

SAY CHEESE!

Progressive Dairy Editor Audrey Schmitz



June 4th is National Cheese Day.



There are around **2,000 VARIETIES** of cheese available worldwide.



WISCONSIN is the top cheese producing state.



ONE-THIRD of all milk produced every year in the United States goes toward making cheese.



The famous holes in **SWISS CHEESE** are the result of carbon dioxide made by bacteria in the cheese, forming little air pockets as the cheese hardens.

23 POUNDS

The average American eats about **23 POUNDS** of cheese each year.



MOZZARELLA is the most popular cheese in America.



CHEESE CURDS squeak because the elastic protein strands in the cheese rub against the enamel of your teeth.

Nutrition Facts	
2 servings per container	
Serving size 50 cup (50g)	
Amount per serving	
Calories	230
Total Fat 10g	
Sodium 10g	
Cholesterol 10g	
Total Carbohydrate 10g	
Protein 10g	
Total 230g	
Percent Daily Values are based on a diet of various cheeses.	
© 2015 Dairy Farmers of America	

Nutritionally **CHEESE PROVIDES** calcium, protein, vitamin A, vitamin B12, riboflavin, zinc and phosphorus.



The largest **CHEESE SCULPTURE** weighs 1,524 pounds and was achieved by The Melt in Hollywood, California on September 18, 2015.



It takes **10 POUNDS** of milk to make **1 POUND** of cheese.



The **MOST POPULAR CHEESE RECIPE** in the United States is "macaroni and cheese."