutrient contributions, including **21% of the calcium, 11% of the phosphorus, 9% of the protein, 9% of the vitamin A and 8% of the zinc.**



* values include foods as eaten and in mixed dishes (e.g. macaroni [grains group] and cheese [cheese group])

Source: Dairy Research Institute™. NHANES (2003-2006). Ages 2+ years. Data Source: Centers for Disease Control and Prevention (CDC), National Center for Health Statistics, National Health and Nutrition Examination Survey. Hyattsville, MD: US Dept. of Health and Human Services, CDC, [2003-2004; 2005-2006]

For illustrative purposes only