

Nutritional Comparison of Cheese Products; 2015

All values are per 100g

All information obtained from nutritional panels on product and from company websites



dietitian
connection®

	Energy (kJ)	Protein (g)	Fat (total) (g)	Fat (sat) (g)	CHO (g)	Sugars (g)	Ca (mg)	Na (mg)
Block Cheese								
Devondale Colby Cheese	1670	23.7	34.1	23.2	<1.0	<1.0	710	610
Devondale Vintage Matured Cheese	1720	24.3	35.2	23.9	<1.0	<1.0	735	635
Devondale Quality Slices Tasty Cheese	1720	24.3	35.2	23.9	<1.0	<1.0	735	635
Devondale Light Tasty Cheese (30% less fat)	1420	31.6	23.6	16.2	<1.0	<1.0	733	937
Devondale Smooth, Mild, All Rounder Cheese	1720	24.3	35.2	23.9	<1.0	<1.0	936	733
Devondale Stetchy Mozzarella Cheese	1410	27.1	25.2	17.1	<1.0	<1.0	880	510
Beqa Strong and Bitey Vintage Cheese	1720	24.8	34.7	23.8	<1.0	<1.0	738	650
Beqa Farmers Tasty Cheese	1720	24.8	34.7	23.8	<1.0	<1.0	738	650
Beqa Country Light Cheddar (50% less fat) Cheese	1170	34.4	15.3	9.8	<1.0	<1.0	995	570
Beqa Country Light Vintage Cheddar Cheese	1440	31.2	24.0	15.2	<1.0	<1.0	870	600
Mainland Vintage Cheddar Cheese	1780	24.0	36.5	21.9	<1.0	<1.0	736	668
Mainland Epicure Aged Cheddar Cheese (aged 36mths)	1780	24.0	36.5	21.9	<1.0	<1.0	736	668
Mainland Edam Cheese (25% less fat)	1460	26.8	26.5	15.9	<1.0	<1.0	770	708
Mainland Gouda Cheese	1550	25.2	28.9	18.0	<1.0	<1.0	756	708
Mainland Swiss Cheese (50% less salt)	1640	26.9	31.5	18.9	<1.0	<1.0	800	315
Mainland Smoked Cheddar Cheese	1800	24.3	36.7	25.5	1.2	<1.0	-	640
Mainland Extra Tasty Cheddar Cheese	1780	24.0	36.5	21.9	<1.0	<1.0	736	668
Mainland Tasty Cheddar Cheese (aged 12mths)	1800	23.3	37.4	22.0	<1.0	<1.0	736	696
Mainland Colby Cheese	1670	23.4	33.8	20.0	<1.0	<1.0	740	668
Cracker Barrel Vintage Cheddar Extra Sharp Cheese	1690	25.8	33.3	21.6	<1.0	<1.0	750	730
Cracker Barrel Vintage Cheddar Special Reserve Cheese	1690	25.8	33.3	21.6	<1.0	<1.0	750	730
Cracker Barrel Vintage Light Cheddar (25% less fat) Cheese	1400	30.0	23.6	15.3	<1.0	<1.0	860	720
Jarlsberg Original 27% Fat Cheese	1458	27.0	27.0	17.0	0.01	0.01	710	498
Jarlsberg Lite 16% Fat Cheese	1119	31.0	16.0	10.0	0.01	0.01	910	400
Nimbin Natural Cheese (aged 12mths)	1700	26.6	33.7	21.4	<1.0	<1.0	740	610
Woolworths Homebrand Tasty Cheddar Cheese	1720	24.3	35.2	23.9	0.1	0.1	735	635
Woolworths Homebrand Light Tasty Cheddar Cheese (30% less fat)	1410	31.6	24.1	16.4	0.1	0.1	937	733
Woolworths Select Australian Colby Cheese	1710	23.7	34.8	23.3	1.0	<0.1	750	670
Woolworths Select Danish Havarti Cheese	1630	21.8	33.5	21.2	1.0	<1.0	630	880
Woolworths Select Swiss Cheese	1480	27.0	27.0	17.0	1.0	1.0	600	470
Woolworths Select Swiss Light Cheese	1170	31.7	16.1	10.7	2.0	<1.0	990	390
Woolworths Select Extra Tasty Cheese	1740	24.3	35.0	25.2	2.1	<0.1	730	540
Woolworths Select Light Tasty Cheese	1390	29.3	23.6	16.7	1.0	<0.1	800	590

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Woolworths Gouda Cheese	1480	25.0	29.0	18.0	<1.0	<1.0	600	800
Woolworths Select Edam Cheese	26.0	23.0	14.7	0.8	<1.0	<1.0	960	700
Coles Tasty Cheddar Cheese; Mature Strength	1700	26.6	33.7	21.4	<1.0	<1.0	750	610
Coles Tasty Light Cheddar Cheese; Mature Strength	1430	30.7	24.0	15.2	<1.0	<1.0	800	680
Coles Extra Tasty Cheddar Cheese; Extra Mature Strength	1700	26.6	33.7	21.4	<1.0	<1.0	750	610
Coles Vintage Cheddar Cheese	1700	26.6	33.7	21.4	<1.0	<1.0	750	610
Coon Tasty Cheese	1690	25.8	33.3	21.6	<1.0	<1.0	750	650
Coon Light and Tasty Cheese (25% less fat)	1400	30.0	23.6	15.3	<1.0	<1.0	860	720
Liddells Lactose Free Cheese	1670	23.7	34.1	23.2	<1.0	<0.1	710	610
Mersey Valley Original Vintage Cheese	1740	24.8	33.0	21.1	1.4	<0.1	740	720
Mersey Valley Extra Tasty Vintage Cheese	1630	24.4	32.2	20.7	<1.0	<1.0	740	723
Kraft Live Free Extra Light Cheese (80% less fat)	862	39.0	5.5	3.5	<1.0	<1.0	1100	700
Kraft Special Edition Vintage Cheddar Cheese	1680	25.3	33.8	22.0	1.0	1.0	-	647
Perfect Italiano Mozzarella Cheese	1250	26.1	22.0	13.2	0.1	0.1	756	527
Sliced Cheese								
Devondale Quality Slices Mozzarella Cheese	1410	27.1	25.2	17.1	<1.0	<1.0	880	510
Devondale Sandwich Cheese Slices	1280	20.6	24.9	17.0	<1.0	<1.0	625	1400
Nimbin Elbo Style Cheese Slices	1630	26.0	32.0	22.4	<1.0	<1.0	740	300
Beqa Super Cheese Slices	1390	17.4	26.0	17.1	6.5	3.8	565	1470
Beqa Super Slim Cheese Slices	858	23.0	8.8	6.0	8.3	2.5	829	1740
Beqa Thick and Tasty Cheese Slices	1390	17.4	26.0	17.1	6.5	3.8	565	1470
Kraft Cheddar Sandwich Cheese Slices	1394	19.0	27.4	18.0	2.2	2.2	581	1736
Kraft Singles	1160	19.4	20.8	14.3	2.0	2.0	1120	1350
Kraft Singles Light (25% less fat)	974	19.8	15.4	10.7	4.2	4.1	1030	1510
Kraft Singles Free (97% fat free)	665	24.0	2.2	1.5	10.1	10.1	800	1087
Kraft Live Active Cheddar Cheese Slices *Additional Plant Sterols (5.0g/100g) and Vitamin D (4 ug/100g)	859	21.5	11.0	5.4	4.1	4.1	634	1240
Woolworths Homebrand Processed Cheese Slices	1210	18.1	23.7	16.5	1.5	<1.0	470	1500
Woolworths Homebrand Processed Cheese Slices, Light	1030	24.6	15.7	10.7	2.0	<1.0	643	1170
Woolworths Select Tasmanian Tasty Cheese Slices	1720	25.5	34.2	24.2	<1.0	<1.0	790	650
Woolworths Select Tasmanian Extra Tasty Cheese Slices	1720	25.5	24.2	1.4	<1.0	<1.0	790	650
Woolworths Select Tasmanian Light Tasty Cheese Slices	1420	29.8	24.2	16.2	<1.0	<1.0	870	650
Woolworths Select Tasmanian Colby Cheese Slices	1650	23.4	33.8	22.9	<1.0	<1.0	650	668
Coles Smart Buy Cheese Slices	1240	19.6	23.5	16.1	1.9	1.9	625	1030
Coles Smart Buy Lite Cheese Slices	990	22.6	15.0	10.3	3.0	3.0	625	1133
Grated Cheese								
Philadelphia Grated Philly and Mozzarella Cheese	1390	21.1	26.9	18.5	1.2	1.0	-	475
Philadelphia Grated Philly and Tasty Cheese	1620	21.0	32.9	23.0	1.2	1.0	-	539
Mainland Tasty Light (<30% fat) Cheese	1500	30.8	25.8	17.0	<1.0	<1.0	885	682
Kraft Perfect Melt 3 Cheese Blend	1600	26.4	30.6	20.9	<1.0	<1.0	-	663

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Kraft Pizza 4 Cheese Blend	1520	26.6	28.6	19.5	<1.0	<1.0	-	686
Kraft Mexican 3 Cheese Blend	1640	24.0	31.9	21.2	2.2	<1.0	-	586
Perfect Italiano Pizza Plus	1380	26.3	25.1	16.1	0.1	0.1	758	617
Perfect Italiano 4 Cheese Melt	1380	26.0	25.0	15.9	0.2	0.2	637	814
Perfect Italiano Perfect Bakes Cheese	1620	25.8	31.8	21.9	0.2	0.2	710	703
Perfect Italiano Mozzarella Cheese	1250	26.1	22.0	13.2	0.1	0.1	756	527
Kraft Live Free, Extra Light Cheese	853	38.6	5.5	3.5	<1.0	<1.0	1090	693
Woolworths Select Mozzarella Shredded Cheese	1320	25.9	23.0	16.4	1.4	<0.1	700	470
Woolworths Homebrand Mozzarella Shredded Cheese	1310	26.6	23.0	15.6	<1.0	<1.0	417	817
Woolworths Homebrand Shredded Tasty Cheese	1750	24.8	35.2	25.0	1.5	<1.0	710	633
Woolworths Homebrand Shredded Light Tasty Cheese	1410	31.6	24.1	16.4	<1.0	<1.0	937	733
Coles Pizza Blend Shredded Cheese; Mild Strength	1380	25.2	25.2	17.6	<1.0	<1.0	680	623
Coles Mozzarella Shredded Cheese; Very Mild Strength	1250	26.5	21.5	13.8	<1.0	<1.0	680	430
Coles Mozzarella Shredded Light Cheese; Very Mild Strength	1040	29.9	14.0	9.6	<1.0	<1.0	750	550

List compiled by Stacey Beech and Zoe Lucock (Student Dietitians)