One serving of **cheese** contains many of the essential nutrients your body needs, including:

### Calcium
Helps build and maintain strong bones and teeth.

### Protein
Helps provide sustained energy. Helps build and maintain lean muscle. Helps maintain a healthy immune system.

### Phosphorus
Helps build and maintain strong bones and teeth, supports tissue growth.

### Vitamin B12
Helps maintain healthy immune, blood and nervous system function. Supports normal energy metabolism. Necessary for brain development during pregnancy and infancy; linked to cognitive function in childhood.

### Niacin
Used in energy metabolism in the body.

### Riboflavin
Helps your body use carbohydrates, fats and protein for fuel.

### Selenium
Helps maintain a healthy immune system, helps regulate metabolism and helps protect healthy cells from damage.

### Iodine
Necessary for proper bone and brain development during pregnancy and infancy; linked to cognitive function in childhood.

---

**REFERENCES**

- The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.