Calorie chart: cheese (PDF)

Calories, protein, carbohydrate and fat for 98 foods, per serving and per 100 g.

Updated October 2026

Food	Per serving		Per 100 g			
	Serving	Calories	Calories	Protein (g)	Carbs (g)	Fat (g)
1% Cottage Cheese	4 oz (113 g)	81	**72**	12.4	2.7	1
1% Cottage Cheese No Sodium Added	1 cup (226 g)	163	**72**	12.4	2.7	1
1% Cottage Cheese with Vegetables	1 cup (226 g)	151	**67**	10.9	3	1
2% Cottage Cheese	4 oz (113 g)	92	**81**	10.5	4.8	2.3
American Cheese	1 slice (3/4 oz) (21 g)	77	**366**	18.1	4.8	30.7
American Cheese Food No Added Vitamin D	1 cup (113 g)	373	**330**	16.9	8.6	25.6
American Cheese Food with Vitamin D	1 cup (113 g)	373	**330**	16.9	8.6	25.6
American Cheese No Added Vitamin D	1 cup, diced (140 g)	519	**371**	18.1	3.7	31.8
American Cheese Product with Vitamin D	1 slice (2/3 oz) (19 g)	58	**307**	16.1	8.9	23.1
American Cheese Spread	1 cup, diced (140 g)	406	**290**	16.4	8.7	21.2
Blue Cheese	1 oz (28.4 g)	100	**353**	21.4	2.3	28.7
Brick Cheese	1 cup, diced (132 g)	490	**371**	23.2	2.8	29.7
Brie Cheese	1 oz (28.4 g)	95	**334**	20.8	0.5	27.7
Camembert Cheese	1 oz (28.4 g)	85	**300**	19.8	0.5	24.3
Caraway Cheese	1 oz (28.4 g)	107	**376**	25.2	3.1	29.2
Cheddar Cheese	1 slice (1 oz) (28 g)	115	**410**	24.3	2.1	33.8
Cheddar Cheese USDA Food Distribution	1 cup, diced (132 g)	532	**403**	22.9	3.4	33.3
Cheshire Cheese	1 oz (28.4 g)	110	**387**	23.4	4.8	30.6
Colby Cheese	1 oz (28.4 g)	112	**394**	23.8	2.6	32.1
Cold Pack American Cheese Food	1 oz (28.4 g)	94	**331**	19.7	8.3	24.5
Cotija Cheese	2 tsp (5 g)	18	**366**	20	4	30
Cottage Cheese	4 oz (113 g)	111	**98**	11.1	3.4	4.3
Cottage Cheese with Vegetables	1 cup (226 g)	215	**95**	10.9	3	4.2
Cream Cheese	1 tbsp (14.5 g)	51	**350**	6.2	5.5	34.4
Cream Cheese Base Cheese Spread	1 cup (240 g)	708	**295**	7.1	3.5	28.6
Creamed Cottage Cheese with Fruit	1 cup (not packed) (226 g)	219	**97**	10.7	4.6	3.9
Edam Cheese	1 oz (28.4 g)	101	**357**	25	1.4	28.6
Fat Free American Cheese	1 serving (19 g)	24	**126**	21.1	10.5	0
Fat Free Cheddar Cheese	1 serving (28 g)	44	**157**	32.1	7.1	0
Fat Free Cream Cheese	1 tbsp (18 g)	19	**105**	15.7	7.7	1
Fat Free Parmesan Cheese Topping	1 tablespoon (5 g)	19	**370**	40	40	5
Fat Free Swiss Cheese	1 serving (28 g)	36	**127**	28.4	3.4	0
Feta Cheese	1 oz (28.4 g)	75	**265**	14.2	3.9	21.5

Food	Per serving		Per 100 g			
	Serving	Calories	Calories	Protein (g)	Carbs (g)	Fat (g)
Fontina Cheese	1 oz (28.4 g)	110	**389**	25.6	1.6	31.1
Gjetost Cheese	1 oz (28.4 g)	132	**466**	9.7	42.7	29.5
Goat Cheese	1 oz (28.4 g)	75	**264**	18.5	0	21.1
Gouda Cheese	1 oz (28.4 g)	101	**356**	24.9	2.2	27.4
Grated Parmesan	1 tbsp (5 g)	21	**420**	28.4	13.9	27.8
Gruyere Cheese	1 oz (28.4 g)	117	**413**	29.8	0.4	32.3
Hard Goat Cheese	1 oz (28.4 g)	128	**452**	30.5	2.2	35.6
Imitation American Cheddar Cheese	1 cup (224 g)	535	**239**	16.7	11.6	14
Kraft Cheez Whiz Cheese Sauce	2 tbsp (33 g)	91	**276**	12	9.2	21
Kraft Cheez Whiz Light	2 tbsp (35 g)	75	**215**	16.3	16.2	9.5
Kraft Free Singles Nonfat American Cheese	1 slice (21 g)	31	**148**	22.7	11.7	1
Kraft Velveeta	1 oz (28 g)	85	**303**	16.3	9.8	22
Kraft Velveeta Light	1 oz (28 g)	62	**222**	19.6	11.8	10.6
Lactose Reduced 1% Cottage Cheese	1 cup (227 g)	168	**74**	12.4	3.2	1
Light Cream Cheese	1 tbsp (15 g)	31	**208**	7.9	6.7	16.7
Limburger Cheese	1 cup (134 g)	438	**327**	20.1	0.5	27.3
Low Cholesterol Imitation American Cheese	1 cup, shredded (113 g)	441	**390**	25	1	32
Low Fat American Cheese	1 cup, diced (140 g)	252	**180**	24.6	3.5	7
Low Fat Cheddar or Colby Cheese	1 cup, diced (132 g)	228	**173**	24.4	1.9	7
Low Fat Monterey Jack Cheese	1 cup, diced (132 g)	413	**313**	28.2	0.7	21.6
Low Fat Muenster Cheese	1 cup, shredded (113 g)	306	**271**	24.7	3.5	17.6
Low Fat Swiss Cheese	1 cup, shredded (108 g)	193	**179**	28.4	3.4	5.1
Low Moisture Whole Milk Mozzarella	1 oz (28.4 g)	90	**318**	21.6	2.5	24.6
Low Sodium American Cheese	1 cup, diced (140 g)	526	**376**	22.2	1.6	31.2
Low Sodium Cheddar or Colby Cheese	1 cup, diced (132 g)	525	**398**	24.4	1.9	32.6
Low Sodium Mozzarella	1 cup, diced (132 g)	370	**280**	27.5	3.1	17.1
Low Sodium Parmesan	1 cup, grated (100 g)	451	**451**	41.6	3.7	30
Low Sodium Swiss Cheese	1 cup, shredded (108 g)	404	**374**	28.4	3.4	27.4
Mexican Blend Cheese	1/4 cup shredded (28 g)	108	**384**	23.5	0.1	32.1
Monterey Jack Cheese	1 oz (28.4 g)	106	**373**	24.5	0.7	30.3
Mozzarella	1 oz (28.4 g)	85	**299**	22.2	2.4	22.1
Mozzarella Cheese Substitute	1 cup, shredded (113 g)	280	**248**	11.5	23.7	12.2
Muenster Cheese	1 oz (28.4 g)	104	**368**	23.4	1.1	30
Neufchatel Cheese	1 oz (28.4 g)	72	**253**	9.2	3.6	22.8
Nonfat Dry Curd Cottage Cheese	1 cup (not packed) (145 g)	104	**72**	10.3	6.7	0.3
Nonfat Mozzarella	1 cup, shredded (113 g)	159	**141**	31.7	3.5	0
Parmesan Cheese	1 oz (28.4 g)	111	**392**	35.8	3.2	25
Part Skim Milk Mozzarella	1 oz (28.4 g)	72	**254**	24.3	2.8	15.9
Part Skim Mozzarella	1 oz (28.4 g)	84	**295**	23.8	5.6	19.8
Part Skim Ricotta	1/2 cup (124 g)	171	**138**	11.4	5.1	7.9

Food	Per serving		Per 100 g			
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Pasteurized Process Swiss Cheese	1 cup, diced (140 g)	468	**334**	24.7	2.1	25
Pimento Process Cheese	1 cup, diced (140 g)	525	**375**	22.1	1.7	31.2
Port de Salut Cheese	1 cup, diced (132 g)	465	**352**	23.8	0.6	28.2
Provolone Cheese	1 slice (1 oz) (28 g)	98	**351**	25.6	2.1	26.6
Queso Anejo	1 cup, crumbled (132 g)	492	**373**	21.4	4.6	30
Queso Asadero	1 cup, diced (132 g)	470	**356**	22.6	4.1	25
Queso Blanco	1 cup, crumbled (118 g)	366	**310**	20.4	2.5	24.3
Queso Chihuahua	1 cup, diced (132 g)	494	**374**	21.6	5.6	29.7
Queso Fresco	1 cup, crumbled (122 g)	365	**299**	18.1	3	23.8
Queso Seco	1 cup grated (97 g)	315	**325**	24.5	2	24.4
Reduced Fat American Cheese Product	1 slice 3/4 oz (21 g)	50	**240**	17.6	10.6	14.1
Reduced Fat Cheddar	1 slice (21 g)	66	**316**	27.4	2.7	20.4
Reduced Fat Cheddar Cheese Spread	1 piece (21 g)	37	**176**	13.4	10.7	8.9
Reduced Fat Grated Parmesan	1 cup (100 g)	265	**265**	20	1.4	20
Reduced Fat Mexican Blend Cheese	1 oz (28.4 g)	80	**282**	24.7	3.4	19.4
Reduced Fat Provolone	1 cup, diced (132 g)	362	**274**	24.7	3.5	17.6
Ricotta Cheese	1/2 cup (124 g)	186	**150**	7.5	7.3	10.2
Romano Cheese	1 oz (28.4 g)	110	**387**	31.8	3.6	26.9
Roquefort Cheese	1 oz (28.4 g)	105	**369**	21.5	2	30.6
Semisoft Goat Cheese	1 oz (28.4 g)	103	**364**	21.6	0.1	29.8
Shredded Parmesan	1 tbsp (5 g)	21	**415**	37.9	3.4	27.3
Shredded Part Skim Mozzarella	1 cup (86 g)	261	**304**	23.6	8.1	19.7
Swiss Cheese	1 slice (1 oz) (28 g)	110	**393**	27	1.4	31
Swiss Pasteurized Process Cheese Food	1 oz (28.4 g)	92	**323**	21.9	4.5	24.1
Tilsit Cheese	1 oz (28.4 g)	96	**340**	24.4	1.9	26

Source: USDA FoodData Central, SR Legacy and FNDDS (public domain). Per-100 g values are USDA figures; serving values are scaled by weight. Interactive tables and Nutrition Facts labels: https://nutritionfactlabel.com/nutrition-database/cheese/