



MILKS AND CHEESES

Dairy

Non-dairy

MILK	SERVING QUANTITY	SERVING UNIT	CALORIES (kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	SODIUM (mg)	POTASSIUM (mg)	PHOSPHORUS (mg)	TOTAL FAT (g)
(cow) whole	100	g	60	3.3	4.7	38.0	150.00	101.00	3.20
	244	g	146	8.0	11.4	92.7	366.00	246.00	7.81
	1	c							
2% reduced fat	100	g	50	3.4	4.9	39.0	159.00	103.00	1.90
	244	g	122	8.2	12.0	95.2	388.00	251.00	4.64
	1	c							
low fat (1%)	100	g	43	3.4	5.2	39.0	159.00	103.00	0.95
	244	g	105	8.3	12.7	95.2	388.00	251.00	2.32
	1	c							
skim, fat free	100	g	34	3.4	4.9	41.0	167.00	107.00	0.08
	244	g	83	8.4	11.9	100.0	407.00	261.00	0.20
	1	c							
lactose free, from whole milk	100	g	60	3.3	4.7	38.0	150.00	101.00	3.20
	244	g	146	8.0	11.4	92.7	366.00	246.00	7.81
	1	c							
Buttermilk, dried	100	g	387	34.3	49.0	517.0	1592.00	933.00	5.78
	6.5	g	25	2.2	3.2	33.6	103.00	60.60	0.38
	1	tbsp							
buttermilk, fluid, whole	100	g	62	3.2	4.9	105.0	135.00	85.00	3.31
	245	g	152	7.9	12.0	257.0	331.00	208.00	8.11
	1	c							
condensed, sweetened	100	g	321	7.9	54.4	127.0	371.00	253.00	8.70
	38	g	122	3.0	20.7	48.3	141.00	96.10	3.31
	1	fl oz							
evaporated, whole	100	g	134	6.8	10.0	106.0	303.00	203.00	7.56
	31.5	g	42	2.1	3.2	33.4	95.40	63.90	2.38
	1	fl oz							
malted	100	g	64	3.2	8.7	60.0	150.00	98.00	1.91
	256	g	164	8.2	22.2	154.0	384.00	251.00	4.89
	1	c							
chocolate	100	g	67	3.4	13.5	79.0	182.00	101.00	0.00
	248	g	166	8.4	33.4	196.0	451.00	250.00	0.00
	1	c							
strawberry (whole milk)	100	g	85	3.0	11.8	38.0	139.00	94.00	2.97
	248	g	211	7.5	29.3	94.2	345.00	233.00	7.37
	1	c							

MILK	SERVING QUANTITY	SERVING UNIT	CALORIES (Kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	SODIUM (mg)	POTASSIUM (mg)	PHOSPHORUS (mg)	TOTAL FAT (g)
SOY	100	g	43	2.6	4.9	47.0	122.00	43.00	1.47
	244	g	105	6.3	12.0	115.0	298.00	105.00	3.59
	1	c							
soy, light	100	g	30	2.4	3.5	48.0	117.00	87.00	0.77
	244	g	73	5.8	8.6	117.0	285.00	212.00	1.88
	1	c							
soy, chocolate	100	g	63	2.3	10.0	53.0	143.00	51.00	1.53
	244	g	154	5.5	24.3	129.0	349.00	124.00	3.73
	1	c							
soy, non-fat	100	g	28	2.5	4.1	57.0	105.00	87.00	0.04
	244	g	68	6.0	10.1	139.0	256.00	212.00	0.10
	1	c							
RICE	100	g	47	0.3	9.2	39.0	27.00	56.00	0.97
	244	g	115	0.7	22.4	95.2	65.90	137.00	2.37
	1	c							
rice milk, unsweetened	100	g	47	0.3	9.2	39.0	27.00	56.00	0.97
	240	g	113	0.7	22.0	93.6	64.80	134.00	2.33
	8	fl oz							
ALMOND, unsweetened	100	g	15	0.4	1.3	72.0	67.00	9.00	0.96
	244	g	37	1.0	3.2	176.0	163.00	22.00	2.34
	1	c							
almond, unsweetened, chocolate	100	g	16	0.5	1.5	72.0	71.00	11.00	1.00
	244	g	39	1.1	3.6	176.0	173.00	26.80	2.44
	1	c							
almond milk, sweetened	100	g	30	0.4	5.2	69.0	64.00	9.00	0.93
	244	g	73	0.9	12.8	168.0	156.00	22.00	2.27
	1	c							
almond, sweetened, chocolate	100	g	41	0.4	8.3	67.0	67.00	11.00	0.95
	244	g	100	1.1	20.4	163.0	163.00	26.80	2.32
	1	c							
COCONUT	100	g	31	0.2	2.9	19.0	19.00	0.00	2.08
	244	g	76	0.5	7.1	46.4	46.40	0.00	5.08
	1	c							
GOAT, whole	100	g	69	3.6	4.5	50.0	204.00	111.00	4.14
	244	g	168	8.7	10.9	122.0	498.00	271.00	10.10
	1	c							

MILK SUBSTITUTE	SERVING QUANTITY	S E R V I N G	CALORIES (Kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	SODIUM (mg)	POTASSIUM (mg)	PHOSPHORUS (mg)	TOTAL FAT (g)
Non-dairy milk/creamer	100	g	29	1.0	3.8	60.0	80.00	19.00	1.17
	30.5	g	9	0.3	1.1	18.3	24.40	5.80	0.36
	1	fl oz							
imitation, non-soy	100	g	46	1.6	5.3	55.0	150.00	100.00	2.00
	244	g	112	3.9	12.9	134.0	366.00	244.00	4.88
	1	cup							
Kefir	100	g	52	3.6	7.5	38.0	159.00	100.00	0.96
	244	g	127	8.8	18.3	92.7	388.00	244.00	2.34
	1	c							
Sorbet	100	g	110	0.8	27.1	13.0	28.00	3.00	0.05
	80	g	88	0.6	21.7	10.4	22.40	2.40	0.04
	1	bar							

YOGURT	SERVING QUANTITY	S E R V I N G	CALORIES (Kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	SODIUM (mg)	POTASSIUM (mg)	PHOSPHORUS (mg)	TOTAL FAT (g)
coconut milk, yogurt	100	g	64	0.3	8.0	21.0	27.00	2.00	3.50
	170	g	109	0.5	13.5	35.7	45.90	3.40	5.95
	6	oz							
dressing	100	g	220	3.5	11.8	43.0	146.00	85.00	18.27
	15.4	g	34	0.5	1.8	6.6	22.50	13.10	2.81
	1	tbsp							
liquid	100	g	72	3.7	11.8	53.0	171.00	103.00	1.09
	245	g	176	9.1	28.9	130.0	419.00	252.00	2.67
	1	c							
plain, whole milk	100	g	61	3.5	4.7	46.0	155.00	95.00	3.25
	227	g	138	7.9	10.6	104.0	352.00	216.00	7.38
	8	oz							
Whole milk with fruit	100	g	87	3.1	12.4	44.0	146.00	86.00	2.87
	170	g	148	5.3	21.0	74.8	248.00	146.00	4.88
	6	oz							

YOGURT	SERVING QUANTITY	SERVING UNIT	CALORIES (Kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	SODIUM (mg)	POTASSIUM (mg)	PHOSPHORUS (mg)	TOTAL FAT (g)
whole milk, flavored (non-fruit)	100	g	77	3.3	9.4	44.0	147.00	90.00	3.10
	170	g	131	5.6	16.0	74.8	250.00	153.00	5.27
	6	oz							
non-fat milk, plain, vanilla	100	g	78	2.9	17.0	47.0	141.00	88.00	0.00
	227	g	177	6.7	38.7	107.0	320.00	200.00	0.00
	8	oz							
non-fat milk, fruit	100	g	83	5.1	15.0	72.0	234.00	140.00	0.17
	170	g	141	8.7	25.5	122.0	398.00	238.00	0.29
	6	oz							
Soy, yogurt, plain	100	g	94	3.5	16.0	35.0	47.00	38.00	1.80
	170	g	160	6.0	27.1	59.5	79.90	64.60	3.06
	6	oz							
Greek, plain, whole milk	100	g	97	9.0	4.0	35.0	141.00	135.00	5.00
	170	g	165	15.3	6.8	59.5	240.00	230.00	8.50
	6	oz							
Greek, fruit, whole milk	100	g	106	7.3	12.3	37.0	113.00	109.00	3.00
	170	g	180	12.5	20.9	62.9	192.00	185.00	5.10
	6	oz							
Greek, flavored, other than fruit	100	g	111	8.5	9.4	39.0	121.00	117.00	4.44
	170	g	189	14.4	15.9	66.3	206.00	199.00	7.55
	6	oz							
Greek, plain, low fat	100	g	73	10.0	3.9	34.0	141.00	137.00	1.92
	170	g	124	16.9	6.7	57.8	240.00	233.00	3.26
	6	oz							
Greek, LF, flavors other than fruit	100	g	95	8.6	9.5	40.0	123.00	119.00	2.50
	170	g	162	14.7	16.2	68.0	209.00	202.00	4.25
	6	oz							
Greek, non-fat (NF), plain	100	g	59	10.2	3.6	36.0	141.00	135.00	0.39
	170	g	100	17.3	6.1	61.2	240.00	230.00	0.66
	6	oz							
Greek, NF, flavors other than fruit	100	g	78	8.6	10.4	34.0	123.00	119.00	0.18
	170	g	133	14.7	17.6	57.8	209.00	202.00	0.31
	6	oz							
Frozen yogurt, chocolate	100	g	131	3.0	21.6	63.0	234.00	89.00	3.60
	160	g	210	4.8	34.6	101.0	374.00	142.00	5.76
1 scoop= small cup	1	scoop							

YOGURT	SERVING QUANTITY	SERVING UNIT	CALORIES (Kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	SODIUM (mg)	POTASSIUM (mg)	PHOSPHORUS (mg)	TOTAL FAT (g)
Frozen yogurt, vanilla	100	g	127	3.0	21.6	63.0	156.00	89.00	3.60
	160	g	203	4.8	34.6	101.0	250.00	142.00	5.76
1 scoop= small cup	1	scoop							
Frozen yogurt, soft serve, chocolate	100	g	160	4.3	24.9	86.0	237.00	141.00	5.76
	175	g	280	7.5	43.5	150.0	415.00	247.00	10.10
	1	c							
Frozn yogurt, soft serve, vanilla	100	g	159	4.0	24.2	87.0	211.00	129.00	5.60
	175	g	278	7.0	42.4	152.0	369.00	226.00	9.80
	1	c							
Frozn yogurt bar, vanilla	100	g	127	3.0	21.6	63.0	156.00	89.00	3.60
	65	g	83	2.0	14.0	41.0	101.00	57.80	2.34
	1	bar							
Frozn yogurt bar, chocolate	100	g	131	3.0	21.6	63.0	234.00	89.00	3.60
	65	g	85	2.0	14.0	41.0	152.00	57.80	2.34
	1	bar							
Frozn yogurt cone, vanilla	100	g	139	3.2	23.9	71.0	154.00	89.00	3.73
	125	g	174	4.0	29.9	88.8	192.00	111.00	4.66
	1	cone							
Frozn yogurt cone, chocolate	100	g	142	3.2	23.9	71.0	229.00	89.00	3.73
	125	g	178	4.0	29.9	88.8	286.00	111.00	4.66
	1	cone							
Frozn yogurt, waffle cone, vanilla	100	g	143	3.3	25.3	77.0	155.00	90.00	3.61
	255	g	365	8.4	64.5	196.0	395.00	230.00	9.20
	1	cone							
Frozn yogurt, waffle cone, choco	100	g	147	3.3	25.3	77.0	229.00	90.00	3.61
	255	g	375	8.4	64.5	196.0	584.00	230.00	9.20
	1	cone							

CHEESE	SERVING QUANTITY	SERVING	CALORIES (kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	SODIUM (mg)	POTASSIUM (mg)	PHOSPHORUS (mg)	TOTAL FAT (g)
mozzarella, from whole milk	100	g	299	22.2	2.4	486.0	76.00	354.00	22.14
shredded	112	g	335	24.8	2.7	544.0	85.10	396.00	24.80
	1	c							
mozzarella, part skim milk	100	g	254	24.3	2.8	619.0	84.00	463.00	15.92
	28.35	g	72	6.9	0.8	175.0	23.80	131.00	4.51
	1	oz							
Mozzarella, reduced sodium (shredded)	100	g	280	27.5	3.1	16.0	95.00	524.00	17.10
	113	g	316	31.1	3.5	18.1	107.00	592.00	19.30
	1	cup							
ricotta, from whole milk	100	g	158	7.8	6.9	105.0	230.00	162.00	11.00
	129	g	204	10.1	8.9	135.0	297.00	209.00	14.20
	0.5	c							
ricotta, part skim milk	100	g	138	11.4	5.1	99.0	125.00	183.00	7.91
	124	g	171	14.1	6.4	123.0	155.00	227.00	9.81
	0.5	c							
cream cheese, regular	100	g	295	7.1	3.5	436.0	112.00	91.00	28.60
	28.35	g	84	2.0	1.0	124.0	31.80	25.80	8.11
	1	oz							
cream cheese, light	100	g	201	7.9	8.1	359.0	247.00	152.00	15.28
	28.35	g	57	2.2	2.3	102.0	70.00	43.10	4.33
	1	oz							
processed cheese food	100	g	307	16.1	8.9	1279.0	295.00	768.00	23.06
	21	g	65	3.4	1.9	269.0	62.00	161.00	4.84
	1	slice							
Cottage cheese	100	g	84	11.0	4.3	321.0	120.00	148.00	2.30
	210	g	176	23.1	9.1	674.0	252.00	311.00	4.83
	1	cup							
cottage cheese, low fat	100	g	84	11.0	4.3	321.0	120.00	148.00	2.30
	226	g	190	24.9	9.7	725.0	271.00	334.00	5.20
	1	cup							
Monterey shredded	100	g	373	24.5	0.7	600.0	81.00	444.00	30.28
	113	g	421	27.7	0.8	678.0	91.50	502.00	34.20
	1	cup							
Cheddar	100	g	408	23.3	2.4	654.0	77.00	458.00	34.00
	21	g	86	4.9	0.5	137.0	16.20	96.20	7.14
	1	slice							

CHEESE	SERVING QUANTITY	SERVING UNIT	CALORIES (Kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	SODIUM (mg)	POTASSIUM (mg)	PHOSPHORUS (mg)	TOTAL FAT (g)
Cheddar, reduced sodium	100	g	398	24.4	1.9	21.0	112.00	484.00	32.62
	21	g	84	5.1	0.4	4.4	23.50	102.00	6.85
	1	slice							
Cheddar, sharp sliced	100	g	410	24.3	2.1	644.0	76.00	460.00	33.82
	28	g	115	6.8	0.6	180.0	21.30	129.00	9.47
	1	oz							
Cheddar/ American cheese spread	100	g	290	16.4	8.7	1625.0	242.00	875.00	21.23
	21	g	61	3.5	1.8	341.0	50.80	184.00	4.46
	1	wedge							
American	100	g	307	16.1	8.9	1279.0	295.00	768.00	23.06
	21	g	65	3.4	1.9	269.0	62.00	161.00	4.84
	1	slice							
Brick	100	g	371	23.2	2.8	560.0	136.00	451.00	29.68
	17.2	g	64	4.0	0.5	96.3	23.40	77.60	5.10
	1	cubic inch							
Brie	100	g	334	20.8	0.5	629.0	152.00	188.00	27.68
	17	g	57	3.5	0.1	107.0	25.80	32.00	4.71
	1	cubic inch							
blue	100	g	353	21.4	2.3	1146.0	256.00	387.00	28.74
	28.35	g	100	6.1	0.7	325.0	72.60	110.00	8.15
	1	oz							
Camembert	100	g	300	19.8	0.5	842.0	187.00	347.00	24.26
	38	g	114	7.5	0.2	320.0	71.10	132.00	9.22
	1 wedge = 1.33 oz	1	wedge						
Colby	100	g	394	23.8	2.6	604.0	127.00	457.00	32.11
	21	g	83	5.0	0.5	127.0	26.70	96.00	6.74
	1	slice							
Caraway	100	g	376	25.2	1.1	690.0	93.00	490.00	29.20
	28.35	g	107	7.1	0.9	196.0	26.40	139.00	8.28
	1	oz							
Edam	100	g	356	24.9	2.2	819.0	121.00	546.00	27.44
	21	g	75	5.2	0.5	172.0	25.40	115.00	5.76
	1	slice							
Feta	100	g	265	14.2	3.9	1139.0	62.00	337.00	21.49
	17	g	45	2.4	0.7	194.0	10.50	57.30	3.62
	1	cubic inch							
Fontina	100	g	389	25.6	1.6	800.0	64.00	346.00	31.14
	21	g	82	5.4	0.3	168.0	13.40	72.70	6.54
	1	slice							
goat	100	g	364	21.6	0.1	415.0	158.00	375.00	29.84
	25	g	91	5.4	0.0	104.0	39.50	93.80	7.46
	1	cubic inch							

CHEESE	SERVING QUANTITY	SERVING UNIT	CALORIES (kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	SODIUM (mg)	POTASSIUM (mg)	PHOSPHORUS (mg)	TOTAL FAT (g)
Gouda	100	g	356	24.9	2.2	819.0	121.00	546.00	27.44
	28.35	g	101	7.0	0.6	232.0	34.30	155.00	7.78
	1	oz							
Gruyere	100	g	413	29.8	0.4	714.0	81.00	605.00	32.34
	21	g	87	6.3	0.1	150.0	17.00	127.00	6.70
	1	slice							
Blue or Roquefort	100	g	353	21.4	2.3	1146.0	256.00	387.00	28.74
	17.3	g	61	3.7	0.4	198.0	44.30	67.00	4.97
	1	cubic inch							
Colby Jack	100	g	384	24.1	1.6	602.0	104.00	450.00	31.20
	21	g	81	5.1	0.3	126.0	21.80	94.50	6.55
	1	slice							
Parmesan, grated	100	g	420	29.6	12.4	1750.0	184.00	634.00	28.00
	7.6	g	32	2.3	0.9	133.0	14.00	48.20	1.82
	1	tbsp							
Parmesan, hard	100	g	421	29.6	12.4	1750.0	184.00	634.00	28.00
	10.3	g	43	3.1	1.3	180.0	19.00	65.30	2.88
	1	cubic inch							
Mexican blend shredded	100	g	358	23.5	1.8	607.0	85.00	438.00	28.51
	113	g	405	26.6	2.0	686.0	96.00	495.00	32.20
	1	cup							
Mexican blend, reduced fat shredded	100	g	282	24.7	3.4	776.0	93.00	583.00	19.40
	113	g	319	27.9	3.9	877.0	105.00	659.00	21.90
	1	cup							
Muenster	100	g	368	23.4	1.1	628.0	134.00	468.00	30.04
	21	g	77	5.0	0.2	132.0	28.10	98.30	6.31
	1	slice							
Neufchatel	100	g	253	9.2	3.6	334.0	152.00	138.00	22.78
	28.35	g	72	2.6	1.0	94.7	43.10	39.10	6.46
	1	oz							
Provolone	100	g	351	25.6	2.1	727.0	138.00	496.00	26.62
	21	g	74	5.4	0.4	153.0	29.00	104.00	5.59
	1	slice							
Romano	100	g	387	31.8	3.6	1433.0	86.00	760.00	26.94
	28.35	g	110	9.0	1.0	406.0	24.40	215.00	7.64
	1	oz							
Swiss	100	g	393	27.0	1.4	185.0	71.00	574.00	31.00
	21	g	83	5.7	0.3	38.8	14.90	121.00	6.51
	1	slice							
Tilsiter/Tilsit	100	g	340	24.4	1.9	753.0	65.00	500.00	25.98
	28.35	g	96	6.9	0.5	213.0	18.40	142.00	7.36
	1	oz							

CREAM	SERVING QUANTITY	SERVING UNIT	CALORIES (kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	SODIUM (mg)	POTASSIUM (mg)	PHOSPHORUS (mg)	TOTAL FAT (g)
sour cream, regular	100	g	198	2.4	4.6	31.0	125.00	76.00	19.35
	30	g	59	0.7	1.4	9.3	37.50	22.80	5.80
	1	container							
sour cream, light	100	g	136	3.5	7.1	83.0	212.00	71.00	10.60
	240	g	326	8.4	17.0	199.0	509.00	170.00	25.40
	1	cup							
sour cream, imitation	100	g	208	2.4	6.6	102.0	161.00	45.00	19.52
	240	g	499	5.8	15.9	245.0	386.00	108.00	46.80
	1	cup							
sour cream, fat free	100	g	74	3.1	15.6	141.0	129.00	95.00	0.00
	240	g	178	7.4	37.4	338.0	310.00	228.00	0.00
	1	cup							
heavy full cream	100	g	340	2.8	2.8	27.0	95.00	58.00	36.08
	30	g	102	0.9	1.0	8.1	28.50	17.40	10.80
	1	fl oz							
whipped	100	g	343	2.7	8.6	26.0	89.00	55.00	33.94
	40	g	137	1.1	3.4	10.4	35.60	22.00	13.60
	1	cup							
half and half	100	g	131	3.1	4.3	61.0	132.00	95.00	11.50
	30	g	39	0.9	1.3	18.3	39.60	28.50	3.45
	1	fl oz							
coffee, light cream	100	g	195	3.0	3.7	72.0	136.00	92.00	19.10
	11	g	21	0.3	0.4	7.9	15.00	10.10	2.10
	1	ind. container							