

6 WAYS

CHEESE

CAN HELP YOUR BODY

One serving of cheese contains many of the essential nutrients your body needs, including:

CALCIUM



Helps build and maintain strong bones and teeth, supports tissue growth.

15%
DAILY VALUE

PROTEIN



Helps build and repair muscle tissue.

14%
DAILY VALUE

PHOSPHORUS



Helps build and maintain strong bones and teeth, supports tissue growth.

15%
DAILY VALUE

VITAMIN B12



Helps with normal blood function, helps keep the nervous system healthy.

20%
DAILY VALUE

PANTOTHENIC ACID



Helps your body use carbohydrates, fats and protein for fuel.

45%
DAILY VALUE

NIACIN



Used in energy metabolism in the body.

15%
DAILY VALUE

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. Two thousand calories a day is used for general nutrition advice.



DairyDiscoveryZone.com
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Sources: U.S. Department of Agriculture, Agricultural Research Service. 2016. USDA National Nutrient Database for Standard Reference, Release 28. Nutrient Data Laboratory Home Page, <http://www.ars.usda.gov/nutrientdata>; Low moisture, part skim mozzarella (#101029)

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Put It into Practice

ROASTED VEGGIE QUESADILLAS

Prep 20 min.

Cook 20 min.

Servings 4

Ingredients

- 1 red onion, sliced ½ inch thick
- 1 zucchini, quartered
- 1 yellow squash, quartered
- 1 red pepper, quartered
- 3 cloves garlic
- 1 tablespoon olive oil
- 1 tablespoon chopped fresh cilantro
- 4 8-inch whole wheat tortillas
- 1 ½ cups (6 ounces) shredded cheddar or pepper jack cheese

Instructions

Preheat oven to 450°F. Spray a 15x10-inch baking sheet with cooking spray. Spread vegetables and garlic over baking sheet. Drizzle with olive oil. Cook for 15 minutes until barely tender. Cut vegetables into cubes; peel and mash garlic. Toss together in a bowl with cilantro.

Layer one side of each tortilla with cheese, vegetables and more cheese. Fold tortilla over to close. Grill each quesadilla in a skillet or griddle over medium heat for 3 minutes on each side or until golden and cheese melts.

Nutrition Facts

per serving

Calories:	375	Saturated fat:	9 g
Protein:	16 g	Cholesterol:	45 mg
Carbohydrate:	31 g	Calcium:	40% DV
Fiber:	5 g	Sodium:	675 mg
Total Fat:	18 g		