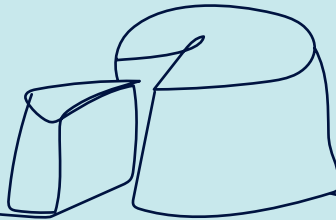


Cheese consumption and health



Systematic reviews and meta-analyses shows that consumption of cheese is associated with a

REDUCED RISK OF

coronary heart
disease and stroke

metabolic
syndrome

childhood weight
and obesity

AND HAD NO ASSOCIATION WITH

type 2 diabetes

hypertension

overweight and
obesity in adults

Unlike saturated fat from other products, saturated fat from cheese is

**NOT ASSOCIATED
WITH CARDIOVASCULAR
DISEASE RISK**

The sodium in cheese
**HAS A LESS DETRIMENTAL
IMPACT ON VASCULAR FUNCTION**

than an identical amount of sodium consumed in other non-dairy foods