

# NMUDINING

*presents*

## CHEESE

VARIETIES

*and origins*

### NUTRITIONAL PRESENTATION

Many people love cheese--it's rich, flavorful, and delicious! But have you ever wondered where your favorite cheese comes from or why it tastes the way it does?

Learn more about where your favorite cheeses come from and their nutritional value at this month's Nutritional Presentation.

Join NMU's on-campus Registered Dietitian, Brett Peterson, at the Learning Resource Center (lower level of the library) on April 22 for a presentation regarding Cheese Varieties and Origins.

### CHEESY FACTOIDS

There are more than 2,000 varieties of cheese available worldwide.

Cheeses like mozzarella, cheddar, Swiss, and American help prevent tooth decay.

Pizza Hut is the largest cheese-using fast food giant. It uses approximately 300 million pounds of cheese annually, mostly on pizza.

Approximately 10 pounds of milk is required to make 1 pound of cheese.

The average American eats more than 27 pounds of cheese each year.

Wisconsin has the best-tasting cheeses due to the grass the cows eat. The grass is less acidic than other areas of the country, so their cheeses have a milder flavor.

For any questions about allergies or other nutritional needs, please contact:

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