

# Cheeses

	Calories	Calories from Fat	Total Fat	Sat Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fibers	Sugars	Protein
<b>Cheddar Cheese Slices</b>	110	80	9 g	6 g	0 g	30 mg	180 mg	0 g	0 g	0 g	7 g
<b>Havarti Cheese</b>	120	90	10 g	7 g	0 g	25 mg	150 mg	0 g	0 g	0 g	5 g
<b>Swiss Cheese Slices</b>	110	70	8 g	5 g	0 g	25 mg	55 mg	2 g	0 g	0 g	8 g