

# Target In On Fat: *Cheeses*

Compare the fat content of the cheeses below. Keep your daily fat budget in mind when you choose the kind and amount of cheese you eat.

*Note:* Each is a **1-ounce serving**, unless another amount is given. (When comparing processed cheeses, check the serving size. Some slices weigh only  $\frac{2}{3}$  to  $\frac{3}{4}$  ounce.)  
For the highest fat cheeses, fat grams are given in parentheses to show the range.

