



Cheese facts



Saturated fats can raise the amount of cholesterol in your blood, especially the harmful LDL cholesterol which increases the risk of fatty deposits developing in your arteries.

Most cheeses are high in saturated fat, but it is possible to make healthier choices – use the table opposite to find lower fat options.

Top tips



Choose low fat / reduced fat cheese when possible



Try grating cheese instead of slicing it so you use less



Use the size of a matchbox as a guide to the right portion size for cheese



For more information and advice about healthy eating, check out bhf.org.uk/eatingwell

HIGH



MEDIUM



LOW

Type of cheese	Total fat per 100g	Saturated fat per 100g
High fat (more than 20g per 100g)		
Mascarpone	44	29
Stilton	35	23
Cheddar, Red Leicester, Double Gloucester and other hard cheeses	35	22
Parmesan	30	19
Brie	29	18
Soft goat's cheese	26	18
Edam	26	16
Processed cheese e.g. cheese slices, cheese strings	24	14
Camembert	23	14
Medium fat (3.1g – 20g per 100g)		
Feta	20	14
Mozzarella	20	14
Half-fat cheddar	16	10
Reduced-fat processed cheese	13	8
Ricotta	8	5
Cottage cheese (plain or with additions e.g. pineapple)	4	2
Low fat (3g or less per 100g)		
Reduced-fat cottage cheese (plain)	2	1
Quark	0.2	0.1