

List of Acceptable Foods and Beverages
List 8: Low-fat and Reduced Fat 100% Natural Cheese

List 8: Cheese (low-fat and reduced fat 100 percent natural cheese) includes commercial products that meet the CNS snacks category, such as cheese and cheese sticks.

The Food and Drug Administration (FDA) defines natural cheese as cheese made directly from milk, e.g., cheddar, Colby, Monterey Jack, mozzarella, muenster, provolone, Swiss, feta, brie and pasteurized blended cheese made by blending two or more different natural cheeses. Natural cheeses do not include pasteurized process cheese (e.g., American), pasteurized process cheese food, pasteurized process cheese spread or pasteurized process cheese products.

Exempt from fat and saturated fat standards: Low-fat and reduced fat 100 percent natural cheese

																			Better Choice Recommendations		
Manufacturer	Food item description	Package or serving size (ounces)	Weight (grams [g])	General Standard met: 1) Whole Grain-Rich (WGR) Food; 2) Food Groups (FG); or 3) Combination Food (CF)	Calories: ≤200	Fat (g)	% Calories from fat	Saturated fat (g)	% Calories from Saturated fat	Sodium (mg): ≤200 mg	Fiber (g)	Total sugars (g): ≤15 g	% Sugars by weight: ≤35%	Standard met: No artificial sweeteners, nonnutritive sweeteners, or sugar alcohols	Standard met: No chemically altered fat substitutes	Standard met: No caffeine	Vendors	Product code and notes	Review date	No artificial flavors or colors	No high fructose corn syrup
Bongards Creameries	50% Reduced Fat Low-Moisture Part-Skim Mozzarella Cheese Stick, 1 oz	1	28	FG	60	3.0	45.0%	2.0	30.0%	200	0	0	0.0%	yes	yes	yes	Thurston	Product 402991; UPC 0-71078-40299-7; Case (168 count) UPC 000-371078-40299-4	12/22/23	X	X
Bongards Creameries	Mozzarella String Cheese Stick, 1 oz	1	28	FG	80	6.0	67.5%	3.5	39.4%	200	0	0	0.0%	yes	yes	yes	Thurston	Product 402951; -071078-70030-7; Case (168 count) UPC 100-71078-40295-6	12/22/23	X	X
Land O'Lakes	Light Mozzarella String Cheese, 1 oz individually wrapped	1	28	FG	60	3.0	45.0%	2.0	30.0%	200	0	1	3.5%	yes	yes	yes	Advantage Waypoint	Code 59703000034500; UPC 0-34500-59703-6; Case (168 count) UPC 100-34500-59703-3	1/5/24	X	X
Land O'Lakes	Reduced Fat Colby Jack Cheese Sticks, 1 oz individually wrapped	1	28	FG	90	7.0	70.0%	4.0	40.0%	190	0	0	0.0%	yes	yes	yes	Advantage Waypoint	Code 44875000034500; UPC 0-34500-44875-8; Case (168 count) UPC 100-34500-44875-5	1/5/24	X	X
Land O'Lakes	Reduced Fat Mild Cheddar Cheese Sticks, 1 oz individually wrapped	1	28	FG	90	7.0	70.0%	4.0	40.0%	190	0	0	0.0%	yes	yes	yes	Advantage Waypoint	Code 44875000034500; UPC 0-34500-44875-8; Case (168 count) UPC 100-34500-44875-5	1/5/24	X	X
Schreiber	American Heritage String Cheese (Low-Moisture Part-Skim Mozzarella), 1 oz	1	28	FG	80	6.0	67.5%	3.5	39.4%	200	0	0	0.0%	yes	yes	yes	Thurston	Item STK19148; UPC 0-30900-91148-9 Case (168 count)	12/21/23	X	X