CHEESE

S/B Daily Intake			20gr	25gr	50gr	
FOOD	**Serving**	**Calories**	**Sat.Fat**	**Sugar**	**Protien**	**POINTS**
CHEESE						
American Cheese	1 Slice	30	0	2	5	1
Cottage Cheese Knudsen Peach	1 Container	110	1.5	11	9	4
Cottage Cheese Knudsen Pinapple	1 Container	110	1.5	11	9	4
Feta Crumbles	1 oz	70	3.5	0	5	3
Italian 5 Cheese Shredded	1/4 Cup	90	4	0	7	3
Mozzarella Low Moist Shredded	1/3 Cup	80	3.5	0	7	3
Parmesan Cheese Colonna	1 TBL	20	1	0	2	1
Parmesan Kraft	2 TBL	20	1	0	2	1
Pepper Jack Shedded Kraft	1/4 Cup	110	5	0	6	4
Ricotta Part Skim	1/4 Cup	80	2.5	1	5	3