

# OREGON CHEESE

The most popular cheese recipe in the United States is macaroni and cheese.

Ancient Greeks and Romans were the first to turn cheese making into a fine art. Larger Roman houses even had a special kitchen, called a careale, just for making cheese.



## NUTRIENTS FOUND IN CHEESE

- ~ One serving of cheese looks like four dice-sized cubes.
- ~ Cheese is an excellent source of calcium and good source of protein and phosphorus.
- ~ Swiss, Cheddar, ricotta, mozzarella, Monterey Jack, and Colby cheeses are particularly high in calcium.
- ~ Cheese accounts for only 9% of the total fat and 16% of the saturated fat in a typical U.S. diet.

The Oregon Cheese Guild is one of the few cheese guild organizations nationwide that involves all milk types—cow, goat, and sheep—in a single organization.



There are over 22 different artisan, farmstead, and specialty cheesemakers in Oregon.



It takes 10 pounds of milk to make one pound of cheese.



More than 1/3 of all milk produced in the United States is made into cheese.

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