



Cheese, American, Loaves

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 and 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.

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.

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.



USDA Foods

Hearty Pea Salad

Makes 8 servings

Ingredients:

1 cup frozen peas or 1 can (15 oz) peas, drained
1 cup American cheese, cubed
½ cup celery, chopped
½ cup onion, chopped
½ cup light mayonnaise or salad dressing
2 tablespoons pickle, chopped (optional)
Salt and pepper to taste (optional)

Directions: Wash hands with soap and water

1. In a medium bowl, combine all ingredients.
2. Sprinkle with salt and pepper to taste.
3. Mix well and chill in the refrigerator for at least 1 hour.

Recipe adapted from Gather At the Table Cookbook, Oklahoma Nutrition Network

Easy Chicken and Cheese Taco Dip

Makes 6 servings

Ingredients:

1 can (12 ½ oz) chicken, drained
2 teaspoons reduced-sodium taco seasoning or
1 teaspoon chili powder
1 cup American cheese, shredded or chopped
6 servings (about 4.5-6 cups) of low-fat,
unsalted tortilla chips

Directions: Wash hands with soap and water

1. Place chicken and seasoning in medium skillet.
2. Cook over medium heat for 3-4 minutes, stirring often.
3. Put chicken mixture in a bowl.
4. Sprinkle cheese on top of warm chicken mixture.
5. Serve hot with tortilla chips.

Tip: Chopped vegetables like onions, green or red peppers, or mushrooms can also be added to the mixture while heating.

Recipe adapted from Arizona Commodity Supplemental Food Program MyPlate Cookbook