



# MILKS AND CHEESES

Dairy and Non-dairy

# MILK

	SERVING QUANTITY	SERVING UNIT	CALORIES (kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	POTASSIUM (mg)	TOTAL FAT (g)
<i>(cow) whole</i>	100	g	60	3.3	4.7	150.00	3.20
	244	g	146	8.0	11.4	366.00	7.81
	1	c					
<i>2% reduced fat</i>	100	g	50	3.4	4.9	159.00	1.90
	244	g	122	8.2	12.0	388.00	4.64
	1	c					
<i>low fat (1%)</i>	100	g	43	3.4	5.2	159.00	0.95
	244	g	105	8.3	12.7	388.00	2.32
	1	c					
<i>skim, fat free</i>	100	g	34	3.4	4.9	167.00	0.08
	244	g	83	8.4	11.9	407.00	0.20
	1	c					
<i>lactose free, from whole milk</i>	100	g	60	3.3	4.7	150.00	3.20
	244	g	146	8.0	11.4	366.00	7.81
	1	c					
<i>Buttermilk, dried</i>	100	g	387	34.3	49.0	1592.00	5.78
	6.5	g	25	2.2	3.2	103.00	0.38
	1	tblsp					
<i>buttermilk, fluid, whole</i>	100	g	62	3.2	4.9	135.00	3.31
	245	g	152	7.9	12.0	331.00	8.11
	1	c					
<i>condensed, sweetened</i>	100	g	321	7.9	54.4	371.00	8.70
	38	g	122	3.0	20.7	141.00	3.31
	1	fl oz					
<i>evaporated, whole</i>	100	g	134	6.8	10.0	303.00	7.56
	31.5	g	42	2.1	3.2	95.40	2.38
	1	fl oz					
<i>malted</i>	100	g	64	3.2	8.7	150.00	1.91
	256	g	164	8.2	22.2	384.00	4.89
	1	c					
<i>chocolate</i>	100	g	67	3.4	13.5	182.00	0.00
	248	g	166	8.4	33.4	451.00	0.00
	1	c					
<i>strawberry (whole milk)</i>	100	g	85	3.0	11.8	139.00	2.97
	248	g	211	7.5	29.3	345.00	7.37
	1	c					

<b>MILK</b>	SERVING QUANTITY	SERVING UNIT	CALORIES (kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	POTASSIUM (mg)	TOTAL FAT (g)
<b>SOY</b>	100	g	43	2.6	4.9	122.00	1.47
	244	g	105	6.3	12.0	298.00	3.59
	1	c					
<i>soy, light</i>	100	g	30	2.4	3.5	117.00	0.77
	244	g	73	5.8	8.6	285.00	1.88
	1	c					
<i>soy, chocolate</i>	100	g	63	2.3	10.0	143.00	1.53
	244	g	154	5.5	24.3	349.00	3.73
	1	c					
<i>soy, non-fat</i>	100	g	28	2.5	4.1	105.00	0.04
	244	g	68	6.0	10.1	256.00	0.10
	1	c					
<b>RICE</b>	100	g	47	0.3	9.2	27.00	0.97
	244	g	115	0.7	22.4	65.90	2.37
	1	c					
<i>rice milk, unsweetened</i>	100	g	47	0.3	9.2	27.00	0.97
	240	g	113	0.7	22.0	64.80	2.33
	8	fl oz					
<b>ALMOND, unsweetened</b>	100	g	15	0.4	1.3	67.00	0.96
	244	g	37	1.0	3.2	163.00	2.34
	1	c					
<i>almond, unsweetened, chocolate</i>	100	g	16	0.5	1.5	71.00	1.00
	244	g	39	1.1	3.6	173.00	2.44
	1	c					
<i>almond milk, sweetened</i>	100	g	30	0.4	5.2	64.00	0.93
	244	g	73	0.9	12.8	156.00	2.27
	1	c					
<i>almond, sweetened, chocolate</i>	100	g	41	0.4	8.3	67.00	0.95
	244	g	100	1.1	20.4	163.00	2.32
	1	c					
<b>COCONUT</b>	100	g	31	0.2	2.9	19.00	2.08
	244	g	76	0.5	7.1	46.40	5.08
	1	c					
<b>GOAT, whole</b>	100	g	69	3.6	4.5	204.00	4.14
	244	g	168	8.7	10.9	498.00	10.10
	1	c					

<b>MILK SUBSTITUTE</b>	<b>SERVING QUANTITY</b>	<b>SERVING UNIT</b>	<b>CALORIES (kcal)</b>	<b>PROTEIN (g)</b>	<b>TOTAL CARBOHYDRATES (g)</b>	<b>POTASSIUM (mg)</b>	<b>TOTAL FAT (g)</b>
<i>Non-dairy milk/creamer</i>	100	g	29	1.0	3.8	80.00	1.17
	30.5	g	9	0.3	1.1	24.40	0.36
	1	fl oz					
<i>imitation, non-soy</i>	100	g	46	1.6	5.3	150.00	2.00
	244	g	112	3.9	12.9	366.00	4.88
	1	cup					
<i>Kefir</i>	100	g	52	3.6	7.5	159.00	0.96
	244	g	127	8.8	18.3	388.00	2.34
	1	c					
<i>Sorbet</i>	100	g	110	0.8	27.1	28.00	0.05
	80	g	88	0.6	21.7	22.40	0.04
	1	bar					

<b>YOGURT</b>	<b>SERVING QUANTITY</b>	<b>SERVING UNIT</b>	<b>CALORIES (kcal)</b>	<b>PROTEIN (g)</b>	<b>TOTAL CARBOHYDRATES (g)</b>	<b>POTASSIUM (mg)</b>	<b>TOTAL FAT (g)</b>
<i>coconut milk, yogurt</i>	100	g	64	0.3	8.0	27.00	3.50
	170	g	109	0.5	13.5	45.90	5.95
	6	oz					
<i>dressing</i>	100	g	220	3.5	11.8	146.00	18.27
	15.4	g	34	0.5	1.8	22.50	2.81
	1	tbsp					
<i>liquid</i>	100	g	72	3.7	11.8	171.00	1.09
	245	g	176	9.1	28.9	419.00	2.67
	1	c					
<i>plain, whole milk</i>	100	g	61	3.5	4.7	155.00	3.25
	227	g	138	7.9	10.6	352.00	7.38
	8	oz					
<i>Whole milk with fruit</i>	100	g	87	3.1	12.4	146.00	2.87
	170	g	148	5.3	21.0	248.00	4.88
	6	oz					

YOGURT	SERVING QUANTITY	SERVING UNIT	CALORIES (kCal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	POTASSIUM (mg)	TOTAL FAT (g)
<i>whole milk, flavored (non-fruit)</i>	100	g	77	3.3	9.4	147.00	3.10
	170	g	131	5.6	16.0	250.00	5.27
	6	oz					
<i>non-fat milk, plain, vanilla</i>	100	g	78	2.9	17.0	141.00	0.00
	227	g	177	6.7	38.7	320.00	0.00
	8	oz					
<i>non-fat milk, fruit</i>	100	g	83	5.1	15.0	234.00	0.17
	170	g	141	8.7	25.5	398.00	0.29
	6	oz					
<i>Soy, yogurt, plain</i>	100	g	94	3.5	16.0	47.00	1.80
	170	g	160	6.0	27.1	79.90	3.06
	6	oz					
<i>Greek, plain, whole milk</i>	100	g	97	9.0	4.0	141.00	5.00
	170	g	165	15.3	6.8	240.00	8.50
	6	oz					
<i>Greek, fruit, whole milk</i>	100	g	106	7.3	12.3	113.00	3.00
	170	g	180	12.5	20.9	192.00	5.10
	6	oz					
<i>Greek, flavored, other than fruit</i>	100	g	111	8.5	9.4	121.00	4.44
	170	g	189	14.4	15.9	206.00	7.55
	6	oz					
<i>Greek, plain, low fat</i>	100	g	73	10.0	3.9	141.00	1.92
	170	g	124	16.9	6.7	240.00	3.26
	6	oz					
<i>Greek, LF, flavors other than fruit</i>	100	g	95	8.6	9.5	123.00	2.50
	170	g	162	14.7	16.2	209.00	4.25
	6	oz					
<i>Greek, non-fat (NF), plain</i>	100	g	59	10.2	3.6	141.00	0.39
	170	g	100	17.3	6.1	240.00	0.66
	6	oz					
<i>Greek, NF, flavors other than fruit</i>	100	g	78	8.6	10.4	123.00	0.18
	170	g	133	14.7	17.6	209.00	0.31
	6	oz					
<i>Frozen yogurt, chocolate</i>	100	g	131	3.0	21.6	234.00	3.60
	160	g	210	4.8	34.6	374.00	5.76
1 scoop= small cup	1	scoop					

<b>YOGURT</b>	<b>SERVING QUANTITY</b>	<b>SERVING UNIT</b>	<b>CALORIES (kcal)</b>	<b>PROTEIN (g)</b>	<b>TOTAL CARBOHYDRATES (g)</b>	<b>POTASSIUM (mg)</b>	<b>TOTAL FAT (g)</b>
<i>Frozen yogurt, vanilla</i>	100	g	127	3.0	21.6	156.00	3.60
	160	g	203	4.8	34.6	250.00	5.76
<i>1 scoop= small cup</i>	1	scoop					
<i>Frozen yogurt, soft serve, chocolate</i>	100	g	160	4.3	24.9	237.00	5.76
	175	g	280	7.5	43.5	415.00	10.10
	1	c					
<i>Frozn yogurt, soft serve, vanilla</i>	100	g	159	4.0	24.2	211.00	5.60
	175	g	278	7.0	42.4	369.00	9.80
	1	c					
<i>Frozn yogurt bar, vanilla</i>	100	g	127	3.0	21.6	156.00	3.60
	65	g	83	2.0	14.0	101.00	2.34
	1	bar					
<i>Frozn yogurt bar, chocolate</i>	100	g	131	3.0	21.6	234.00	3.60
	65	g	85	2.0	14.0	152.00	2.34
	1	bar					
<i>Frozn yogurt cone, vanilla</i>	100	g	139	3.2	23.9	154.00	3.73
	125	g	174	4.0	29.9	192.00	4.66
	1	cone					
<i>Frozn yogurt cone, chocolate</i>	100	g	142	3.2	23.9	229.00	3.73
	125	g	178	4.0	29.9	286.00	4.66
	1	cone					
<i>Frozn yogurt, waffle cone, vanilla</i>	100	g	143	3.3	25.3	155.00	3.61
	255	g	365	8.4	64.5	395.00	9.20
	1	cone					
<i>Frozn yogurt, waffle cone, choco</i>	100	g	147	3.3	25.3	229.00	3.61
	255	g	375	8.4	64.5	584.00	9.20
	1	cone					

<b>CHEESE</b>	<b>SERVING QUANTITY</b>	<b>SERVING UNIT</b>	<b>CALORIES (kcal)</b>	<b>PROTEIN (g)</b>	<b>TOTAL CARBOHYDRATES (g)</b>	<b>POTASSIUM (mg)</b>	<b>TOTAL FAT (g)</b>
<i>mozzarella, from whole milk</i>	100	g	299	22.2	2.4	76.00	22.14
<i>shredded</i>	112	g	335	24.8	2.7	85.10	24.80
	1	c					
<i>mozzarella, part skim milk</i>	100	g	254	24.3	2.8	84.00	15.92
	28.35	g	72	6.9	0.8	23.80	4.51
	1	oz					
<i>Mozzarella, reduced sodium (shredded)</i>	100	g	280	27.5	3.1	95.00	17.10
	113	g	316	31.1	3.5	107.00	19.30
	1	cup					
<i>ricotta, from whole milk</i>	100	g	158	7.8	6.9	230.00	11.00
	129	g	204	10.1	8.9	297.00	14.20
	0.5	c					
<i>ricotta, part skim milk</i>	100	g	138	11.4	5.1	125.00	7.91
	124	g	171	14.1	6.4	155.00	9.81
	0.5	c					
<i>cream cheese, regular</i>	100	g	295	7.1	3.5	112.00	28.60
	28.35	g	84	2.0	1.0	31.80	8.11
	1	oz					
<i>cream cheese, light</i>	100	g	201	7.9	8.1	247.00	15.28
	28.35	g	57	2.2	2.3	70.00	4.33
	1	oz					
<i>processed cheese food</i>	100	g	307	16.1	8.9	295.00	23.06
	21	g	65	3.4	1.9	62.00	4.84
	1	slice					
<i>Cottage cheese</i>	100	g	84	11.0	4.3	120.00	2.30
	210	g	176	23.1	9.1	252.00	4.83
	1	cup					
<i>cottage cheese, low fat</i>	100	g	84	11.0	4.3	120.00	2.30
	226	g	190	24.9	9.7	271.00	5.20
	1	cup					
<i>Monterey shredded</i>	100	g	373	24.5	0.7	81.00	30.28
	113	g	421	27.7	0.8	91.50	34.20
	1	cup					
<i>Cheddar</i>	100	g	408	23.3	2.4	77.00	34.00
	21	g	86	4.9	0.5	16.20	7.14
	1	slice					

# CHEESE

	SERVING QUANTITY	SERVING UNIT	CALORIES (kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	POTASSIUM (mg)	TOTAL FAT (g)
<i>Cheddar, reduced sodium</i>	100	g	398	24.4	1.9	112.00	32.62
	21	g	84	5.1	0.4	23.50	6.85
	1	slice					
<i>Cheddar, sharp sliced</i>	100	g	410	24.3	2.1	76.00	33.82
	28	g	115	6.8	0.6	21.30	9.47
	1	oz					
<i>Cheddar/American cheese spread</i>	100	g	290	16.4	8.7	242.00	21.23
	21	g	61	3.5	1.8	50.80	4.46
	1	wedge					
<i>American</i>	100	g	307	16.1	8.9	295.00	23.06
	21	g	65	3.4	1.9	62.00	4.84
	1	slice					
<i>Brick</i>	100	g	371	23.2	2.8	136.00	29.68
	17.2	g	64	4.0	0.5	23.40	5.10
	1	cubic inch					
<i>Brie</i>	100	g	334	20.8	0.5	152.00	27.68
	17	g	57	3.5	0.1	25.80	4.71
	1	cubic inch					
<i>blue</i>	100	g	353	21.4	2.3	256.00	28.74
	28.35	g	100	6.1	0.7	72.60	8.15
	1	oz					
<i>Camembert</i> 1 wedge = 1.33 oz	100	g	300	19.8	0.5	187.00	24.26
	38	g	114	7.5	0.2	71.10	9.22
	1	wedge					
<i>Colby</i>	100	g	394	23.8	2.6	127.00	32.11
	21	g	83	5.0	0.5	26.70	6.74
	1	slice					
<i>Caraway</i>	100	g	376	25.2	1.1	93.00	29.20
	28.35	g	107	7.1	0.9	26.40	8.28
	1	oz					
<i>Edam</i>	100	g	356	24.9	2.2	121.00	27.44
	21	g	75	5.2	0.5	25.40	5.76
	1	slice					
<i>Feta</i>	100	g	265	14.2	3.9	62.00	21.49
	17	g	45	2.4	0.7	10.50	3.62
	1	cubic inch					
<i>Fontina</i>	100	g	389	25.6	1.6	64.00	31.14
	21	g	82	5.4	0.3	13.40	6.54
	1	slice					
<i>goat</i>	100	g	364	21.6	0.1	158.00	29.84
	25	g	91	5.4	0.0	39.50	7.46
	1	cubic inch					



<b>CHEESE</b>	<b>SERVING QUANTITY</b>	<b>SERVING UNIT</b>	<b>CALORIES (kcal)</b>	<b>PROTEIN (g)</b>	<b>TOTAL CARBOHYDRATES (g)</b>	<b>POTASSIUM (mg)</b>	<b>TOTAL FAT (g)</b>
<i>Gouda</i>	100	g	356	24.9	2.2	121.00	27.44
	28.35	g	101	7.0	0.6	34.30	7.78
	1	oz					
<i>Gruyere</i>	100	g	413	29.8	0.4	81.00	32.34
	21	g	87	6.3	0.1	17.00	6.70
	1	slice					
<i>Blue or Roquefort</i>	100	g	353	21.4	2.3	256.00	28.74
	17.3	g	61	3.7	0.4	44.30	4.97
	1	cubic inch					
<i>Colby Jack</i>	100	g	384	24.1	1.6	104.00	31.20
	21	g	81	5.1	0.3	21.80	6.55
	1	slice					
<i>Parmesan, grated</i>	100	g	420	29.6	12.4	184.00	28.00
	7.6	g	32	2.3	0.9	14.00	1.82
	1	tbsp					
<i>Parmesan, hard</i>	100	g	421	29.6	12.4	184.00	28.00
	10.3	g	43	3.1	1.3	19.00	2.88
	1	cubic inch					
<i>Mexican blend shredded</i>	100	g	358	23.5	1.8	85.00	28.51
	113	g	405	26.6	2.0	96.00	32.20
	1	cup					
<i>Mexican blend, reduced fat shredded</i>	100	g	282	24.7	3.4	93.00	19.40
	113	g	319	27.9	3.9	105.00	21.90
	1	cup					
<i>Muenster</i>	100	g	368	23.4	1.1	134.00	30.04
	21	g	77	5.0	0.2	28.10	6.31
	1	slice					
<i>Neufchatel</i>	100	g	253	9.2	3.6	152.00	22.78
	28.35	g	72	2.6	1.0	43.10	6.46
	1	oz					
<i>Provolone</i>	100	g	351	25.6	2.1	138.00	26.62
	21	g	74	5.4	0.4	29.00	5.59
	1	slice					
<i>Romano</i>	100	g	387	31.8	3.6	86.00	26.94
	28.35	g	110	9.0	1.0	24.40	7.64
	1	oz					
<i>Swiss</i>	100	g	393	27.0	1.4	71.00	31.00
	21	g	83	5.7	0.3	14.90	6.51
	1	slice					
<i>Tilsiter/ Tilsit</i>	100	g	340	24.4	1.9	65.00	25.98
	28.35	g	96	6.9	0.5	18.40	7.36
	1	oz					

# CREAM

	SERVING QUANTITY	SERVING UNIT	CALORIES (kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	POTASSIUM (mg)	TOTAL FAT (g)
<i>sour cream, regular</i>	100	g	198	2.4	4.6	125.00	19.35
	30	g	59	0.7	1.4	37.50	5.80
	1	container					
<i>sour cream, light</i>	100	g	136	3.5	7.1	212.00	10.60
	240	g	326	8.4	17.0	509.00	25.40
	1	cup					
<i>sour cream, imitation</i>	100	g	208	2.4	6.6	161.00	19.52
	240	g	499	5.8	15.9	386.00	46.80
	1	cup					
<i>sour cream, fat free</i>	100	g	74	3.1	15.6	129.00	0.00
	240	g	178	7.4	37.4	310.00	0.00
	1	cup					
<i>heavy full cream</i>	100	g	340	2.8	2.8	95.00	36.08
	30	g	102	0.9	1.0	28.50	10.80
	1	fl oz					
<i>whipped</i>	100	g	343	2.7	8.6	89.00	33.94
	40	g	137	1.1	3.4	35.60	13.60
	1	cup					
<i>half and half</i>	100	g	131	3.1	4.3	132.00	11.50
	30	g	39	0.9	1.3	39.60	3.45
	1	fl oz					
<i>coffee, light cream</i>	100	g	195	3.0	3.7	136.00	19.10
	11	g	21	0.3	0.4	15.00	2.10
	1	ind. container					