

president feta cheese nutrition

president feta cheese nutrition is an important topic for those who appreciate Mediterranean cuisine and want to understand the dietary value of this popular cheese. President feta cheese is known for its rich flavor and crumbly texture, making it a favorite addition to salads, sandwiches, and various dishes. Understanding the nutritional profile of President feta cheese helps consumers make informed decisions about incorporating it into a balanced diet. This article provides an in-depth analysis of the key nutrients found in President feta cheese, including its calorie content, macronutrients such as proteins, fats, and carbohydrates, and essential vitamins and minerals. Additionally, the health benefits and potential concerns related to its consumption are discussed to provide a comprehensive view. The following sections will cover everything from the detailed nutrition facts to how President feta cheese fits into various dietary needs.

- Nutrition Facts of President Feta Cheese
- Macronutrient Breakdown
- Vitamins and Minerals in President Feta Cheese
- Health Benefits of Consuming President Feta Cheese
- Considerations and Potential Drawbacks
- Incorporating President Feta Cheese into a Balanced Diet

Nutrition Facts of President Feta Cheese

Examining the nutrition facts of President feta cheese provides valuable insight into its role as a food choice. Typically made from sheep's milk or a blend of sheep's and goat's milk, President feta cheese offers a unique nutritional profile that differs from other cheeses. A standard serving size of President feta cheese is approximately 1 ounce (28 grams), which is commonly used in recipes or as a topping.

In this serving size, the cheese generally contains around 75 calories, making it a moderately caloric food. The calorie content stems primarily from its fat and protein composition. Understanding the nutritional components is crucial for those tracking their caloric intake or managing specific dietary goals.

Calorie Content

President feta cheese provides roughly 75 calories per ounce. This moderate calorie count makes it a flavorful option that can be enjoyed without excessive calorie intake when consumed in moderation.

Serving Size and Weight

The typical serving size used for nutritional reference is 1 ounce or 28 grams, which is a convenient portion size for adding to dishes such as salads or pasta.

Macronutrient Breakdown

The macronutrient profile of President feta cheese is essential to understand how it contributes to energy and nutrient needs. The primary macronutrients in this cheese are fat, protein, and carbohydrates, with fat and protein being the most significant.

Fat Content

President feta cheese contains approximately 6 grams of fat per ounce. This fat is a mixture of saturated and unsaturated fats, with saturated fat typically representing a notable portion. The fat content contributes to the cheese's creamy texture and rich flavor, but it is important to consider fat intake within daily dietary limits.

Protein Content

Protein is a key nutrient in President feta cheese, providing about 4 grams per ounce. This makes feta cheese a good source of protein, which supports muscle repair, immune function, and overall body maintenance.

Carbohydrates and Sugar

Carbohydrate content in President feta cheese is minimal, usually less than 1 gram per serving. It contains negligible amounts of sugar, which makes it suitable for low-carbohydrate and ketogenic diets.

- Calories: ~75 per ounce (28g)
- Fat: ~6g per ounce
- Protein: ~4g per ounce
- Carbohydrates: <1g per ounce
- Sugar: <1g per ounce

Vitamins and Minerals in President Feta Cheese

Beyond macronutrients, President feta cheese is a source of several important vitamins and minerals. These micronutrients contribute to overall health and wellness and make feta cheese a nutrient-dense option in moderation.

Calcium Content

Calcium is one of the most abundant minerals in feta cheese. A 1-ounce serving provides around 140 milligrams of calcium, which is approximately 14% of the daily recommended intake for adults. Calcium is vital for maintaining strong bones and teeth, as well as supporting nerve function and muscle contraction.

Sodium Levels

One consideration with President feta cheese is its sodium content. Due to the brining process used in its production, feta cheese tends to be higher in sodium, with approximately 320 milligrams per ounce. High sodium intake can be a concern for individuals managing blood pressure or cardiovascular health.

Other Vitamins and Minerals

In addition to calcium and sodium, President feta cheese contains smaller amounts of other minerals such as phosphorus, magnesium, and zinc. It also provides vitamins like vitamin B12 and riboflavin, which support energy metabolism and red blood cell formation.

Health Benefits of Consuming President Feta Cheese

Incorporating President feta cheese into the diet can offer several health benefits when consumed as part of a balanced eating pattern. Its nutrient profile supports various bodily functions and may contribute positively to overall health.

Bone Health Support

The high calcium content in President feta cheese supports bone density and the prevention of osteoporosis. Paired with vitamin D and regular weight-bearing exercise, it can be a valuable component of bone health maintenance.

Protein for Muscle Maintenance

Protein from feta cheese aids in muscle repair and growth, making it beneficial for active individuals and those seeking to preserve lean muscle mass.

Probiotic Properties

Some varieties of feta cheese, including those similar to President brand, may contain live cultures that contribute to gut health by supporting beneficial bacteria in the digestive system.

Flavor Enhancement with Moderate Calories

Due to its strong, tangy flavor, a small amount of President feta cheese can enhance dishes without adding excessive calories, encouraging healthier eating habits by making nutritious meals more enjoyable.

Considerations and Potential Drawbacks

Despite its nutritional benefits, there are some considerations to keep in mind when consuming President feta cheese, especially for individuals with specific health concerns.

High Sodium Content

As noted, the sodium level in President feta cheese is relatively high due to the brining process. Excess sodium consumption can contribute to hypertension and cardiovascular disease, so moderation is recommended for sensitive individuals.

Lactose Content

Although feta cheese generally contains less lactose than some other dairy products, it may still cause digestive issues for people with lactose intolerance. Opting for small servings or lactose-free alternatives may be necessary for these individuals.

Fat and Calorie Moderation

The saturated fat content in feta cheese should be consumed within recommended dietary guidelines to maintain heart health. Pairing feta cheese with fresh vegetables and whole grains can help balance fat intake.

Incorporating President Feta Cheese into a Balanced Diet

President feta cheese can be a versatile and nutritious addition to many meals, contributing flavor and essential nutrients. It pairs well with a wide variety of foods and cuisines, particularly Mediterranean dishes.

Usage Suggestions

- Sprinkle over salads for a tangy, creamy boost
- Add to omelets or scrambled eggs for extra protein
- Incorporate into pasta dishes or grain bowls
- Use as a topping on grilled vegetables or meats
- Combine with fresh herbs and olive oil as a dip or spread

Balancing Macronutrients

When including President feta cheese in meals, balancing it with fiber-rich vegetables, whole grains, and lean protein sources helps maintain overall nutritional quality and supports steady energy levels.

Portion Control

Due to its concentrated flavor and higher sodium content, using smaller portions of President feta cheese allows for enjoyment without overconsumption of calories or salt.

Frequently Asked Questions

What are the nutritional benefits of President feta cheese?

President feta cheese is a good source of protein and calcium, which are essential for muscle repair and bone health. It also contains vitamins A and B12.

Is President feta cheese high in fat?

Yes, President feta cheese contains a moderate amount of fat, primarily from milk fat. It includes both saturated and unsaturated fats, so it should be consumed in moderation.

How many calories are in a serving of President feta cheese?

A typical serving of President feta cheese (about 28 grams or 1 ounce) contains approximately 75 to 80 calories.

Does President feta cheese contain a lot of sodium?

Yes, like many feta cheeses, President feta cheese can be high in sodium. A 28-gram serving may

contain around 300 to 400 mg of sodium, so individuals monitoring their salt intake should be cautious.

Is President feta cheese suitable for a low-carb diet?

Yes, President feta cheese is low in carbohydrates, making it suitable for low-carb and ketogenic diets.

Does President feta cheese contain lactose?

President feta cheese contains small amounts of lactose, but since it is aged, the lactose content is lower than in fresh cheeses, which may be tolerable for some lactose-intolerant individuals.

Can President feta cheese be part of a heart-healthy diet?

In moderation, President feta cheese can be part of a heart-healthy diet due to its protein and calcium content, but its saturated fat and sodium levels should be considered to avoid negative effects on heart health.

Is President feta cheese a good source of calcium?

Yes, President feta cheese is a good source of calcium, providing around 140 mg per serving, which supports bone health and dental health.

Additional Resources

1. The Nutritional Benefits of President Feta Cheese

This book explores the rich nutritional profile of President Feta cheese, highlighting its vitamins, minerals, and protein content. It discusses how incorporating this cheese into your diet can support bone health and provide essential nutrients. The author also compares President Feta to other types of cheese, offering insights into its unique health benefits.

2. President Feta Cheese: A Healthy Choice for Balanced Diets

Focusing on dietary planning, this book explains how President Feta cheese fits into balanced meal plans for various lifestyles, including vegetarian and Mediterranean diets. It provides practical tips on portion control and pairing feta with nutrient-dense foods. Recipes and meal suggestions emphasize the cheese's role in promoting heart health and weight management.

3. The Science Behind President Feta Cheese Nutrition

Delve into the scientific research on the nutritional components of President Feta cheese in this comprehensive guide. The book covers topics such as calcium absorption, probiotic content, and fat composition. It also addresses common myths about cheese consumption and clarifies how feta can be part of a healthy diet.

4. Cooking with President Feta: Nutrition and Flavor Combined

This culinary-focused book combines nutrition facts with delicious recipes featuring President Feta cheese. Readers will learn how to prepare meals that maximize the health benefits of feta while enjoying its distinctive tangy flavor. Nutritional analysis accompanies each recipe, making it easier

to track intake and maintain a healthy lifestyle.

5. *President Feta Cheese: A Mediterranean Superfood*

Highlighting the Mediterranean diet, this book showcases President Feta cheese as a superfood rich in beneficial nutrients. It explains how feta contributes to heart health, anti-inflammatory effects, and improved digestion. The author includes cultural insights and traditional recipes that celebrate feta's role in Mediterranean cuisine.

6. *Understanding Feta Cheese Labels: President Brand Nutrition Facts*

This guide helps consumers decode the nutrition labels on President Feta cheese products. It explains what to look for in terms of fat content, sodium levels, and additives. The book aims to empower readers to make informed choices when purchasing and consuming feta cheese.

7. *President Feta Cheese and Weight Management: A Nutritional Approach*

Explore how President Feta cheese can be incorporated into weight management plans without sacrificing taste or nutrition. The book examines the cheese's protein and fat content and their roles in satiety and metabolism. It includes meal plans and snack ideas designed to support healthy weight loss or maintenance.

8. *The Role of President Feta Cheese in Bone Health*

Focusing on osteoporosis prevention and bone strength, this book details the calcium and phosphorus content in President Feta cheese. It discusses how regular consumption of feta can contribute to maintaining healthy bones, especially in older adults. The book also provides advice on combining feta with other bone-boosting foods.

9. *Probiotics and President Feta Cheese: Nutrition for Gut Health*

This book investigates the probiotic properties of President Feta cheese and their impact on digestive health. It explains how certain strains of bacteria in feta can support a balanced gut microbiome. Readers will find practical tips on incorporating probiotic-rich feta into their diets for improved immunity and digestion.

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Culinary Nutrition: The Science and Practice of Healthy Cooking, Second Edition is one of the first textbooks specifically written to bridge the relationship between food science, nutrition, and culinology as well as consumer choices for diet, health, and enjoyment. The book uses a comprehensive format with real-life applications, recipes, and color photographs of finished dishes to emphasize the necessity of sustainably deliverable, health-beneficial, and taste-desirable products. The book includes pedagogical elements to enhance and reinforce learning opportunities; explores which foods and beverages involve the optimum nutritional values for dietary and health

needs; includes specific dietary requirements throughout the lifecycle; and examines how foods and beverages are produced. The fully revised second edition includes updated dietary and health guidelines and recommendations; more vegan, vegetarian, and plant-based meals; updated protein, carbohydrate, fat, vitamin and mineral recommendations; environmental and sustainability considerations; and much more. - Explores the connections among the technical sciences of nutrition, food science, and the culinary arts, as well as consumer choices for diet, health, and enjoyment - Presents laboratory-type, in-class activities using limited materials with real-life applications of complex, scientific concepts - Includes photographs and recipes that are integrated to enhance learning experiences - Offers online support for qualified instructors and students, including an exam test bank, case studies, hands-on applications, and recipes that are suitable for a variety of settings

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president feta cheese nutrition: The Calorie Juliette Kellow, 2007 This guide is designed for quick reference and ease of use. It contains full nutritional information, including individual serving sizes, for each food listed. It covers healthy diets, exercise, diet myths and advice for losing weight

safely.

president feta cheese nutrition: Diabetes Self-management , 1999

president feta cheese nutrition: Salt Wars Michael F. Jacobson, 2021-09-14 How food industry lobbyists and a small group of scientists have successfully fought government efforts to reduce dangerous levels of sodium in our food. A high-sodium diet is deadly; studies have linked it to high blood pressure, strokes, and heart attacks. It's been estimated that excess sodium in the American diet causes as many as 100,000 deaths and many billions of dollars in avoidable health-care costs each year. And yet salt is everywhere in our diets—in packaged foods, fast foods, and especially meals at table-service restaurants. Why hasn't salt received the sort of public attention and regulatory action that sugar and fat have? In *Salt Wars*, Michael Jacobson explains how the American food industry and a small group of scientists have successfully fought government efforts to reduce dangerous levels of sodium in our food. Despite an abundance of research going back more than half a century showing that high-sodium diets lead to hypertension and other ills, a few scientists argue the opposite—that Americans consume a healthy amount of salt and that eating less would increase the risk of cardiovascular disease. This “man bites dog” take on sodium confused consumers and was enthusiastically taken up by food industry lobbyists. Jacobson, a salt wars combatant for more than forty years, explains what science actually says about salt intake and rebuts “sodium skeptics.” He discusses what other countries are doing to cut dietary salt, and describes some recent victories in the United States. He advises readers how to reduce salt—warning them against “salt bombs” (Campbell's Chicken Noodle Soup, for example, packs an entire day's worth of sodium in one can)—and calls on them to suit up for the next battle in the salt wars.

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