



Cheese Survey 2012

Notes:

Sodium and saturated fat per 100g information was collected from product packaging between August and November 2012. See CASH website for further information.

Colour coded according to Traffic Light Labels: Green <0.30/100g, Amber 0.30-1.50g, red >1.50g / 100g

*Cheese categorised as deemed appropriate by CASH

** Standardised portion sizes for consistency

Brand Name	Cheese Category*	Product Name	Serving Size (provided on pack)	Saturated Fat / 100g (provided on pack)	Sodium / 100g (calculated from pack)	Salt / 100g (calculated from sodium)	Salt per portion: 30g (adult) 20g (Kids/singles)** (Calculated from salt/100g)
Castello	Blue (other)	Creamy Blue	Not Provided	26.5	0.64	1.60	0.48
Sainsbury's	Blue (other)	Camblozola	30g	27	0.67	1.68	0.50
Waitrose essential	Blue (other)	Cambozola	Not Provided	25.4	0.7	1.75	0.53
Butlers Farmhouse Cheeses	Blue (other)	Blacksticks blue	Not Provided	19.3	0.8	2.00	0.60
ASDA Chosen by you	Blue (other)	French Blue Cheese	Not Provided	16	1	2.50	0.75
The Co-operative - Truly	Blue (other)	Bleu d'auvergne	30g	17.2	1	2.50	0.75
The Co-operative	Blue (other)	Cambozola	30g	25.6	1.2	3.00	0.90
Castello (co-op)	Blue (other)	Danish Blue traditional	Not Provided	18.2	1.32	3.30	0.99
Clawson	Blue (other)	Blue Shropshire	Not Provided	Not Provided	Not Provided	Not Provided	Not Provided
Galbani	Blue (other)	Dolcelatte	Not Recorded	Not Provided	Not Provided	Not Provided	Not Provided
Saint Agur	Blue (other)	Blue	Not Provided	Not Provided	Not Provided	Not Provided	Not Provided
Saint Agur	Blue (other)	Delice	30g	Not Provided	Not Provided	Not Provided	Not Provided
by Sainsbury's	Brie	French ripening Brie	30g	18	0.46	1.15	0.35
by Sainsbury's	Brie	Somerset Brie	30g	14.6	0.51	1.28	0.38
Waitrose	Brie	Somerset Mild Ripe Brie	Not Provided	14.6	0.51	1.28	0.38
ASDA Chosen by you	Brie	British Cornish Brie	Not Provided	18.7	0.5	1.30	0.39
ASDA Chosen by you	Brie	French Brie	Not Provided	22	0.51	1.30	0.39
Sainsbury's basics	Brie	French Brie	30g	20.6	0.55	1.38	0.41
The co-operative	Brie	Ripening Brie	30g	14.4	0.6	1.40	0.40
Waitrose	Brie	French Mature Ripe Brie	Not Provided	14.7	0.57	1.43	0.43
by Sainsbury's	Brie	French mild Brie	30g	20.5	0.7	1.75	0.53
Sainsbury's Taste the	Brie	French Brie De Meaux	30g	15.4	0.82	2.05	0.62
Tesco	Brie	T Finest*Channel Island Brie 140G	Not Provided	18.7	0.4	1.00	0.30
Tesco	Brie	Lubborn Channel Island Brie	30g	18.6	0.5	1.25	0.38
Tesco	Brie	Somerset Brie	30g	14.6	0.5	1.25	0.38
The co-operative	Brie	Somerset Brie	30g	14.6	0.5	1.25	0.38
Tesco	Brie	Tesco Somerset Brie Lighter 160G	Not Provided	8.2	0.5	1.25	0.40
Tesco	Brie	Tesco Somerset Brie 160G	30g	14.6	0.5	1.30	0.40
Tesco	Brie	Mini French Brie	Not Provided	21	0.5	1.30	0.40
Tesco	Brie	Value French Brie 200G	Not Provided	22	0.5	1.30	0.40
The co-operative	Brie	mild and creamy brie	30g	18.1	0.6	1.40	0.40
Waitrose essential	Brie	French Mild Brie	Not Provided	23	0.58	1.45	0.44
Le Rustique	Brie	Brie Le Rustique 200G	Not Provided	15.4	0.594	1.49	0.45
President	Brie	President 60% Foil Brie 200G	30g	18.1	0.594	1.49	0.45
Tesco	Brie	Tesco Ripe And Ready French Brie 190G	Not Provided	18.00	0.6	1.50	0.45
Waitrose	Brie	Brie De Meaux A.O.P	Not Provided	19.8	0.65	1.63	0.49
Tesco	Brie	T Cambozola Blue Brie 175G	Not Provided	27	0.7	1.70	0.50
Tesco	Brie	Tesco Finest Brie De Meaux Portions	Not Provided	15.4	0.8	2.10	0.60
ASDA Chosen by you	Brie	French Ripening Brie	Not Provided	Not Provided	Not Provided	Not Provided	Not Provided
Chene d Argent	Brie	Brie	Not Provided	Not Provided	Not Provided	Not Provided	Not Provided
Chene d Argent	Brie	Fat Reduced French Brie with Yogurt Cultures	Not Provided	Not Provided	Not Provided	Not Provided	Not Provided
Coeur De Lion	Brie	Coeur De Lion Brie 200G	Not Provided	18.7	Not Provided	Not Provided	Not Provided
Tesco	Camembert	Tesco Somerset Camembert 220G	Not Provided	15.1	0.5	1.25	0.38
Isigny Tesco	Camembert	Isigny Small Pasteurised Camembert 150G	Not Provided	16.7	0.594	1.49	0.45
Le Rustique	Camembert	Le Rustique Pasteurised Camembert 250G	Not Provided	16.7	0.594	1.49	0.45
President	Camembert	Camembert 250G	Not Provided	16.7	0.594	1.49	0.45
Waitrose essential	Camembert	French Camembert	30g	16	0.6	1.50	0.45
Sainsbury's basics	Camembert	French Camembert	30g	14	0.6	1.50	0.45
The co-operative	Camembert	Camembert	30g	19.4	0.6	1.50	0.45
Coeur De Lion	Camembert	Coeur De Lion Camembert 250G	Not Provided	14.2	0.605	1.51	0.45
ASDA Chosen by you	Camembert	French Camembert	Not Provided	16.3	0.63	1.58	0.47
by Sainsbury's	Camembert	Normandy Camembert	30g	14	0.68	1.70	0.51
Tesco	Camembert	Tesco French Traditional Normandy Camembert 250G	Not Provided	14	0.7	1.75	0.53
The co-operative	Camembert	Mini camembert	30g	14	0.7	1.75	0.53
The co-operative	Camembert	Normandy Camembert	30g	14.2	0.7	1.75	0.53
Tesco	Camembert	Tesco French Camembert 250G	Not Provided	14.5	0.7	1.75	0.53
Tesco	Camembert	Tesco Finest Camembert D'isigny En Normandie 250G	Not Provided	15	0.7	1.75	0.53
Sainsbury's Taste the	Camembert	Goat's Milk Camembert	30g	16.5	0.7	1.75	0.53
ASDA Chosen by you	Camembert	Spreadable Camembert	Not Provided	Not Provided	Not Provided	Not Provided	Not Provided
ASDA extra Special	Camembert	Cornish Camembert	Not Provided	Not Provided	Not Provided	Not Provided	Not Provided
Chene d Argent	Camembert	Camembert	Not Provided	Not Provided	Not Provided	Not Provided	Not Provided
Le Rustique	Camembert	Camembert	Not Provided	Not Provided	Not Provided	Not Provided	Not Provided
Linessa	Camembert	Reduced fat Camembert style cheese	Not Provided	Not Provided	Not Provided	Not Provided	Not Provided
Morrisons	Cheddar /Cheddar style	Cheddar Extra Mature (Grated)	30g	Not Recorded	0.4	1.00	0.30
Morrisons	Cheddar /Cheddar style	Cheddar Mature (Grated)	30g	Not Recorded	0.5	1.20	0.36
Morrisons Menu	Cheddar /Cheddar style	Mature Cheese (Grated)	30g	Not Recorded	0.5	1.20	0.36
Wyke Farms	Cheddar /Cheddar style	Super Light	Not Provided	16.8	0.49	1.23	0.37
Morrisons Savers	Cheddar /Cheddar style	Cheddar (Grated)	30g	Not Recorded	0.5	1.30	0.39
Morrison	Cheddar /Cheddar style	Cheddar Medium (Grated)	30g	Not Recorded	0.5	1.30	0.39
Wm Morrisons (Premium)	Cheddar /Cheddar style	English Extra Mature Cheddar	30g	22.6	0.5	1.30	0.39
Morrisons	Cheddar /Cheddar style	Lighter Cheese Mature (Grated)	30g	Not Recorded	0.5	1.30	0.39
Morrisons	Cheddar /Cheddar style	Lighter Cheese Extra Mature	30g	Not Recorded	0.6	1.40	0.42
Menu Morrisons	Cheddar /Cheddar style	Mature Cheese	30g	Not Recorded	0.6	1.40	0.42
M&S	Cheddar /Cheddar style	Keen's Farmhouse Cheddar handmade in moorhayes farm Somerset	Not Provided	Not Recorded	0.59	1.48	0.44
Morrisons	Cheddar /Cheddar style	Cheddar Mild (Grated)	30g	Not Recorded	0.6	1.50	0.45
The co-operative	Cheddar /Cheddar style	Healthier Choice mild white cheese	30g	10.3	0.6	1.50	0.45
Morrisons	Cheddar /Cheddar style	Lighter Cheese Mature	30g	Not Recorded	0.6	1.50	0.45
by Sainsbury's	Cheddar /Cheddar style	lighter British mature grated cheese	30g	14.3	0.62	1.55	0.47

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Waitrose essential	Cheddar /Cheddar style	lighter mild grated cheese	30g	14.3	0.62	1.55	0.47
by Sainsbury's	Cheddar /Cheddar style	lighter 10 mature British cheese slices	1 slice	14.6	0.63	1.58	0.47
Waitrose essential	Cheddar /Cheddar style	lighter mild cheese	30g	14.6	0.63	1.58	0.47
The co-operative	Cheddar /Cheddar style	8 mature Cheddar cheese slices	slice	22.6	0.6	1.60	0.48
Wm Morrisons (Premium)	Cheddar /Cheddar style	Canadian Cheddar Cheese	30g	Not Recorded	0.6	1.60	0.48
Morrisons	Cheddar /Cheddar style	Cheddar Medium	30g	Not Recorded	0.7	1.60	0.48
Morrisons	Cheddar /Cheddar style	Cheddar Medium (Slices)	slice	Not Recorded	0.7	1.60	0.48
ASDA Chosen by you	Cheddar /Cheddar style	Half Fat Mature Cheese	Not Provided	10.3	0.62	1.60	0.48
Morrisons	Cheddar /Cheddar style	Lighter Cheese Mature (Slices)	slice	Not Recorded	0.6	1.60	0.48
Morrisons	Cheddar /Cheddar style	Lighter Cheese Medium	30g	Not Recorded	0.6	1.60	0.48
Morrisons	Cheddar /Cheddar style	Lighter Cheese Mild	30g	Not Recorded	0.6	1.60	0.48
Morrisons Savers	Cheddar /Cheddar style	Mature Cheddar	30g	Not Recorded	0.6	1.60	0.48
Morrisons Organic	Cheddar /Cheddar style	Mild Cheddar	30g	Not Recorded	0.6	1.60	0.48
Morrison Savers	Cheddar /Cheddar style	Mild Cheddar Cheese (Slices)	slice	Not Recorded	0.7	1.60	0.48
Morrisons Savers	Cheddar /Cheddar style	Mild White Cheddar	30g	Not Recorded	0.6	1.60	0.48
Sainsbury's be good to	Cheddar /Cheddar style	10 mature white cheese slices	slice	9.9	0.66	1.65	0.50
Waitrose essential	Cheddar /Cheddar style	lighter mature sliced cheese	25g	14.5	0.66	1.65	0.50
Waitrose essential	Cheddar /Cheddar style	Lighter Medium Cheese	30g	14.5	0.66	1.65	0.50
Waitrose essential	Cheddar /Cheddar style	Medium Sliced Cheese Lighter	25g slice	14.5	0.66	1.65	0.50
Waitrose essential	Cheddar /Cheddar style	reduced fat lighter mature cheese	30g	14.5	0.66	1.65	0.50
Waitrose essential	Cheddar /Cheddar style	reduced fat lighter mature grated cheese	30g	14.5	0.66	1.65	0.50
by Sainsbury's	Cheddar /Cheddar style	Barber's mature West Country farmhouse Cheddar	30g	21.7	0.67	1.68	0.50
Wookey Hole	Cheddar /Cheddar style	Cave Aged Farmhouse Cheddar	Not Provided	22.7	0.67	1.68	0.50
M&S	Cheddar /Cheddar style	Cornish Cove Extra Mature Cheddar	Not Provided	21.7	0.67	1.68	0.50
M&S	Cheddar /Cheddar style	Cornish Cove Mature Cheddar	Not Provided	21.7	0.67	1.68	0.50
M&S	Cheddar /Cheddar style	Cornish Cove Mild Cheddar	Not Provided	21.7	0.67	1.68	0.50
Vale of Camelot	Cheddar /Cheddar style	Creamy Mature Cheddar	Not Provided	21.7	0.67	1.68	0.50
Waitrose	Cheddar /Cheddar style	Davidstow extra mature	30g	21.7	0.67	1.68	0.50
Waitrose	Cheddar /Cheddar style	Davidstow mature cheddar	30g	21.7	0.67	1.68	0.50
Waitrose	Cheddar /Cheddar style	Davidstow vintage cheddar	30g	21.7	0.67	1.68	0.50
Waitrose essential	Cheddar /Cheddar style	English Mild Grated Cheddar	30g	21.5	0.67	1.68	0.50
Waitrose essential	Cheddar /Cheddar style	English Mild Sliced Cheddar	1 slice 25g	21.7	0.67	1.68	0.50
Sainsbury's Taste the	Cheddar /Cheddar style	English Vintage Reserve Cheddar	30g	21.7	0.67	1.68	0.50
Sainsbury's	Cheddar /Cheddar style	Extra Mature British Cheddar	30g	21.7	0.67	1.68	0.50
M&S	Cheddar /Cheddar style	Extra Mature Canadian Cheddar	Not Provided	21.7	0.67	1.68	0.50
Valley Spire	Cheddar /Cheddar style	Extra Mature Cheddar Cheese	30g	20.8	0.67	1.68	0.50
M&S	Cheddar /Cheddar style	Extra Mature Welsh Cheddar	Not Provided	21.7	0.67	1.68	0.50
Sainsbury's Taste the	Cheddar /Cheddar style	Extra Mature West Country Farmhouse Cheddar	30g	21.7	0.67	1.68	0.50
Sainsbury's	Cheddar /Cheddar style	Farmhouse West Country Mature Cheddar	30g	21.7	0.67	1.68	0.50
M&S	Cheddar /Cheddar style	Glorious Glastonbury Extra Mature Cheddar	Not Provided	21.7	0.67	1.68	0.50
Waitrose	Cheddar /Cheddar style	Half fat mature farmhouse cheese	30g	9.9	0.67	1.68	0.50
Vale of Camelot	Cheddar /Cheddar style	Lighter Mature Cheese	Not Provided	9.9	0.67	1.68	0.50
Valley Spire	Cheddar /Cheddar style	Mature Cheddar Cheese	30g	20.8	0.67	1.68	0.50
Vale of Camelot	Cheddar /Cheddar style	Strong mature cheddar	Not Provided	21.7	0.67	1.68	0.50
Valley Spire	Cheddar /Cheddar style	Vintage Reserve Cheddar Cheese	30g	20.8	0.67	1.68	0.50
The co-operative	Cheddar /Cheddar style	British Mature Cheese Lighter	30g	13.5	0.7	1.70	0.51
The co-operative	Cheddar /Cheddar style	British Mild Cheddar	Not Provided	21.6	0.7	1.70	0.51
Morrisons	Cheddar /Cheddar style	Cheddar Mild (Slices)	slice	Not Recorded	0.7	1.70	0.51
Morrisons	Cheddar /Cheddar style	Extra Mature Cheddar	30g	Not Recorded	0.7	1.70	0.51
Morrisons	Cheddar /Cheddar style	Extra Mature Cheddar Cheese (10 Slices)	slice	Not Recorded	0.7	1.70	0.51
Iceland	Cheddar /Cheddar style	Extra Mature white Cheddar	Not Provided	21.7	0.7	1.70	0.51
Morrisons Savers	Cheddar /Cheddar style	Extra Mature White Cheddar	30g	Not Recorded	0.7	1.70	0.51
Collier's	Cheddar /Cheddar style	Mature Celtic Cheddar	Not Provided	22.7	0.7	1.70	0.51
Morrisons	Cheddar /Cheddar style	Mature Cheddar	30g	Not Recorded	0.7	1.70	0.51
Iceland	Cheddar /Cheddar style	Mature White Cheddar Slices	Not Provided	Not Provided	0.7	1.70	0.51
Tesco	Cheddar /Cheddar style	Tesco Half Fat Medium Cheese		9.9	0.7	1.70	0.51
ASDA Chosen by you	Cheddar /Cheddar style	British Mild Cheddar	slice	21.7	0.68	1.70	0.51
ASDA Chosen by you	Cheddar /Cheddar style	British Mild Cheddar grated	30g	21.7	0.68	1.70	0.51
ASDA Chosen by you	Cheddar /Cheddar style	English Mild Cheddar	30g	21.7	0.68	1.70	0.51
Sainsbury's	Cheddar /Cheddar style	Lighter Mature British Cheese	30g	13.5	0.68	1.70	0.51
ASDA Chosen by you	Cheddar /Cheddar style	Lighter Mature Cheese	Not Provided	13.5	0.68	1.70	0.51
ASDA Chosen by you	Cheddar /Cheddar style	Lighter mature cheese 10 slices	slice	13.5	0.68	1.70	0.51
ASDA Chosen by you	Cheddar /Cheddar style	Lighter Mature Cheese grated	30g	13.5	0.68	1.70	0.51
by Sainsbury's	Cheddar /Cheddar style	lighter medium British cheese	30g	13.5	0.68	1.70	0.51
by Sainsbury's	Cheddar /Cheddar style	lighter mild British cheese	30g	13.5	0.68	1.70	0.51
Manor Vale	Cheddar /Cheddar style	Mature Cheese Lighter	30g	13.5	0.68	1.70	0.51
M&S	Cheddar /Cheddar style	Mature reduced fat cheese	Not Provided	14.4	0.68	1.70	0.51
M&S Simply	Cheddar /Cheddar style	reduced fat medium cheese	Not Provided	14.4	0.68	1.70	0.51
The Co-operative - Truly	Cheddar /Cheddar style	Rich and creamy Taw Valley Mature Cheddar	30g	21.7	0.68	1.70	0.51
Etoile Dor	Cheddar /Cheddar style	Saint Paulin Semi-hard cheese	30g	18	0.68	1.70	0.51
Cathedral City	Cheddar /Cheddar style	8 Sliced mature cheddar	Not Provided	21.7	0.7	1.75	0.53
The co-operative	Cheddar /Cheddar style	British Mature Cheddar	30g	21.6	0.7	1.75	0.53
The co-operative	Cheddar /Cheddar style	British Medium Cheddar	30g	21.5	0.7	1.75	0.53
Cathedral City	Cheddar /Cheddar style	Cathedral City Extra Mature 350G	Not Provided	21.7	0.7	1.75	0.53
Cathedral City	Cheddar /Cheddar style	Cathedral City Lighter Grated 200G	Not Provided	14.5	0.7	1.75	0.53
Cathedral City	Cheddar /Cheddar style	Cathedral City Lighter Slices 160G	Not Provided	14.9	0.7	1.75	0.53
Cathedral City	Cheddar /Cheddar style	Cathedral City Mature Cheddar 200G	Not Provided	21.7	0.7	1.75	0.53
Cathedral City	Cheddar /Cheddar style	Cathedral City Matured Sliced 160G	Not Recorded	21.7	0.7	1.75	0.53
Cathedral City	Cheddar /Cheddar style	Cathedral City Vintage Cheddar 350G	Not Provided	21.7	0.7	1.75	0.53
Colliers Tesco	Cheddar /Cheddar style	Colliers Powerful Welsh Cheddar 400G	Not Provided	22.7	0.7	1.75	0.53
Creamfields Tesco	Cheddar /Cheddar style	Creamfields Extra Mature Cheddar 400G	Not Provided	21.7	0.7	1.75	0.53
Creamfields Tesco	Cheddar /Cheddar style	Creamfields Mature Cheddar 400G	Not Provided	21.7	0.7	1.75	0.53
Pilgrims Choice	Cheddar /Cheddar style	Crumbly and Tangy Framhouse Vintage Cheddar	Not Provided	21.7	0.7	1.75	0.53
Davidstow Tesco	Cheddar /Cheddar style	Davidstow Extra Mature Cornish Cracker 200G	Not Provided	21.7	0.7	1.75	0.53
Davidstow Tesco	Cheddar /Cheddar style	Davidstow Mature Cornish Classic Cheddar 200G	Not Recorded	21.7	0.7	1.75	0.53

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Royal Canadian	Cheddar /Cheddar style	Distinctive Strong Cheddar	Not Provided	22.5	0.7	1.75	0.53
Valley Spire	Cheddar /Cheddar style	Farmhouse Mature Cheddar Cheese	30g	21.7	0.7	1.75	0.53
The Co-operative - Truly	Cheddar /Cheddar style	Goulds farmhouse Cheddar	30g	21.7	0.7	1.75	0.53
ASDA Smart price	Cheddar /Cheddar style	Grated Cheddar	30g	22.7	0.7	1.75	0.53
Cathedral City	Cheddar /Cheddar style	Grated Mature Lighter	Not Recorded	14.5	0.7	1.75	0.53
Waitrose from	Cheddar /Cheddar style	Keen's Mature Farmhouse Cheddar	Not Provided	21.7	0.7	1.75	0.53
Arla (asda)	Cheddar /Cheddar style	lactofree	30g	17.2	0.7	1.75	0.53
Manor Vale	Cheddar /Cheddar style	Mature Grated Cheddar	30g	22.7	0.7	1.75	0.53
McLelland	Cheddar /Cheddar style	McLellands Seriously Strong Cheddar White 200G	Not Provided	21.7	0.7	1.75	0.53
Sainsbury's	Cheddar /Cheddar style	Mexicana	30g	20.5	0.7	1.75	0.53
ASDA Smart price	Cheddar /Cheddar style	Mild Cheddar	30g	21.7	0.7	1.75	0.53
Manor Vale	Cheddar /Cheddar style	Mild Cheddar	30g	21.7	0.7	1.75	0.53
Manor Vale	Cheddar /Cheddar style	Mild Coloured Cheddar	Not Provided	19	0.7	1.75	0.53
Babybel	Cheddar /Cheddar style	Mini Babybel Cheddar 120G	Not Provided	21	0.7	1.75	0.53
Emmi	Cheddar /Cheddar style	MiniCol Proven to reduce cholesterol	Not Provided	5	0.7	1.75	0.53
The co-operative	Cheddar /Cheddar style	Parkham Farms Vintage Farmhouse Cheddar	30g	Not Provided	0.7	1.75	0.53
Pilgrims Choice	Cheddar /Cheddar style	Pilgrims Choice Extra Mature 350G	Not Provided	21.7	0.7	1.75	0.53
Pilgrims Choice	Cheddar /Cheddar style	Pilgrims Choice Extra Mature 350G	Not Recorded	21.7	0.7	1.75	0.53
Pilgrims Choice	Cheddar /Cheddar style	Pilgrims Choice Mature 350G	Not Provided	21.7	0.7	1.75	0.53
Pilgrims Choice	Cheddar /Cheddar style	Pilgrims Choice Mature 350G	Not Provided	21.7	0.7	1.75	0.53
Pilgrims Choice	Cheddar /Cheddar style	Pilgrims Choice Vintage Mature Cheddar 350G	Not Provided	21.7	0.7	1.75	0.53
Pilgrims Choice	Cheddar /Cheddar style	Pilgrims Choice Vintage Mature Cheddar 350G	Not Recorded	21.7	0.7	1.75	0.53
Wyke Farms	Cheddar /Cheddar style	Red extra mature cheddar	Not Provided	21.7	0.7	1.75	0.53
Wyke Farms	Cheddar /Cheddar style	Rich & Creamy Mature	Not Provided	21.7	0.7	1.75	0.53
Pilgrims Choice	Cheddar /Cheddar style	Rich and Smooth Mature Cheddar	Not Provided	21.7	0.7	1.75	0.53
McLelland	Cheddar /Cheddar style	Seriously Strong cheddar 400G	Not Provided	21.7	0.7	1.75	0.53
McLelland	Cheddar /Cheddar style	Seriously Strong Cheddar 350G	Not Provided	21.7	0.7	1.75	0.53
The co-operative Organic	Cheddar /Cheddar style	Somerset Farmhouse mature Cheddar	30g	21.7	0.7	1.75	0.53
The co-operative	Cheddar /Cheddar style	Somerset mature farmhouse Cheddar cheese	30g	21.7	0.7	1.75	0.53
The co-operative	Cheddar /Cheddar style	Somerset vintage Cheddar	30g	Not Provided	0.7	1.75	0.53
Pilgrims Choice	Cheddar /Cheddar style	Strong and Punchy extra mature Cheddar	Not Provided	21.7	0.7	1.75	0.53
Tesco	Cheddar /Cheddar style	T.British Extra Mature Grated Cheddar 250G	Not Recorded	22.7	0.7	1.75	0.53
Tesco	Cheddar /Cheddar style	Tesco 10 Extra Mature Cheddar Slices 250G	Not Recorded	21.7	0.7	1.75	0.53
Tesco	Cheddar /Cheddar style	Tesco Afon Clywd Mature Cheddar White 400G	Not Provided	20.8	0.7	1.75	0.53
Tesco	Cheddar /Cheddar style	Tesco British 10 Medium Cheddar Slices 250G	Not Recorded	21.7	0.7	1.75	0.53
Tesco	Cheddar /Cheddar style	Tesco British Mature 10 Cheddar Slices 250G	Not Recorded	21.7	0.7	1.75	0.53
Tesco	Cheddar /Cheddar style	Tesco British Mature Cheddar 250G	Not Recorded	21.7	0.7	1.75	0.53
Tesco	Cheddar /Cheddar style	Tesco British Mature Grated Cheddar 250G	Not Recorded	22.7	0.7	1.75	0.53
Tesco	Cheddar /Cheddar style	Tesco British Mature White Cheddar 500G	Not Recorded	21.7	0.7	1.75	0.53
Tesco	Cheddar /Cheddar style	Tesco British Medium Cheddar 500G	Not Recorded	21.7	0.7	1.75	0.53
Tesco	Cheddar /Cheddar style	Tesco British Medium Grated Cheddar 250G	Not Recorded	21.7	0.7	1.75	0.53
Tesco	Cheddar /Cheddar style	Tesco British Mild 10 Cheddar Slices 250G	Not Recorded	21.7	0.7	1.75	0.53
Tesco	Cheddar /Cheddar style	Tesco British Mild Grated Cheddar 250G	Not Recorded	22.7	0.7	1.75	0.53
Tesco	Cheddar /Cheddar style	Tesco British Mature White Cheddar 1Kg	Not Recorded	21.7	0.7	1.75	0.53
Tesco	Cheddar /Cheddar style	Tesco Canadian Extra Mature Cheddar 250G	Not Recorded	21.7	0.7	1.75	0.53
Tesco	Cheddar /Cheddar style	Tesco Extra Mature Cheddar 250G	Not Recorded	21.7	0.7	1.75	0.53
Tesco	Cheddar /Cheddar style	Tesco Extra Mature Grated 500G	Not Recorded	22.7	0.7	1.75	0.53
Tesco	Cheddar /Cheddar style	Tesco Farmhouse Extra Mature Cheddar 240G	Not Recorded	21.7	0.7	1.75	0.53
Tesco	Cheddar /Cheddar style	Tesco Farmhouse Mature Cheddar 240G	Not Recorded	21.7	0.7	1.75	0.53
Tesco	Cheddar /Cheddar style	Tesco Finest Green's Farmhouse Unpasteurised Cheddar 200G	Not Recorded	20.8	0.7	1.75	0.53
Tesco	Cheddar /Cheddar style	Tesco Finest Vintage Canadian Cheddar 250G	Not Recorded	22.7	0.7	1.75	0.53
Tesco	Cheddar /Cheddar style	Tesco Finest Vintage English Cheddar 250G	Not Recorded	21.7	0.7	1.75	0.53
Tesco	Cheddar /Cheddar style	Tesco Finest Vintage Farmhouse Cheddar 320G	Not Recorded	21.7	0.7	1.75	0.53
Tesco	Cheddar /Cheddar style	Tesco Healthy Living Grated Mature Cheese 250G	Not Recorded	9.3	0.7	1.75	0.53
Tesco	Cheddar /Cheddar style	Tesco Healthy Living Mature 10 Cheese Slices 250G	Not Provided	9.9	0.7	1.75	0.53
Tesco	Cheddar /Cheddar style	Tesco Standard Farmhouse Mature Cheddar 240G	Not Recorded	21.7	0.7	1.75	0.53
Tesco	Cheddar /Cheddar style	Tesco Taw Valley Extra Mature Cheddar White 400G	Not Recorded	20.8	0.7	1.75	0.53
Tesco	Cheddar /Cheddar style	Tesco Taw Valley Mature Cheddar White 400G	Not Recorded	20.8	0.7	1.75	0.53
Tesco	Cheddar /Cheddar style	Tesco Value Grated Cheddar 500G	Not Recorded	22.7	0.7	1.75	0.53
Tesco	Cheddar /Cheddar style	Tesco Value Mild Cheddar Slices 240G	Not Recorded	22.7	0.7	1.75	0.53
Tesco	Cheddar /Cheddar style	Tesco Value Mild White Cheese Extra Large	Not Recorded	22.7	0.7	1.75	0.53
Tesco	Cheddar /Cheddar style	Tesco Value Mild White Cheese Medium	Not Recorded	22.7	0.7	1.75	0.53
Tesco	Cheddar /Cheddar style	Tesco Value Mild White Cheese Small	Not Recorded	22.7	0.7	1.75	0.53
Wyke Farms	Cheddar /Cheddar style	Vintage Cheddar	Not Provided	21.7	0.7	1.75	0.53
Tesco	Cheddar /Cheddar style	Tesco English Mild Cheddar 250G	Not Recorded	21.7	0.7	1.75	0.60
Sainsbury's Taste the	Cheddar /Cheddar style	Mature Barber's Cruncher Cheddar	30g	23.2	0.7	1.76	0.53
by Sainsbury's	Cheddar /Cheddar style	Extra mature Taw Valley grated cheddar	30g	20.4	0.71	1.78	0.53
by Sainsbury's	Cheddar /Cheddar style	Medium grated British cheddar	30g	20.4	0.71	1.78	0.53
Sainsbury's basics	Cheddar /Cheddar style	Mild Grated Cheddar	30g	20.4	0.71	1.78	0.53
by Sainsbury's	Cheddar /Cheddar style	Extra mature grated cheddar	30g	20.4	0.71	1.78	0.53
by Sainsbury's	Cheddar /Cheddar style	10 extra mature British cheddar slices	slice	20.8	0.72	1.80	0.54
by Sainsbury's	Cheddar /Cheddar style	10 mature British cheddar slices	slice	20.8	0.72	1.80	0.54
by Sainsbury's	Cheddar /Cheddar style	10 medium British cheddar slices	slice	20.8	0.72	1.80	0.54
by Sainsbury's	Cheddar /Cheddar style	10 mild British cheddar slices	slice	20.8	0.72	1.80	0.54
Sainsbury's basics	Cheddar /Cheddar style	12 Mild Cheddar Slices	slice	20.8	0.72	1.80	0.54
Sainsbury's Organic	Cheddar /Cheddar style	British Extra Mature Cheddar	30g	21.7	0.72	1.80	0.54
ASDA Chosen by you	Cheddar /Cheddar style	British Mature Cheddar 10 slices	slice	21.7	0.72	1.80	0.54
ASDA Chosen by you	Cheddar /Cheddar style	British Mature Cheddar grated	30g	21.7	0.72	1.80	0.54
Sainsbury's be good to	Cheddar /Cheddar style	British Mature white cheese	30g	9.9	0.72	1.80	0.54
ASDA Chosen by you	Cheddar /Cheddar style	British Medium Cheddar 10 slices	slice	21.7	0.72	1.80	0.54
ASDA Chosen by you	Cheddar /Cheddar style	British Medium Cheddar grated	30g	21.7	0.72	1.80	0.54
Sainsbury's be good to	Cheddar /Cheddar style	British Medium white cheese	30g	9.9	0.72	1.80	0.54
ASDA Chosen by you	Cheddar /Cheddar style	British Mild Cheddar 10 slices	slice	21.7	0.72	1.80	0.54
by Sainsbury's	Cheddar /Cheddar style	Canadian Cheddar	30g	21.7	0.72	1.80	0.54
M&S	Cheddar /Cheddar style	Cornish Cruncher Extra mature Cheddar	Not Provided	21.7	0.72	1.80	0.54

Brand Name	Cheese Category*	Product Name	Serving Size (provided on pack)	Saturated Fat / 100g (provided on pack)	Sodium / 100g (provided on pack)	Salt / 100g (calculated from sodium)	Salt per portion: 30g (adult) 20g (Kids/singles)** . (Calculated from salt/100g)
Waitrose essential	Cheddar /Cheddar style	English Extra Mature Cheddar	30g	20.8	0.72	1.80	0.54
Waitrose essential	Cheddar /Cheddar style	English Extra Mature Grated Cheddar	30g	20.4	0.72	1.80	0.54
Waitrose essential	Cheddar /Cheddar style	English Mature Cheddar	30g	20.8	0.72	1.80	0.54
M&S	Cheddar /Cheddar style	English Mature Cheddar	Not Provided	20.8	0.72	1.80	0.54
ASDA Chosen by you	Cheddar /Cheddar style	English Mature Cheddar grated	30g	21.7	0.72	1.80	0.54
M&S Simply	Cheddar /Cheddar style	English medium Cheddar	Not Provided	20.8	0.72	1.80	0.54
Waitrose essential	Cheddar /Cheddar style	English medium cheddar	30g	20.8	0.72	1.80	0.54
Waitrose essential	Cheddar /Cheddar style	English Medium Grated Cheddar	Not Provided	20.4	0.72	1.80	0.54
M&S Simply	Cheddar /Cheddar style	English mild Cheddar	Not Provided	20.8	0.72	1.80	0.54
Waitrose essential	Cheddar /Cheddar style	English Mild Cheddar	30g	20.8	0.72	1.80	0.54
ASDA Smart price	Cheddar /Cheddar style	Extra Mature Cheddar	30g	21.7	0.72	1.80	0.54
Waitrose Organic	Cheddar /Cheddar style	extra mature english cheddar	30g	20.8	0.72	1.80	0.54
Waitrose essential	Cheddar /Cheddar style	Farmhouse medium cheddar	30g	20.8	0.72	1.80	0.54
Sainsbury's basics	Cheddar /Cheddar style	Full Flavour Cheddar Cheese	30g	20.8	0.72	1.80	0.54
The Lake District Cheese Co.	Cheddar /Cheddar style	Lake District Extra Mature Cheddar 370G	Not Provided	21.7	0.72	1.80	0.54
Sainsbury's	Cheddar /Cheddar style	Mature British Cheddar	400g	20.8	0.72	1.80	0.54
Sainsbury's	Cheddar /Cheddar style	Mature British Cheddar	270g	20.8	0.72	1.80	0.54
Waitrose Organic	Cheddar /Cheddar style	Mature English cheddar	30g	20.8	0.72	1.80	0.54
Manor Vale	Cheddar /Cheddar style	Mature Sliced Cheddar	Not Provided	21.7	0.72	1.80	0.54
Sainsbury's	Cheddar /Cheddar style	Medium British Cheddar	30g	20.8	0.72	1.80	0.54
Waitrose Organic	Cheddar /Cheddar style	Medium english cheddar	30g	20.8	0.72	1.80	0.54
Sainsbury's	Cheddar /Cheddar style	Mild British Cheddar	30g	20.8	0.72	1.80	0.54
Waitrose Organic	Cheddar /Cheddar style	Mild English cheddar	30g	20.8	0.72	1.80	0.54
Sainsbury's basics	Cheddar /Cheddar style	Mild White Cheese	30g	20.2	0.72	1.80	0.54
Sainsbury's Taste the	Cheddar /Cheddar style	Mull of Kintyre extra mature cheddar	30g	20.5	0.72	1.80	0.54
M&S Simply	Cheddar /Cheddar style	sliced extra mature English Cheddar	Not Provided	20.8	0.72	1.80	0.54
by Sainsbury's	Cheddar /Cheddar style	Taw Valley extra mature Cheddar	30g	20.8	0.72	1.80	0.54
Sainsbury's	Cheddar /Cheddar style	Wexford Cheddar	30g	20.8	0.72	1.80	0.54
Asda extra Special	Cheddar /Cheddar style	Wookey Hole Cave Aged Mature Cheddar	Not Provided	21.7	0.72	1.80	0.54
The co-operative	Cheddar /Cheddar style	British Extra Mature Cheddar	30g	21.8	0.7	1.80	0.54
Morrisons Organic	Cheddar /Cheddar style	Mature Cheddar	30g	Not Recorded	0.7	1.80	0.54
Manor	Cheddar /Cheddar style	Medium Mature Cheddar	30g	21.7	0.72	1.80	0.54
Cricketer Fram	Cheddar /Cheddar style	Somerest Cheddar Nether Stowey Reserve	Not Provided	21.7	0.732	1.83	0.55
The Lake District Cheese Co.	Cheddar /Cheddar style	Grated mature cheddar	Not Provided	21.7	0.74	1.85	0.56
Pembrokeshire	Cheddar /Cheddar style	mature cheddar	Not Provided	21.7	0.74	1.85	0.56
The Lake District Cheese Co.	Cheddar /Cheddar style	vintage cheddar	Not Provided	21.7	0.74	1.85	0.56
Weight Watchers	Cheddar /Cheddar style	8 reduced fat mature cheese slices	20g	6.7	0.75	1.88	0.56
Sainsbury's Organic	Cheddar /Cheddar style	British Framhouse Mature Cheddar	30g	21.7	0.75	1.88	0.56
Sainsbury's Organic	Cheddar /Cheddar style	British Mature Cheddar	30g	21.7	0.75	1.88	0.56
Sainsbury's Organic	Cheddar /Cheddar style	British Medium Cheddar	30g	21.7	0.75	1.88	0.56
Sainsbury's Organic	Cheddar /Cheddar style	British Mild Cheddar	30g	21.7	0.75	1.88	0.56
Sainsbury's Organic	Cheddar /Cheddar style	British Vintage Cheddar	30g	21.7	0.75	1.88	0.56
Waitrose essential	Cheddar /Cheddar style	English Mature Grated Cheddar	30g	21.5	0.75	1.88	0.56
Weight Watchers	Cheddar /Cheddar style	Reduced fat mature cheese	20g	6.7	0.75	1.88	0.56
The Lake District Cheese Co.	Cheddar /Cheddar style	Deliciously Moreish mature cheddar	Not Provided	21.7	0.76	1.90	0.57
ASDA Chosen by you	Cheddar /Cheddar style	English Extra Mature Cheddar	30g	21.7	0.76	1.90	0.57
ASDA Chosen by you	Cheddar /Cheddar style	English Mature Cheddar	30g	21.7	0.76	1.90	0.57
ASDA Chosen by you	Cheddar /Cheddar style	English Mature Cheddar	30g	21.7	0.76	1.90	0.57
ASDA Chosen by you	Cheddar /Cheddar style	English Medium Cheddar	30g	21.7	0.76	1.90	0.57
ASDA Chosen by you	Cheddar /Cheddar style	English Medium Cheddar	30g	21.7	0.76	1.90	0.57
Kerry LowLow	Cheddar /Cheddar style	Freshly sliced Mature	20g	13.6	0.8	1.90	0.57
Kerry LowLow	Cheddar /Cheddar style	Full flavoured Mature	20g	13.6	0.8	1.90	0.57
Sainsbury's be good to	Cheddar /Cheddar style	Mature white grated cheese	30g	9.7	0.76	1.90	0.57
The co-operative	Cheddar /Cheddar style	Mull of Kintyre Extra Mature Cheddar	30g	Not Provided	0.8	1.90	0.57
Pilgrims Choice	Cheddar /Cheddar style	Smooth and Rich Lighter mature cheese	Not Provided	13.6	0.76	1.90	0.57
Pilgrims Choice	Cheddar /Cheddar style	Strong and Punchy Lighter extra mature cheese	Not Recorded	13.6	0.76	1.90	0.57
Taw Valley Creamery	Cheddar /Cheddar style	Tickler extra mature cheddar	Not Provided	21.7	0.8	1.90	0.57
Waitrose essential	Cheddar /Cheddar style	English Extra Mature Sliced Cheddar	1 slice 25g	21.7	0.77	1.93	0.58
Waitrose essential	Cheddar /Cheddar style	English Mature Sliced Cheddar	1 slice 25g	21.7	0.77	1.93	0.58
Waitrose essential	Cheddar /Cheddar style	English Medium Sliced Cheddar	1 slice 25g	21.7	0.77	1.93	0.58
Waitrose	Cheddar /Cheddar style	West Country Farmhouse Cheddar	30g	21.7	0.77	1.93	0.58
The co-operative	Cheddar /Cheddar style	8 mild Cheddar cheese slices	slice	20.7	0.8	2.00	0.60
Creamfields Tesco	Cheddar /Cheddar style	Creamfields Mature Grated Cheddar 350G	Not Provided	21.5	0.8	2.00	0.60
Cathedral City	Cheddar /Cheddar style	Grated Mature Cheddar	Not Provided	21.7	0.8	2.00	0.60
Unilever	Cheddar /Cheddar style	Marmite Cheddar bites	20g	22.2	0.8	2.00	0.60
Weight Watchers	Cheddar /Cheddar style	Reduced fat grated mature cheese	20g	6.5	0.8	2.00	0.60
Wm Morrisons (Premium)	Cheddar /Cheddar style	Smooth & Tangy Farmhouse Cheddar	30g	19.2	0.8	2.10	0.63
Kerry LowLow	Cheddar /Cheddar style	Delightfully Creamy grated made to melt	20g	14.1	0.9	2.25	0.68
ASDA extra Special	Cheddar /Cheddar style	Afon Cleddau Extra Mature Cheddar	Not Provided	Not Provided	Not Provided	Not Provided	Not Provided
Alex James	Cheddar /Cheddar style	Cheddar Spring Onion	Not Provided	Not Provided	Not Provided	Not Provided	Not Provided
Alex James	Cheddar /Cheddar style	Cheddar Sweet Chilli	Not Provided	Not Provided	Not Provided	Not Provided	Not Provided
Vale of Camelot	Cheddar /Cheddar style	Grated creamy mature Cheddar	Not Provided	21.7	Not Provided	Not Provided	Not Provided
Lye Cross Fram	Cheddar /Cheddar style	Grated mature Cheddar	30g	21.7	Not Provided	Not Provided	Not Provided
Linessa	Cheddar /Cheddar style	Light Grated Cheese	Not Provided	Not Provided	Not Provided	Not Provided	Not Provided
ASDA extra Special	Cheddar /Cheddar style	Lye Cross Farm West Country Farmhouse Extra Mature Cheddar Special Reserve	Not Provided	Not Provided	Not Provided	Not Provided	Not Provided
ASDA extra Special	Cheddar /Cheddar style	Lye Cross Farm West Country Farmhouse Mature Cheddar	Not Provided	Not Provided	Not Provided	Not Provided	Not Provided
Iceland	Cheddar /Cheddar style	Mild Cheddar	Not Provided	Not Provided	Not Provided	Not Provided	Not Provided
Iceland	Cheddar /Cheddar style	Mild white Cheddar	Not Provided	Not Provided	Not Provided	Not Provided	Not Provided
ASDA extra Special	Cheddar /Cheddar style	Mull of Kintyre Mature Cheddar Mature Reserve	Not Provided	Not Provided	Not Provided	Not Provided	Not Provided
ASDA extra Special	Cheddar /Cheddar style	Orkney Coloured Mature Cheddar Mature Reserve	Not Provided	Not Provided	Not Provided	Not Provided	Not Provided
Vale of Camelot	Cheddar /Cheddar style	Sliced creamy mature cheddar	Not Provided	Not Provided	Not Provided	Not Provided	Not Provided
The Black Farmer	Cheddar /Cheddar style	Sweet Mature Cheddar	30g	Not Provided	Not Provided	Not Provided	Not Provided
ASDA extra Special	Cheddar /Cheddar style	Wyke Farm Somerset Vintage Cheddar	Not Provided	Not Provided	Not Provided	Not Provided	Not Provided
ASDA extra Special	Cheddar /Cheddar style	Wyke Farm Somerset Vintage Cheddar Special Reserve	Not Provided	Not Provided	Not Provided	Not Provided	Not Provided
Dairylea	Cheese Singles	Cheese slices	25g	12	0.58	1.45	0.29

Brand Name	Cheese Category*	Product Name	Serving Size (provided on pack)	Saturated Fat / 100g (provided on pack)	Sodium / 100g (provided on pack)	Salt / 100g (calculated from sodium)	Salt per portion: 30g (adult) 20g (Kids/singles)** (Calculated from salt/100g)
by Sainsbury's	Cheese Singles	Lighter 20 cheese singles	1 single	6.4	0.8	2.00	0.40
by Sainsbury's	Cheese Singles	20 cheese singles	single	13.1	0.8	2.00	0.40
Tesco	Cheese Singles	Tesco 10 Cheese Singles 200G	Not Recorded	9.8	0.8	2.00	0.40
ASDA Chosen by you	Cheese Singles	Lighter Cheese Singles	Not Provided	7	1	2.50	0.50
Iceland	Cheese Singles	16 Singles Cheese Food Slices	Not Provided	Not Provided	1.1	2.70	0.54
Tesco	Cheese Singles	Tesco Light Choice 20 Cheese Singles 400G	Not Recorded	6.6	1.1	2.75	0.55
Tesco	Cheese Singles	Tesco Light Choice Cheese Singles 200G	Not Recorded	6.6	1.1	2.75	0.55
Sainsbury's basics	Cheese Singles	15 Cheesy Singles	1 single	10.5	1.1	2.75	0.55
Tesco	Cheese Singles	Tesco Value 10 Singles 200G	Not Recorded	10.5	1.1	2.75	0.55
Tesco	Cheese Singles	Tesco Processed Cheese Singles 20 400G	Not Recorded	13.9	1.1	2.75	0.55
Asda Smart Price	Cheese Singles	Cheese Singles	13g	12	1.11	2.78	0.56
ASDA Chosen by you	Cheese Singles	Cheese Singles	Not Provided	14	1.17	2.93	0.59
Creamfields Tesco	Cheese Singles	Cheese Slice 200G	Not Provided	13.9	1.2	3.00	0.60
Dairylea	Cheese Snacks	Dairylea Dunker Nacho 4 Pack	Not Provided	8	0.5	1.25	0.25
by Sainsbury's	Cheese Snacks	8 cheese triangles	1 triangle	12.6	0.5	1.25	0.25
Cheestrings	Cheese Snacks	Cheestrings Cheddar 16 Pack 336G	Not Provided	14.2	0.5	1.25	0.25
Cheestrings	Cheese Snacks	Cheestrings Mega 12 Pack 252G	Not Provided	14.5	0.5	1.25	0.25
Deli	Cheese Snacks	cheese and ham sticks	stick	12.4	0.56	1.40	0.28
Laughing Cow	Cheese Snacks	Laughing Cow Cheez Dippers Original 175G	Not Provided	11	0.57	1.43	0.29
Tesco	Cheese Snacks	Peelable Cheese Original 168G	Not Provided	16.7	0.594	1.49	0.30
Tesco	Cheese Snacks	Peelable Cheese Twirler 168G	Not Provided	16.7	0.594	1.49	0.30
Cheestrings	Cheese Snacks	Cheesestring Attack A Snack Chicken Wrap100g	Not Provided	4.8	0.6	1.50	0.30
Dairylea	Cheese Snacks	Dairylea Dunkers And Breadsticks (4X47g)	Not Provided	6	0.6	1.50	0.30
Dairylea	Cheese Snacks	Dairylea Dunkers And Jumbo Chipsticks 47G	Not Provided	6.6	0.6	1.50	0.30
Dairylea	Cheese Snacks	Dairylea Dunkers Jumbo Chipsticks (4X47g)	Not Provided	6.8	0.6	1.50	0.30
Dairylea	Cheese Snacks	Dairylea Ritz Dunkers 4 X 46G	Not Provided	7.6	0.6	1.50	0.30
Dairylea	Cheese Snacks	Dairylea Light Cheese Spread 160G	25g	4.4	0.6	1.50	0.30
Dairylea	Cheese Snacks	Dairylea Cheese Spread 160G	Not Provided	12	0.6	1.50	0.30
Dairylea	Cheese Snacks	Dairylea Triangles 140G	Not Provided	12	0.6	1.50	0.30
Deli	Cheese Snacks	Cheese & Sweet Chilli chicken sticks	stick (21g)	11.9	0.62	1.55	0.31
dairymaniacs	Cheese Snacks	Cheddar Stix	20g	21.7	0.68	1.70	0.34
Dairylea	Cheese Snacks	Dairylea Lunchables Ham And Cheese 101.9G	Not Provided	6.8	0.7	1.75	0.35
Babybel	Cheese Snacks	Mini Babybel Light Cheese 120G Pack	Not Provided	8	0.7	1.75	0.35
Creamfields	Cheese Snacks	Creamfields Cheese Dippers 150G	Not Provided	9.1	0.7	1.75	0.35
Cheestrings	Cheese Snacks	Cheestrings	20g	14.5	0.7	1.75	0.35
Cheestrings	Cheese Snacks	Cheestrings Twisted	20g	14.5	0.7	1.75	0.35
Cheestrings	Cheese Snacks	Spaghetti	17g	14.8	0.7	1.75	0.35
Babybel	Cheese Snacks	Mini Babybel Original Full Fat Soft Cheese 120G Pack	Not Provided	16	0.7	1.75	0.35
Cathedral City	Cheese Snacks	Chedd Bricks	18g	21.7	0.7	1.75	0.35
Laughing Cow	Cheese Snacks	The Laughing Cow	17.5g	13	0.7	1.75	0.35
Tesco	Cheese Snacks	Applewood Sticks 100G	Not Recorded	21.6	0.72	1.80	0.36
Dairy Partners	Cheese Snacks	String Cheese Swirler	21g	Not Provided	0.76	1.90	0.38
Laughing Cow	Cheese Snacks	The Laughing Cow Extra Light	17.5g	1.3	0.76	1.90	0.38
Laughing Cow	Cheese Snacks	The Laughing Cow Light	1 portion, 17.5g	5	0.76	1.90	0.38
Weight Watchers	Cheese Snacks	8 cheese spread triangles	22.5g	1.6	0.77	1.93	0.39
Cheestrings	Cheese Snacks	Cheestrings Assorted Mini's In A Net 60G	Not Provided	15	0.8	2.00	0.40
Dairylea	Cheese Snacks	Dairylea Strip Cheese Original 4X21g	Not Provided	18	0.8	2.00	0.40
Tesco	Cheese Snacks	Tesco Light Choice 8 Cheese Triangles 140G	Not Provided	3.9	0.8	2.00	0.40
Primula	Cheese Spread	Cheese light	25g	5.9	0.65	1.63	0.49
ASDA Chosen by you	Cheese Spread	Lighter Creamy Cheese Spread	30g	4.4	0.8	2.00	0.60
Primula	Cheese Spread	Cheese prawns	25g	9.6	0.8	2.00	0.60
Primula	Cheese Spread	Cheese ham	25g	9.8	0.8	2.00	0.60
by Sainsbury's	Cheese Spread	Cheese spread	25g	13.2	0.8	2.00	0.60
ASDA Chosen by you	Cheese Spread	Creamy Cheese Spread	30g	13.6	0.8	2.00	0.60
ASDA Smart price	Cheese Spread	Cheese Spread	30g	5.4	0.8	2.00	0.60
Sainsbury's basics	Cheese Spread	Cheese Spread	30g	5.7	0.8	2.00	0.60
Primula	Cheese Spread	Cheese	25g	10.3	0.9	2.25	0.68
Kerry LowLow	Cheese Spread	Full flavoured Mature Cheddar Spread	20g	9.5	0.9	2.25	0.68
Kerry LowLow	Cheese Spread	Full flavoured Mature Cheddar Spread with cracked black pepper	20g	9.5	0.9	2.25	0.68
Kerry LowLow	Cheese Spread	Full Flavoured Mature Cheddar Spread with Red Pepper and Chilli	20g	9.5	0.9	2.25	0.68
McLelland	Cheese Spread	Seriously Strong Spreadable	Not Provided	18	0.9	2.25	0.68
McLelland	Cheese Spread	Seriously Strong Spreadable Chilli	Not Provided	18	0.9	2.25	0.68
McLelland	Cheese Spread	Seriously Strong Spreadable Smokey	Not Provided	18	0.9	2.25	0.68
ASDA Chosen by you	Cheshire	British Cheshire	30g	21.1	0.5	1.25	0.38
The co-operative	Cheshire	Belton Farm Mature Cheshire	30g	21.1	0.5	1.25	0.38
The Co-operative - Truly	Cheshire	Belton Farm Mature Cheshire	30g	21.1	0.52	1.30	0.39
Waitrose from	Cheshire	Appleby's Farmhouse Cheshire	Not Provided	19.5	0.55	1.38	0.41
Tesco	Cheshire	Cheshire Cheese	Not Provided	20.8	0.6	1.50	0.45
Waitrose	Cheshire	Cheshire	30g	19.6	0.63	1.58	0.47
Sainsbury's	Cheshire	White Cheshire Reeces's Creamery	30g	21.1	0.63	1.58	0.47
Sainsbury's basics	Cheshire	White Cheshire Cheese	30g	21.3	0.63	1.58	0.47
ASDA extra Special	Cheshire	Belton Farm White Cheshire	Not Provided	Not Provided	Not Provided	Not Provided	Not Provided
Iceland	Cheshire	White Cheshire from Reece's creamery, Cheshire	Not Provided	Not Provided	Not Provided	Not Provided	Not Provided
Tesco	Cottage Cheese	Low fat cottage cheese with pineapple	150g	0.8	0.18	0.45	0.14
Tesco	Cottage Cheese	Tesco Value Natural Cottage Cheese 300G	Not Recorded	0.4	0.2	0.50	0.15
Tesco	Cottage Cheese	Tesco Light Choice Low Fat Cottage Cheese Pineapple 300G	Not Recorded	0.8	0.2	0.50	0.15
Waitrose - Love Life You	Cottage Cheese	Onion & Chive Cottage Cheese 1.4% fat	60g	0.9	0.2	0.50	0.15
Waitrose - Love Life You	Cottage Cheese	Natural cottage cheese 1.5%	60g	1	0.2	0.50	0.15
Tesco	Cottage Cheese	Tesco Light Choice Low Fat Cottage Cheese Onion Chive 300G	Not Recorded	1	0.2	0.50	0.15
Tesco	Cottage Cheese	Tesco Light Choices Cottage Cheese Natural 600G	Not Recorded	1	0.2	0.50	0.15
Tesco	Cottage Cheese	Tesco Light Choices Low Fat Natural Cot Cheese 300G	Not Recorded	1	0.2	0.50	0.15
Tesco	Cottage Cheese	Tesco Light Choices Red Peper & Pesto Cottage Cheese 150G	Not Recorded	1	0.2	0.50	0.15
Tesco	Cottage Cheese	Tesco Light Choices Sweet Chilli Cottage Cheese 150G	Not Recorded	1	0.2	0.50	0.15
Sainsbury's be good to	Cottage Cheese	Natural cottage cheese	half pot	1	0.21	0.53	0.16
Waitrose - Love Life You	Cottage Cheese	Pineapple Cottage Cheese 1.3% fat	60g	0.8	0.22	0.55	0.17

Brand Name	Cheese Category*	Product Name	Serving Size (provided on pack)	Saturated Fat / 100g (provided on pack)	Sodium / 100g (provided on pack)	Salt / 100g (calculated from sodium)	Salt per portion: 30g (adult) 20g (Kids/singles)** . (Calculated from salt/100g)
by Sainsbury's	Cottage Cheese	Natural cottage cheese	half pot	3.6	0.22	0.55	0.17
Waitrose essential	Cottage Cheese	Natural cottage cheese	60g	3.6	0.22	0.55	0.17
Waitrose - Love Life You	Cottage Cheese	Natural Cottage Cheese 1.5% Fat	60g	1	0.27	0.68	0.20
holly cow	Cottage Cheese	Organic natural cottage cheese	Not Provided	2.5	0.41	1.03	0.31
Sainsbury's Organic	Cream cheese	Soft cheese	30g	16	0.18	0.45	0.14
Sainsbury's be good to	Cream cheese	soft cheese	30g	2.3	0.24	0.60	0.18
ASDA Chosen by you	Cream cheese	Lighter soft cheese onion & chives	Not Provided	2.6	0.24	0.60	0.18
Waitrose essential	Cream cheese	Creamy soft cheese	Not Provided	2.8	0.24	0.60	0.18
ASDA Chosen by you	Cream cheese	Soft Cheese Garlic & Herbs	Not Provided	7	0.24	0.60	0.18
ASDA Chosen by you	Cream cheese	Soft cheese pineapple	Not Provided	7	0.24	0.60	0.18
Waitrose essential	Cream cheese	Reduced fat soft cheese	30g	7	0.24	0.60	0.18
ASDA Chosen by you	Cream cheese	Soft Cheese Chilli	Not Provided	7.1	0.24	0.60	0.18
by Sainsbury's	Cream cheese	lighter soft cheese	30g	7.2	0.24	0.60	0.18
ASDA Smart price	Cream cheese	Soft Cheese	30g	14.4	0.24	0.60	0.18
ASDA Chosen by you	Cream cheese	Plain soft cheese	Not Provided	16	0.24	0.60	0.18
by Sainsbury's	Cream cheese	Full fat soft cheese	30g	16	0.24	0.60	0.18
Benecol	Cream cheese	Soft cheese style spread Light	20g	5.4	0.3	0.75	0.23
Linessa	Cream cheese	Light Soft Cheese	Not Provided	0.14	0.3	0.75	0.23
Arla (asda)	Cream cheese	lactofree soft white cheese	30g	10.5	0.32	0.80	0.24
Kraft	Cream cheese	Light Philadelphia	30g	7.6	0.4	1.00	0.30
Kraft	Cream cheese	Original Philadelphia	30g	14	0.4	1.00	0.30
Sainsbury's	Cream cheese	French Roule	30g	18.5	0.5	1.25	0.38
The co-operative	Cream cheese	Le Roule Rians Garlic and Herb Roule	30g	18.5	0.5	1.25	0.38
Bel	Cream cheese	Boursin Garlic & Herb	Not Provided	Not Provided	Not Provided	Not Provided	Not Provided
Bel	Cream cheese	Boursin Minis Garlic & Herbs	Not Provided	Not Provided	Not Provided	Not Provided	Not Provided
Waitrose essential	Cream cheese	reduced fat soft cheese with garlic & herbs	30g	Not Provided	Not Provided	Not Provided	Not Provided
ASDA Chosen by you	Double Gloucester	British Double Gloucester grated	30g	21.3	0.59	1.48	0.44
M&S Simply	Double Gloucester	Double Gloucester	30g	21.3	0.59	1.48	0.44
Tesco	Double Gloucester	T Double Gloucester Onion And Chives 140G	Not Provided	22.2	0.6	1.50	0.45
Waitrose	Double Gloucester	Double Gloucester with Onion & Chives	30g	19.5	0.62	1.55	0.47
ASDA Chosen by you	Double Gloucester	British Double Gloucester	30g	21.6	0.68	1.70	0.51
Sainsbury's	Double Gloucester	Double Gloucester with Onion & Chive	30g	20.7	0.72	1.80	0.54
by Sainsbury's	Double Gloucester	Double Gloucester Taw Valley Creamery	30g	21.3	0.77	1.93	0.58
Waitrose	Double Gloucester	Double Gloucester	30g	21.3	0.77	1.93	0.58
Waitrose essential	Double Gloucester	Double Gloucester	Not Provided	21.3	0.77	1.93	0.58
Tesco	Double Gloucester	Tesco Finest Handmade Extra Mature Double Gloucester 250G	Not Provided	21.3	0.8	2.00	0.60
The Co-operative - Truly	Double Gloucester	Butlers mature farmhouse Double Gloucester	Not Provided	21.3	Not Provided	Not Provided	Not Provided
Iceland	Double Gloucester	Double Gloucester from the Taw Valley creamery, Devon	Not Provided	Not Provided	Not Provided	Not Provided	Not Provided
Tesco	Edam	Tesco Edam Slices 250G	Not Provided	16.4	0.8	2.00	0.60
by Sainsbury's	Edam	10 edam slices	slice	17	0.83	2.08	0.62
Waitrose essential	Edam	Dutch sliced Edam	1 slice 25g	16.2	0.86	2.15	0.65
ASDA Chosen by you	Edam	Dutch Edam	Not Provided	16	0.88	2.20	0.66
go dutch	Edam	Edam	20g	14.5	0.9	2.25	0.68
Creamfields	Edam	Creamfields Dutch Edam Slices 200G	Not Provided	16.2	0.9	2.25	0.68
Iceland	Edam	Edam Slices	Not Provided	Not Provided	0.9	2.25	0.68
by Sainsbury's	Edam	Lighter Dutch cheese	30g	7.6	0.9	2.25	0.68
Tesco	Edam	T Dutch Edam Cheese 230G	Not Recorded	15.8	1	2.50	0.75
Tesco	Edam	Tesco Edam Grated 250G	Not Recorded	16.5	1	2.50	0.75
by Sainsbury's	Edam	Edam	30g	17	1	2.50	0.75
Waitrose essential	Edam	Dutch Edam	30g	16.1	1.02	2.55	0.77
ASDA Chosen by you	Edam	Dutch Edam	Not Provided	16.2	1.02	2.55	0.77
Marum	Edam	Marum Mature Edam	Not Recorded	16	1.2	3.00	0.90
Milbona	Edam	Edamer	Not Provided	Not Provided	Not Provided	Not Provided	Not Provided
The co-operative	Emmental	Swiss Emmentaler	30g	18.6	0.2	0.50	0.15
Tesco	Emmental	Tesco Emmental 195G	Not Recorded	20.5	0.2	0.50	0.15
Tesco	Emmental	Tesco Finest Cave Aged Swiss Emmental 195G	Not Recorded	20.5	0.2	0.50	0.15
The co-operative	Emmental	French Emmental	30g	16.5	0.3	0.75	0.23
by Sainsbury's	Emmental	Emmental	30g	21	0.3	0.75	0.23
Creamfields Tesco	Emmental	Creamfields Emmental Slices 200G	Not Recorded	19.1	0.5	1.25	0.38
President	Emmental	Emmental	Not Provided	16.9	0.72	1.80	0.54
President	Emmental	Emmental Grated	Not Provided	16.9	0.72	1.80	0.54
President	Emmental	Emmental Slices	Not Provided	16.9	0.72	1.80	0.54
Milbona	Emmental	Emmental	Not Provided	Not Provided	Not Provided	Not Provided	Not Provided
Tesco	Feta	Tesco Value Salad Cheese 200G	Not Recorded	16.5	0.4	1.00	0.30
Tesco	Feta	Greco Saganaki Cheese 120G	Not Recorded	16.7	0.594	1.49	0.45
ASDA Smart price	Feta	Greek Style Salad Cheese	30g	16.5	0.7	1.75	0.53
Sainsbury's be good to	Feta	Greek salad cheese	30g	8.5	0.76	1.90	0.57
Waitrose essential	Feta	Greek light salad cheese	Not Provided	8.5	0.9	2.25	0.68
Tesco	Feta	Tesco Greek Feta Cubes Extra Virgin Olive Oil/Herbs 150G	Not Recorded	14.5	0.9	2.25	0.68
by Sainsbury's	Feta	Greek feta	30g	17	0.9	2.25	0.68
by Sainsbury's	Feta	Greek feta cubes	30g	17	0.9	2.25	0.68
Waitrose essential	Feta	Greek feta	30g	17	0.9	2.25	0.68
Sainsbury's basics	Feta	Greek salad cheese	30g	17.8	0.9	2.25	0.68
Apetina	Feta	Apetina Light 200G	Not Provided	6.4	1.1	2.75	0.83
Apetina	Feta	Apetina Block 200G	Not Provided	14.3	1.1	2.75	0.83
Tesco	Feta	Tesco Lighter Greek Salad Cheese 200G	Not Recorded	7	1.2	3.00	0.90
The co-operative	Feta	Healthier Choice Greek salad cheese	30g	7	1.2	3.00	0.90
Sainsbury's Taste the	Feta	Barrel aged feta	30g	12	1.2	3.00	0.90
Tesco	Feta	Tesco Finest Barrel Aged Feta 200G	Not Recorded	13	1.2	3.00	0.90
Tesco	Feta	Tesco Greek Feta 200G	Not Recorded	13	1.2	3.00	0.90
Tesco	Feta	Tesco Organic Greek Feta 200G	Not Recorded	13	1.2	3.00	0.90
The co-operative	Feta	Greek feta cheese P.D.O	30g	13	1.2	3.00	0.90
The Co-operative - Truly	Feta	Greek feta cheese P.D.O	30g	13	1.2	3.00	0.90
Sainsbury's Organic	Feta	Greek feta	30g	16	1.2	3.00	0.90
Apetina	Feta	Apetina Cubes 200G	Not Provided	14	1.24	3.10	0.93

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ASDA Chosen by you	Feta	Greek feta	Not Provided	Not Provided	Not Provided	Not Provided	Not Provided
Athos	Feta	Salad Cheese	Not Provided	Not Provided	Not Provided	Not Provided	Not Provided
Attis	Feta	Organic Greek Feta	Not Provided	Not Provided	Not Provided	Not Provided	Not Provided
Attis	Feta	Totally Greek Feta	Not Provided	Not Provided	Not Provided	Not Provided	Not Provided
Cypressa	Feta	Feta Cheese	Not Provided	Not Provided	Not Provided	Not Provided	Not Provided
Eridanous	Feta	Feta matured in brine	Not Provided	Not Provided	Not Provided	Not Provided	Not Provided
Sofra	Feta	Greek Style Salad Cheese	Not Provided	Not Provided	Not Provided	Not Provided	Not Provided
Sainsbury's Taste the	French (other)	French Comte	30g	21.4	0.33	0.83	0.25
Waitrose from	French (other)	Mountain Comte A.O.P	Not Provided	18.8	0.41	1.03	0.31
Waitrose	French (other)	Badoz Vacherin Du Haut-Doubs AOP	Not Provided	16.6	0.6	1.50	0.45
The Co-operative - Truly	French (other)	Petit Reblochon	30g	16.8	0.6	1.50	0.45
Port Salut	French (other)	Port Salut French Cheese	Not Provided	Not Provided	0.65	1.63	0.49
Sainsbury's Taste the	French (other)	French Demi Pont L'Evêque De Normandie	30g	14.6	0.68	1.70	0.51
Sainsbury's Taste the	French (other)	French Petit Reblochon	30g	16.9	0.8	2.00	0.60
The Co-operative - Truly	French (other)	Epoisses	30g	18.3	0.8	2.00	0.60
Waitrose	French (other)	Reblochon De Savoie A.O.P	Not Provided	19.9	0.84	2.10	0.63
Waitrose	French (other)	Petit Berthaut	Not Provided	17.9	0.96	2.40	0.72
Waitrose	French (other)	Morbier Ash Layered Cheese	Not Provided	17.5	0.99	2.48	0.74
Sainsbury's Taste the	Goat	Kidderton Ash Goats' Cheese	30g	20.9	0.29	0.73	0.22
Butlers farmhouse cheeses	Goat	Kidderton Ash	Not Recorded	Not Provided	0.29	0.73	0.22
Pant-ysgawn farm	Goat	Organic Goats Cheese	25g	15.3	0.3	0.75	0.23
The co-operative	Goat	Goat's Cheese	30g	17	0.3	0.75	0.23
Tesco	Goat	T.Welsh Goat's Cheese 125G	Not Recorded	17.4	0.3	0.75	0.23
Tesco	Goat	Tesco Organic Goats Cheese 100G	Not Recorded	17.4	0.3	0.75	0.23
Sainsbury's Organic	Goat	Goat's Cheese	Not Provided	15	0.4	1.00	0.30
Tesco	Goat	Tesco Finest Kidderton Ash Goats Cheese 150G	Not Recorded	20.7	0.4	1.00	0.30
by Sainsbury's	Goat	Abergavenny goat's cheese	30g	18.1	0.43	1.08	0.32
Waitrose essential	Goat	French soft goat's cheese	30g	10.7	0.48	1.20	0.36
Waitrose essential	Goat	English goat's cheese	Not Provided	19.7	0.49	1.23	0.37
Tesco	Goat	Tesco Fresh Goats Cheese 150G	Not Recorded	8	0.5	1.25	0.38
Tesco	Goat	Tesco Finest French Goats Cheese 2 X 35G	Not Recorded	16	0.5	1.25	0.38
The co-operative	Goat	soft goats cheese	30g	20.3	0.6	1.50	0.45
Waitrose	Goat	Chevre Blanc French Goat's Cheese	Not Provided	16	0.68	1.70	0.51
Petit Chebra	Goat	Goat's Cheese	Not Provided	18	0.7	1.75	0.53
Saint Helen's Farm Tesco	Goat	Saint Helen's Farm Goats Cheese 240G	Not Provided	18.2	0.7	1.75	0.53
Tesco	Goat	Tesco English Goats Cheese 200G	Not Recorded	20.2	0.7	1.75	0.53
Tesco	Goat	Tesco Finest North Bradon Mature Goats Cheese 200G	Not Recorded	20.2	0.7	1.75	0.53
Waitrose	Goat	Sliced English Goat's Cheese	25g	18.2	0.78	1.95	0.59
Coeur De Lion Tesco	Goat	Coeur De Lion Goat Cheese Log 150G	Not Provided	16.69	Not Provided	Not Provided	Not Provided
Lactalis McLelland	Goat	Somerset Goats Cheese Capricorn	Not Provided	Not Provided	Not Provided	Not Provided	Not Provided
Soignon	Goat	Goat's Cheese	Not Provided	Not Provided	Not Provided	Not Provided	Not Provided
The co-operative	Goat	British hard goats cheese	30g	Not Provided	Not Provided	Not Provided	Not Provided
Sainsbury's Taste the	Gorgonzola	Torta con Gorgonzola	30g	25.8	0.23	0.58	0.17
The Co-operative	Gorgonzola	Gorgonzola DOP	Not Provided	17.5	0.6	1.50	0.45
The Co-operative - Truly	Gorgonzola	Piccante Gorgonzola	30g	17.5	1.3	3.25	0.98
ASDA Chosen by you	Gorgonzola	Italian Gorgonzola	Not Provided	Not Provided	Not Provided	Not Provided	Not Provided
Lovilio	Gorgonzola	Gorgonzola DOP dolce	Not Provided	Not Provided	Not Provided	Not Provided	Not Provided
Waitrose from	Gorgonzola	Gorgonzola P.D.O	Not Provided	Not Provided	Not Provided	Not Provided	Not Provided
go dutch	Gouda	Gouda	20g	20	0.7	1.75	0.53
Tesco	Gouda	T Finest* Gouda 180G	Not Recorded	24.3	0.7	1.75	0.53
by Sainsbury's	Gouda	Gouda	30g	21.3	0.74	1.85	0.56
by Sainsbury's	Gouda	10 gouda slices	slice	21.3	0.77	1.93	0.58
ASDA Chosen by you	Gouda	Dutch Gouda 10 slices	Not Provided	20	0.8	2.00	0.60
Tesco	Gouda	Tesco Dutch Gouda 265G	Not Recorded	20	0.8	2.00	0.60
Creamfields Tesco	Gouda	Creamfields Dutch Gouda Slices 200G	Not Provided	20.6	0.8	2.00	0.60
Waitrose essential	Gouda	Sliced Dutch Gouda	25g slice	20.6	0.8	2.00	0.60
Tesco	Gouda	Tesco Gouda Slices 250G	Not Recorded	21	0.8	2.00	0.60
The Co-operative - Truly	Gouda	Extra Mature Gouda	30g	21.4	0.8	2.00	0.60
Waitrose essential	Gouda	Dutch Gouda	30g	21.2	0.86	2.15	0.65
The co-operative	Gouda	Dutch Gouda	30g	20.3	0.9	2.25	0.68
Waitrose from	Gouda	Farmhouse Gouda	Not Provided	23	0.92	2.30	0.69
Sainsbury's Taste the	Gouda	Vintage Gouda	30g	22.5	0.93	2.33	0.70
ASDA Chosen by you	Gouda	Dutch Gouda	Not Provided	Not Provided	Not Provided	Not Provided	Not Provided
Milbona	Gouda	Gouda	Not Provided	Not Provided	Not Provided	Not Provided	Not Provided
Waitrose	Gruyere	Lighter Dutch cheese	30g	18.6	0.59	1.48	0.44
Waitrose	Gruyere	Sliced Swiss Le Gruyere	25g	18.6	0.59	1.48	0.44
ASDA Chosen by you	Gruyere	Swiss Gruyere	Not Provided	19.4	0.59	1.48	0.44
by Sainsbury's	Gruyere	Swiss Gruyere	30g	19	0.6	1.50	0.45
Tesco	Gruyere	Tesco Swiss Gruyere 195G	Not Recorded	19.4	0.6	1.50	0.45
Tesco	Gruyere	Tesco Finest Reserve Swiss Gruyere 195G	Not Recorded	19.4	0.6	1.50	0.45
Waitrose	Gruyere	Cave-Aged Gruyere A.O.C.	Not Provided	18.6	0.64	1.60	0.48
The Co-operative - Truly	Gruyere	Gruyere Premier Cru	30g	20.8	0.7	1.75	0.53
The co-operative	Gruyere	Gruyere	30g	Not Provided	0.7	1.75	0.53
Sourced for M&S	Gruyere	Gruyere Special Reserve	Not Provided	Not Provided	Not Provided	Not Provided	Not Provided
Waitrose essential	Halloumi	Cypriot light halloumi	30g	10.3	0.8	2.00	0.60
Tesco	Halloumi	Tesco Halloumi Lighter 225G	Not Recorded	9.9	1	2.50	0.75
The co-operative	Halloumi	Halloumi	30g	16	1	2.50	0.75
Tesco	Halloumi	Tesco Halloumi With Chilli 225G	Not Recorded	16.1	1	2.50	0.75
Waitrose essential	Halloumi	Cypriot Halloumi	30g	18.2	1.04	2.60	0.78
Sainsbury's	Halloumi	Lighter Cypriot Halloumi	30g	9.8	1.2	3.00	0.90
ASDA Chosen by you	Halloumi	Cypriot Halloumi	Not Provided	16	1.2	3.00	0.90
Tesco	Halloumi	Tesco Halloumi With Pepper 225G	Not Recorded	16	1.2	3.00	0.90
Sainsbury's	Halloumi	Cypriot Halloumi	30g	16.6	1.2	3.00	0.90
Tesco	Halloumi	Tesco Halloumi 250G	Not Recorded	17	1.2	3.00	0.90
Cypressa	Halloumi	Halloumi	Not Provided	Not Provided	Not Provided	Not Provided	Not Provided

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M&S	Havarti	Sliced Havarti	slice	17	0.6	1.50	0.45
Waitrose	Havarti	Sliced Danish Havarti	25g slice	17	0.6	1.50	0.45
M&S	Jarlsberg	Sliced Jarlsberg	slice	16.6	0.5	1.25	0.38
Waitrose	Jarlsberg	Sliced Jarlsberg	20g	17.3	0.5	1.25	0.38
Sainsbury's	Jarlsberg	Norwegian Jarlsberg	30g	17.3	0.55	1.38	0.41
Waitrose	Jarlsberg	Jarlsberg	Not Provided	17.3	0.55	1.38	0.41
Tine	Jarlsberg	Jarlsberg	30g	Not Provided	Not Provided	Not Provided	Not Provided
Sainsbury's Taste the	Lancashire	Butlers Farmhouse Traditional Lancashire	30g	21.1	0.5	1.25	0.38
Sainsbury's	Lancashire	Lancashire Dewlay's Dairy	30g	19.4	0.59	1.48	0.44
ASDA extra Special	Lancashire	Butlers Farmhouse Lancashire	Not Provided	Not Provided	Not Provided	Not Provided	Not Provided
ASDA extra Special	Lancashire	Dewlay Lancashire	Not Provided	Not Provided	Not Provided	Not Provided	Not Provided
Bel	Leerdammer	Leerdammer Original slice	slice	18.5	0.6	1.50	0.45
Bel	Leerdammer	Leerdammer Lightlife pack of 8 slices	Not Provided	11.5	0.7	1.60	0.48
Bel	Leerdammer	Leerdammer Original Block	30g	19	0.72	1.80	0.54
M&S	Leerdammer	Reduced fat Leerdammer 10 slices	slice	11.5	0.75	1.88	0.56
Waitrose	Maasdam	Maasdam	40g	18	0.2	0.50	0.15
ASDA Chosen by you	Maasdam	Dutch Maasdam 10 slices	slice	18	0.5	1.25	0.38
ASDA Chosen by you	Mascarpone	Italian Lighter Mascarpone	Not Provided	14	0	0.00	0.00
Tesco	Mascarpone	Tesco Lighter Mascarpone 250G	Not Recorded	14.2	0	0.00	0.00
Tesco	Mascarpone	Tesco Mascarpone 250G	Not Recorded	29.1	0	0.00	0.00
Waitrose essential	Mascarpone	Italian mascarpone	30g	33	0.02	0.05	0.02
Sainsbury's	Mascarpone	Mascarpone	30g	30.4	0.05	0.13	0.04
Castelli Tesco	Mascarpone	Castelli Organic Mascarpone 250G	Not Provided	23.5	0.3	0.75	0.23
Lovilio	Mascarpone	Mascarpone	Not Provided	Not Provided	Not Provided	Not Provided	Not Provided
Tesco	Mozzarella	Tesco Value Mozzarella 125G	Not Recorded	11.9	0.1	0.25	0.08
Sainsbury's Taste the	Mozzarella	Mozzarella Di Bufala Campana	half a pack	14.9	0.19	0.48	0.14
Tesco	Mozzarella	T Healthy Eating Half Fat Italian Mozzarella 125G	Not Recorded	6.6	0.2	0.50	0.15
The co-operative	Mozzarella	Healthier Choice mozzarella	30g	7	0.2	0.50	0.15
ASDA Chosen by you	Mozzarella	Italian Lighter Mozzarella	30g	8	0.2	0.50	0.15
Tesco	Mozzarella	Tesco Organic Mozzarella Ball 125G	Not Recorded	10.6	0.2	0.50	0.15
Tesco	Mozzarella	Tesco Mini Mozzarella Pearls 125G	Not Recorded	13.2	0.2	0.50	0.15
Tesco	Mozzarella	Tesco Mozzarella 150G	Not Recorded	13.2	0.2	0.50	0.15
Waitrose essential	Mozzarella	italian mozzarella	30g	13.5	0.2	0.50	0.15
The Co-operative - Truly	Mozzarella	Mozzarella di bufala Campana	30g	18	0.2	0.50	0.15
Waitrose essential	Mozzarella	2 italian mozzarella	30g	10.6	0.21	0.53	0.16
Sainsbury's be good to	Mozzarella	Mozzarella	30g	7.3	0.22	0.55	0.17
by Sainsbury's	Mozzarella	Italian mozzarella	30g	12.4	0.22	0.55	0.17
Waitrose from	Mozzarella	Burrata A Mozzarella Speciality from Puglia	30g	12	0.27	0.68	0.20
Linessa	Mozzarella	Mozzarella	Not Provided	6	0.3	0.75	0.23
Tesco	Mozzarella	Tesco Finest 125G Mozzarella Di Bufala Campana	Not Recorded	17.8	0.3	0.75	0.23
Castelli Tesco	Mozzarella	Castelli Maxi Mozzarella Balls 250G	Not Provided	13.8	0.395	0.99	0.30
Waitrose	Mozzarella	Grated Mozzarella	30g	13.3	0.49	1.23	0.37
Sainsbury's basics	Mozzarella	Mozzarella Cheese Ball	half a ball	12	0.5	1.25	0.38
Sainsbury's basics	Mozzarella	Mozzarella Pearls	half pack	12	0.5	1.25	0.38
Waitrose essential	Mozzarella	Mozzarella for pizza	30g	12.5	0.5	1.25	0.38
ASDA Chosen by you	Mozzarella	Mozzarella 10 slices	slice	13.7	0.5	1.25	0.38
Lovilio	Mozzarella	Mozzarella	60g	17.1	0.57	1.43	0.43
Galbani Tesco	Mozzarella	Galbani Mozzarella Maxi 250G	Not Provided	16.69	0.594	1.49	0.45
Tesco	Mozzarella	Tesco Mozzarella For Pizza 250G	Not Recorded	12.6	0.6	1.50	0.45
Tesco	Mozzarella	Tesco Grated Mozzarella 500G	Not Recorded	13	0.6	1.50	0.45
Tesco	Mozzarella	Tesco Mozzarella Grated 250G	Not Recorded	13	0.6	1.50	0.45
ASDA Chosen by you	Mozzarella	Mozzarella grated	30g	13.7	0.6	1.50	0.45
Tesco	Mozzarella	Tesco Mozzarella And Cheddar Grated 200G	Not Recorded	15.9	0.6	1.50	0.45
ASDA extra Special	Mozzarella	Mozzarella Di Bufala Campana	Not Provided	17.1	0.6	1.50	0.45
Tesco	Mozzarella	Tesco Healthy Living Grated Mozzarella 200G	Not Recorded	5.6	0.7	1.75	0.53
Sainsbury's basics	Mozzarella	Grated Mozzarella	30g	16	0.8	2.00	0.60
Galbani	Mozzarella	Galbani Mozzarella Ball 125G	Not Provided	0.1	Not Provided	Not Provided	Not Provided
Waitrose essential	Mozzarella	italian mozzarella cherries	30g	10.6	Not Provided	Not Provided	Not Provided
ASDA Chosen by you	Mozzarella	Italian Mini Mozzarella Balls	Not Provided	Not Provided	Not Provided	Not Provided	Not Provided
ASDA Chosen by you	Mozzarella	Italian Mozzarella	Not Provided	Not Provided	Not Provided	Not Provided	Not Provided
Biologica	Mozzarella	Mozzarella	Not Provided	Not Provided	Not Provided	Not Provided	Not Provided
Laverstoke Park Farm	Mozzarella	Buffalo Mozzarella	Not Provided	Not Provided	Not Provided	Not Provided	Not Provided
Lovilio	Mozzarella	Mozzarella	Not Provided	Not Provided	Not Provided	Not Provided	Not Provided
Valgrande	Mozzarella	Mozzarella	Not Provided	Not Provided	Not Provided	Not Provided	Not Provided
Waitrose	Other	Taleggio P.D.O	Not Provided	16.8	0.87	2.18	0.65
Paneer	Paneer	Paneer cheese	Not Provided	17.6	0.02	0.05	0.02
Sainsbury's	Parmesan	Grana Padano D.O.P	30g	17.7	0.6	1.50	0.45
Waitrose	Parmesan	Grana Padano	Not Provided	17.7	0.6	1.50	0.45
Tesco	Parmesan	T Fresh Grated Grana Padano 150G	Not Recorded	18.7	0.6	1.50	0.45
Tesco	Parmesan	Tesco Finest Grana Padano Riserva Portions	Not Recorded	18.7	0.6	1.50	0.45
The co-operative	Parmesan	Grated Parmesan	30g	20.9	0.6	1.50	0.45
Tesco	Parmesan	Tesco Grana Padano 200G	Not Recorded	Not Provided	0.6	1.50	0.45
Castelli	Parmesan	Castelli Organic Fresh Grated Parmesan 50G	Not Provided	20.9	0.64	1.60	0.48
by Sainsbury's	Parmesan	Grated Parmigiano Reggiano D.O.P	30g	18.7	0.65	1.63	0.49
By Sainsbury's	Parmesan	Parmigiano Reggiano D.O.P	30g	18.7	0.65	1.63	0.49
Parmareggio (Co-op)	Parmesan	Parmigiano Reggiano	10g	18.7	0.65	1.63	0.49
Sainsbury's Taste the	Parmesan	Parmigiano Reggiano D.O.P	30g	18.7	0.65	1.63	0.49
Parmigiano Reggiano	Parmesan	Parmigiano Reggiano	Not Provided	20.9	0.65	1.63	0.49
Waitrose essential	Parmesan	Grated Parmigiano Reggiano	10g	20.9	0.65	1.63	0.49
Waitrose essential	Parmesan	Parmigiano reggiano	30g	20.9	0.65	1.63	0.49
Waitrose essential	Parmesan	Parmigiano reggiano	30g	20.9	0.65	1.63	0.49
Tesco	Parmesan	Tesco Parmesan Italian Shavings 80G	Not Recorded	7.5	0.7	1.75	0.53
Tesco	Parmesan	Tesco Finest Fresh Grated Parmesan 60G	Not Recorded	10.3	0.7	1.75	0.53
Tesco	Parmesan	Tesco Finest Reggiano Parmigiano Parmesan Portion	Not Recorded	17.7	0.7	1.75	0.53
Tesco	Parmesan	Tesco Organic Parmigiano Reggiano Portions	Not Recorded	17.7	0.7	1.75	0.53

Brand Name	Cheese Category*	Product Name	Serving Size (provided on pack)	Saturated Fat / 100g (provided on pack)	Sodium / 100g (provided on pack)	Salt / 100g (calculated from sodium)	Salt per portion: 30g (adult) 20g (Kids/singles)** . (Calculated from salt/100g)
Tesco	Parmesan	Tesco Italian Grated Parmesan 100G	Not Recorded	18.7	0.7	1.75	0.53
Tesco	Parmesan	Tesco Parmigiano Reggiano 200G	Not Recorded	18.7	0.7	1.75	0.53
The co-operative	Parmesan	Parmesan	30g	18.7	0.7	1.75	0.53
Tesco	Parmesan	Tesco Grated Parmesan Cheese 50G	Not Recorded	19.3	0.7	1.75	0.53
Tesco	Parmesan	Tesco Organic Parmigiano Reggiano Portions	Not Recorded	20.9	0.7	1.75	0.53
Tesco	Parmesan	Tesco Parmigiano Reggiano 200G	Not Recorded	Not Provided	0.7	1.75	0.53
The co-operative	Parmesan	Grana Padano	30g	19.3	0.8	1.90	0.57
The co-operative	Parmesan	Parmesan shavings	30g	10.3	0.8	2.00	0.60
Sainsbury's basics	Parmesan	Italian Hard Cheese	30g	7.5	0.82	2.05	0.62
Sainsbury's	Parmesan	Parmigiano Reggiano D.O.P	30g	18.7	1.63	4.08	1.22
ASDA Chosen by you	Parmesan	Italian Pecorino Romano D.O.P.	Not Provided	20.8	1.8	4.50	1.35
Sainsbury's Taste the	Parmesan	Italian Perorino Romano	30g	20.8	1.8	4.50	1.35
Sainsbury's	Parmesan	Pecorino Romano D.O.P	170g	18.5	1.82	4.55	1.37
ASDA Chosen by you	Parmesan	Italian Grana Padano	Not Provided	Not Provided	Not Provided	Not Provided	Not Provided
ASDA Chosen by you	Parmesan	Italian Parmigiano Reggiano	Not Provided	Not Provided	Not Provided	Not Provided	Not Provided
ASDA Chosen by you	Parmesan	Parmigiano Reggiano Shavings	Not Provided	Not Provided	Not Provided	Not Provided	Not Provided
ASDA extra Special	Parmesan	Parmigiano Reggiano	Not Provided	Not Provided	Not Provided	Not Provided	Not Provided
Ferrari (Waitrose)	Parmesan	Grana Padano	Not Provided	Not Provided	Not Provided	Not Provided	Not Provided
Ferrari (Waitrose)	Parmesan	Parmigiano Reggiano	Not Provided	Not Provided	Not Provided	Not Provided	Not Provided
Lovillo	Parmesan	Grana Padano	Not Provided	Not Provided	Not Provided	Not Provided	Not Provided
Lovillo	Parmesan	Parmigiano Reggiano	Not Provided	Not Provided	Not Provided	Not Provided	Not Provided
Waitrose	Parmesan	Parmigiano reggiano	Not Provided	Not Provided	Not Provided	Not Provided	Not Provided
Sainsbury's be good to	Quark	British Quark	30g	0.2	0	0.10	0.03
Meadow Churn Tesco	Quark	Meadow Churn Quark 250G	Not Provided	0.1	0.04	0.10	0.03
Golden Acre (co-op)	Quark	Quark	Not Provided	Not Provided	Not Provided	Not Provided	Not Provided
The co-operative	Red Leicester	Butlers Mature Farmhouse Red Leicester	30g	21.1	0.6	1.50	0.45
Tesco	Red Leicester	Tesco Grated Red Leicester Cheese 250G	Not Recorded	22.1	0.6	1.50	0.45
Tesco	Red Leicester	Red Leicester	Not Recorded	22.3	0.6	1.50	0.45
ASDA Chosen by you	Red Leicester	British Red Leicester 10 slices	slice	21.1	0.63	1.58	0.47
ASDA Chosen by you	Red Leicester	British Red Leicester grated	30g	Not Provided	0.63	1.58	0.47
ASDA Chosen by you	Red Leicester	Lighter Red Cheese	Not Provided	13.5	0.68	1.70	0.51
Sainsbury's Organic	Red Leicester	British Red Leicester	30g	21.1	0.68	1.70	0.51
ASDA Chosen by you	Red Leicester	English Red Leicester	30g	21.6	0.68	1.70	0.51
ASDA Chosen by you	Red Leicester	Red Leicester Cheese	30g	21.6	0.68	1.70	0.51
ASDA Smart price	Red Leicester	Red Leicester	30g	21.6	0.69	1.73	0.52
Sainsbury's Taste the	Red Leicester	Butlers Framhouse Red Leicester	30g	21.6	0.69	1.73	0.52
Tesco	Red Leicester	Tesco 10 Red Leicester Slices 250G	Not Recorded	24.9	0.7	1.75	0.53
Tesco	Red Leicester	Tesco Finest Extra Mature Red Leicester 250G	Not Recorded	25.5	0.7	1.75	0.53
Sainsbury's be good to	Red Leicester	British medium red cheese	30g	9.9	0.72	1.80	0.54
by Sainsbury's	Red Leicester	10 medium red Leicester slices	slice	20.8	0.72	1.80	0.54
Sainsbury's	Red Leicester	Red Leicester Taw Valley Creamery	30g	20.8	0.72	1.80	0.54
Sainsbury's basics	Red Leicester	Red Leicester cheese	30g	20.8	0.72	1.80	0.54
Manor Vale	Red Leicester	Red leicester	30g	21.6	0.72	1.80	0.54
M&S Simply	Red Leicester	Sliced red Leicester	Not Provided	21.1	0.73	1.83	0.55
Waitrose	Red Leicester	Red Leicester	30g	21.1	0.73	1.83	0.55
Waitrose essential	Red Leicester	Red Leicester	Not Provided	21.1	0.73	1.83	0.55
ASDA extra Special	Red Leicester	Belton Farm Red Leicester	Not Provided	Not Provided	Not Provided	Not Provided	Not Provided
Iceland	Red Leicester	Lighter Red Leicester 30% reduced	Not Provided	Not Provided	Not Provided	Not Provided	Not Provided
Iceland	Red Leicester	Red Leicester from the TAW Valley creamery, Devon	Not Provided	Not Provided	Not Provided	Not Provided	Not Provided
Tesco	Ricotta	Tesco Ricotta 250G	Not Recorded	7.5	0.1	0.25	0.08
Co-operative Italian Inspired	Ricotta	Ricotta	30g	7.7	0.1	0.25	0.08
ASDA Chosen by you	Ricotta	Italian Ricotta	Not Provided	Not Provided	Not Provided	Not Provided	Not Provided
Waitrose essential	Ricotta	Italian ricotta	30g	Not Provided	Not Provided	Not Provided	Not Provided
The Co-operative	Roquefort	Roquefort	30g	20	1.3	3.25	0.98
Waitrose	Roquefort	Cave Aged Roquefort	Not Provided	24	1.4	3.50	1.05
Sainsbury's	Roquefort	Roquefort	30g	5.6	1.42	3.55	1.07
ASDA Chosen by you	Roquefort	French Roquefort	Not Provided	20.8	1.5	3.80	1.14
The Co-operative - Truly	Sheep	Queso Manchego	30G	26.6	0.6	1.50	0.45
Waitrose	Sheep	Ossau Iraty A.O.P. Pyrenean Sheep'S Milk Cheese	Not Provided	21.3	0.628	1.57	0.47
Waitrose	Sheep	Manchego D.O.P	Not Provided	23	0.7	1.75	0.53
Sainsbury's	Sheep	Parlick Fell Sheep's Cheese	30g	17.4	0.89	2.23	0.67
Gran Maestre	Sheep	Manchego	20g	25.4	0.9	2.25	0.68
Waitrose	Sheep	Pecorino Di Sardgna	Not Provided	23.8	1.2	3.00	0.90
Waitrose	Smoked	Bavarian Smoked	Not Provided	15.8	0.36	0.90	0.27
Valley Spire	Stilton	White Stilton with Apricots	Not Provided	13.6	0.37	0.93	0.28
Tesco	Stilton	Tesco Finest Creamy Stilton Apricot And Orange 175G	1	15.3	0.4	1.00	0.30
Valley Spire	Stilton	Mature Blue Stilton	30g	23	0.79	1.98	0.59
Waitrose	Stilton	Long Clawson Creamy Blue Stilton	30g	23	0.79	1.98	0.59
ASDA Chosen by you	Stilton	English Blue Stilton	Not Provided	23	0.8	2.00	0.60
Tesco	Stilton	Blue Stilton	Not Recorded	23	0.8	2.00	0.60
Tesco	Stilton	Tesco Blue Stilton 220G	Not Recorded	23	0.8	2.00	0.60
Tesco	Stilton	Tesco Finest Long Clawson Mature Blue Stilton	Not Recorded	23	0.8	2.00	0.60
Tesco	Stilton	Tesco Organic Blue Stilton Medium	Not Recorded	23	0.8	2.00	0.60
Tesco	Stilton	Tesco Value Stilton Wedge	Not Recorded	23	0.8	2.00	0.60
The co-operative	Stilton	rich & creamy blue Stilton	30g	23	0.8	2.00	0.60
Waitrose from	Stilton	Cropwell Bishop Blue Stilton	Not Provided	23	0.8	2.00	0.60
Waitrose from	Stilton	Cropwell Bishop Blue Stilton	Not Provided	23	0.8	2.00	0.60
Iceland	Stilton	Blue Stilton	Not Provided	Not Provided	0.8	2.00	0.60
Sainsbury's Taste the	Stilton	Tuxford & Tebbutt Blue Stilton	30g	23	0.83	2.08	0.62
Waitrose from	Stilton	Colston Bassett Blue Stilton	Not Provided	22.2	0.93	2.33	0.70
Cropwell Bishop	Stilton	Blue Stilton	Not Provided	Not Provided	Not Provided	Not Provided	Not Provided
The Co-operative - Truly	Swiss	Appenzeller	Not Provided	20.9	0.6	1.50	0.45
Sainsbury's	Welsh cheese	Caerphilly South Caernarfon Creameries	30g	19.6	0.66	1.65	0.50
Tesco	Wensleydale	Tesco Finest Wensleydale C/Bry&Bl/175g	Not Recorded	16.9	0.3	0.75	0.23
Valley Spire	Wensleydale	Wensleydale with Cranberries	Not Provided	16.1	0.31	0.78	0.23

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Waitrose	Wensleydale	Wensleydale with cranberries	30g	17.2	0.35	0.88	0.26
Waitrose	Wensleydale	Wensleydale with Stem Ginger	30g	15.7	0.37	0.93	0.28
Waitrose	Wensleydale	Wensleydale with apricots	30g	15.4	0.38	0.95	0.29
Tesco	Wensleydale	Wensleydale and Cranberry	Not Recorded	18.4	0.4	1.00	0.30
Sainsbury's Taste the	Wensleydale	Wensleydale with Blueberry and Blackcurrant	Not Provided	17	0.41	1.03	0.31
Tesco	Wensleydale	Tesco Finest Handmade Wensleydale 250G	Not Recorded	21.1	0.5	1.25	0.38
Wensleydale Creamery	Wensleydale	Real Yorkshire Wensleydale	Not Provided	21.1	0.5	1.25	0.38
Iceland	Wensleydale	Wensleydale and Cranberry	Not Provided	Not Provided	0.5	1.30	0.39
Sainsbury's	Wensleydale	Yorkshire Wensleydale & Cranberry	30g	16.9	0.52	1.30	0.39
Sainsbury's Taste the	Wensleydale	Traditional Wensleydale	30g	19.7	0.52	1.30	0.39
Waitrose from	Wensleydale	Kit Calvert Wensleydale	Not Provided	21.1	0.6	1.50	0.45
Waitrose	Wensleydale	Wensleydale	30g	19.7	0.63	1.58	0.47
ASDA extra Special	Wensleydale	Yorkshire Wensleydale	Not Provided	Not Provided	Not Provided	Not Provided	Not Provided
The Co-operative - Truly	Wensleydale	Hawes mature Wensleydale	30g	Not Provided	Not Provided	Not Provided	Not Provided