

# How to choose low-fat cheese

Per 100g, sorted by saturated fat content

	Energy	Fat	- saturated	Protein	Carbohydrates	- sugars	Sodium	Calcium	First 3 ingredients	Taste Comments
<b>Country Goodness lite cottage cheese</b> 	308	0.9	0.5	13.0	3.3	1.5	279	n/s	Skim milk, cream, thickener (1422)	A rich, creamy texture, with a subtle fresh flavour. We didn't think it tasted like a light version.
<b>Tararua cottage cheese - garlic &amp; chives</b> 	400	4.0	2.8	11.8	3.0	2.4	440	n/s	Skim milk, milk solids, cream	A mild garlic flavour with the chives adding a zingy flavour. Would be delicious in a salad.
<b>Kraft Philadelphia extra light (Cottage &amp; cream cheese blend)</b> 	491	5.0	3.5	11.8	5.8	5.4	267	n/s	Cottage cheese (skim milk, starter culture, enzymes) 69%	Tastes like normal cream cheese. We loved this on toast or crisp bread with diced tomato.
<b>Mainland super low fat processed cheese slices</b> 	740	6.9	4.8	21.3	7.5	7.5	1500	n/s	Cheese (20% min), water, milk solids	A very mild flavour cheese slice. A good choice for young children.
<b>Bega super slim slices</b> 	858	8.8	6.0	23.0	8.3	2.5	1740	829	Cheese (62% min), reconstituted milk solids, food acids	A good cheddar flavour that tastes like normal cheese slices. Slightly tangy. Great for a sandwich.
<b>Tararua lite cream cheese</b> 	933	16.0	10.0	8.5	12.2	12.2	365	n/s	Cream, skim milk, skim milk solids	A creamy texture with a tangy flavour. A yummy taste that works well as a dip served with some vege sticks.
<b>Ornelle Chèvre Salade</b> 	986	19.0	11.0	16.0	1	1	548	481	Pastuerised goat's milk, salt, cultures	A creamy consistency with a distinctive yoghurt flavour and an appealing texture.
<b>Country Goodness apricot swirl cream cheese</b> 	1039	16.1	11.4	3.2	22.8	14.9	577	n/s	Cream cheese (cream, skim milk, non fat milk solids)	Creamy texture with an apricot flavour makes it more like a dessert. The sweet-toothed among us loved this.
<b>Anchor feta</b> 	1000	20.0	13.0	15.0	1	1	1335	473	Pastuerised cow's milk, salt, lactic culture	A smooth texture and more creamy than traditional Feta. This has a zesty flavour.
<b>Galaxy creamy feta with pesto</b> 	995	19.1	13.1	14.3	2.1	1.4	850	n/s	Pastuerised cow's milk, salt, pesto sauce	A real pesto taste that is not too strong. We thought this would be a good choice to serve over pasta.

(These examples were chosen to illustrate the different types of products out there, and are not meant for direct comparison).

n/s = not stated

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