

Healthy eating : cheeses / Tesco.

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TESCO

Healthy Eating CHEESES

For thousands of years, dating back to the Ancient Greeks and Egyptians, Cheese has been a useful source of protein, vitamins and especially calcium which is essential for building strong and healthy bones in children and adults.

Cheese is also a source of fat and today an increasing number of people are recognising the need to lower the fat intake in their diet.

Tesco's comprehensive range of Healthy Eating cheeses allow you to do just this while maintaining all the protein, calcium and goodness of standard cheese.



Full Fat Cheese

Healthy Eating
Half Fat Cheese

A 40g (1 1/2 oz) serving provides:

TYPICAL VALUES:

TOTAL FAT	13.6 g	6.6 g
PROTEIN	10.4 g	13.2 g
CALCIUM % of RDA	38%	45%

RDA = Recommended Daily Amount

What is Tesco Healthy Eating Cheese?

Tesco Healthy Eating Cheeses are made by the same traditional methods as Full Fat Cheese, the only difference being that the milk used to start with is of a lower fat content.

Half the Fat?
but all of the **GOODNESS**
TOO GOOD TO BE TRUE!



Why Should I Buy Tesco Healthy Eating Cheeses?

It makes good Health and Dietary sense.

- Half of the fat but with all the protein, calcium and goodness of standard cheese.

It is versatile to use.

- Cheese is ideal in many dishes, salads, on toast, lasagne, flans, quiches, sauces, baked potatoes, omelettes, sandwiches etc. etc. You can just substitute Tesco Healthy Eating Half Fat Cheeses for Standard Cheeses.

It is available in many varieties.

- Tesco offer a comprehensive range of Healthy Eating Cheeses including Mild, Medium and Full Flavour Cheddars, Red Leicester, Edam and other styles.



Where Can I Find Tesco Healthy Eating Cheeses?

In most Tesco Stores they will all be situated together alongside Standard Cheddars.

Tesco Healthy Eating Half Fat Cheeses are easily distinguished by the Healthy Eating logo on the label.

Healthy Eating Cheeses are also available on all Delicatessen counters.

*All lines subject to availability.
Some Cheeses only available in larger stores.*