










hfg guide to soft cheeses

PRODUCT	% FAT	NUTRITION PER 100G	TASTE COMMENTS
Country Goodness Cottage Cheese Lite  250g pack \$1.99	1%	356kJ 11.9g protein 0.6g saturated fat 350mg sodium	slightly tangy; very creamy – you wouldn't know this was so low in fat
Tatarua Traditional Cottage Cheese  250g pack \$2.79	4%	430kJ 12.6g protein 2.8g saturated fat 380mg sodium	smooth and creamy
Philadelphia Extra Light (cream cheese spread)  220g pack \$3.49	5%	548kJ 11g protein 3.3g saturated fat 272mg sodium	very creamy; unexpected for such low fat
Canaan Galilee  200g pack \$3.69	5%	401kJ 9.9g protein 3.4g saturated fat 150mg sodium	tangy yoghurt flavour with creamy texture; good for savoury dishes
Perfect Italiano Ricotta – light  250g pack \$4.69	6%	383kJ 7.4g protein 3.9g saturated fat 173mg sodium	mild, creamy; slightly sweet; delicious
Bouton d'or Ricotta  200g pack \$4.29	16%	827kJ 12g protein 10g saturated fat 266mg sodium	smooth, creamy, milky flavour – good for sweet or savoury dishes
Tatarua Cream Cheese Lite  250g pack \$3.59	16%	951kJ 8.5g protein 10g saturated fat 365mg sodium	mild flavour with full creaminess
Tatarua Crème Fraîche Lite  250g pack \$5.19	21%	890kJ 3.3g protein 13.4g saturated fat 40mg sodium	decadently creamy
Tatua Farms Mascarpone  250g pack \$5.29	35%	1400kJ 1.6g protein 23.1g saturated fat 52mg sodium	tastes like cream!
ALSO ON THE SHELVES			
Country Goodness Cream Cheese Original 250g pack \$3.59	37%	1535kJ 26g saturated fat	4g protein 695mg sodium
Tatua Farms Crème Fraîche 250g pack \$6.20	38%	1530kJ 25g saturated fat	3g protein 47mg sodium
Bouton d'or Mascarpone 200g pack \$5.60	46%	1822kJ 31g saturated fat	3g protein 47mg sodium

how much fat*?

- <1% reduced-fat cottage cheese
- 4-5% cottage cheese
- 5-7% reduced-fat ricotta
- 10-16% ricotta
- 16-18% reduced-fat cream cheese
- 20-22% reduced-fat crème fraîche
- 35-46% cream cheese; crème fraîche; mascarpone

*Brands will vary

how to choose

- Decide which types of soft cheese will deliver the flavour and texture needed for the purpose you have in mind. It's worth experimenting with your recipes.
- Choose the product with the lowest saturated fat.
- Choose the product with the lowest sodium. **hfg**