

If your cheese could talk...

it would give you GRATE wisdom.

It's what's on the inside that counts.
Cheese is known for high-quality protein, calcium and vitamin B₁₂.

We are really popular!
The most popular cheese recipe in the US is macaroni and cheese.

We're not just one color.
Cheese comes in a variety of colors ranging from yellow, white, cream and more!

We are tummy-friendly.
Aged cheeses like cheddar, Swiss and mozzarella are very low in lactose.

It's all about the milk.

It takes about 10 pounds of milk to make 1 pound of cheese.

Most cheese is made close to where the cows are milked.

Milk goes from cow to cheese in less than 48 hours.

We're really good at math!
1 cup shredded cheese = 4 ounces

We have a big family.
Cheese has thousands of varieties worldwide.



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For more information on cheese, visit foodhero.org/cheese

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