

CHEESES WITH 55 CALORIES PER OUNCE

- American
- Blue
- Brie
- Cheddar
- Colby
- Cottage (low fat or fat free)
- Feta
- Gouda
- Havarti
- Jarlsberg
- Monterey jack
- Mozzarella
- Parmesan
- Provolone
- Ricotta
- Soy
- Swiss