



# Cheese, American, Reduced Fat

## MyPlate Food Group: Dairy

### Nutrition Information

- Dairy is milk, cheese, and yogurt.
- 1 cup in the ChooseMyPlate.gov dairy group can be fulfilled by 1 cup of milk, 2 oz of processed cheese, or ½ cup of evaporated milk.
- Dairy contains calcium and Vitamin D. Calcium and Vitamin D help bones and teeth stay strong.
- Dairy contains potassium. Potassium can help maintain a healthy blood pressure.
- For specific information about American cheese slices, please refer to the product's Nutrition Facts Panel or ingredient list.

### Uses & Tips

- Cheese can be added as a topping to many dishes, to add flavor, protein, and calcium.
- American cheese is a blend of cheese and milk products. It melts very well and has a smooth, creamy texture.
- American cheese slices can be added to sandwiches and salads.
- Cheese slices can be melted on toast for an easy snack or served with a cup up fruit.

### MyPlate Facts

- Dairy contains calcium and Vitamin D which helps to improve bone health.
- Dairy is important for children, teens, and young adults because it helps build strong bones and teeth early in life.
- Dairy also helps maintain healthy bones and teeth as you get older.
- Some adults who eat dairy have fewer heart problems and type 2 diabetes.
- Some adults who eat dairy also have lower blood pressure.

### Storing Foods at Home

- Store unopened packages of cheese in a clean, dry place in the refrigerator.
- After opening, tightly wrap the cheese in plastic wrap and store in the refrigerator.



**GOLDEN**  
HARVEST FOOD  
BANK



## Grilled Cheese and Fruit Sandwich

Makes 4 servings

Ingredients:

- 8 slices whole wheat bread
- 2 tablespoons soft margarine spread
- 4 slices reduced fat American cheese
- 2 small apples or pears, thinly sliced

Directions:

1. Spread margarine on one side of each bread slice.
2. Place four slices of bread on a griddle or skillet (margarine side down). Top each with one cheese slice.
3. Arrange fruit slices over the cheese. Top with remaining bread slices (margarine side up).
4. Place griddle or skillet over medium heat. Cook 2-3 minutes. Flip the sandwich over and cook for another 2-3 minutes or until bread is golden brown and cheese is melted.

## Mexican Scrambled Egg and Vegetables

Makes 6 servings

Ingredients:

- 2 tablespoons unsalted butter
- 2 tablespoons green pepper, chopped
- ½ cup diced no salt added canned tomatoes
- 2 cups reduced fat American cheese, grated
- 1½ cups canned corn, low-sodium, drained
- 1 egg, beaten
- ½ cup bread crumbs
- ¼ teaspoon chili powder

Directions: Wash hands with soap and water.

1. In a large pot, melt butter. Add green pepper and cook until tender.
2. Add tomatoes and cheese and stir until cheese is melted.
3. Mix egg with corn and add to large pot.
4. Add bread crumbs and chili powder.
5. Cook over medium heat until hot, being careful not to burn it.
6. Serve immediately over toast or biscuits.