



Cheeses – fat content

Cheeses are here divided into three classes by fat content.

Low-fat cheeses, which can be eaten freely – no limit, are Cottage cheese, Quark, Reduced fat cottage cheese, Reduced fat cheese spread, Reduced fat Edam, Ricotta.

Medium-fat cheeses – up to 180g (6oz) per week (if no high fat cheese) are Brie, Camembert, Cheese spread, Danish blue, Edam, Emmental, Feta, Goats milk soft cheese, Medium fat soft cheese, Mozzarella, processed cheese, Reduced fat Cheddar, Reduced fat Cheshire, Smoked processed cheese, Soya cheese.

High-fat cheeses, which should be limited to 120g (4oz) per week (if no medium fat cheese), are Caerphilly, Cheddar, Cheshire, Cream cheese, Derby, Double Gloucester, Full fat soft cheese, Gouda, Gruyere, Lancashire, Leicester, Lymeswold, Mascarpone, Parmesan, Red Windsor, Roquefort, Stilton, Vegetarian cheese, Wensleydale.

Medium and high fat cheeses should be eaten only in moderation.

*Either up to 180g (6oz) per week of the medium-fat cheeses,
or up to 120g (4oz) per week of the high-fat cheeses.*

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