Penn State Univeristy
BERKEY CREAMERY

CHEESE

Swiss Cheese

INGREDIENTS: pasteurized milk, cheese cultures, salt, enzymes. Contains milk

Nutrition Facts

Serving Size (30g)
Servings Per Container varied

Amount Per Serving

Calories 120	Calories from Fat 80
	% Daily Value*
Total Fat 8g	**12%**
Saturated Fat 5g	**25%**
Trans Fat 0g	
Cholesterol 25mg	**8%**
Sodium 120mg	**5%**
Total Carbohydrate 1g	**0%**
Dietary Fiber 0g	**0%**
Sugars 1g	
Protein 8g	

Vitamin A 4% • Vitamin C 0%

Calcium 25% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than		65g	80g
Saturated Fat	Less than		20g	25g
Cholesterol	Less than		300mg	300 mg
Sodium	Less than		2,400mg	2,400mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4