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Cheese is both tasty
and healthy
About

[Eating Cheese Makes You Healthier](#)

When it comes to cheese, what you want might be just what you need

Cheese hardly needs any presentation. It's tasty, goes perfectly with good wine, when sprinkled on pizza and spaghetti, it makes them just heavenly, to name just some of the thousands of ways in which it can be served. Everyone eats it, and cooking it makes all chefs feel proud. However, cheese is not good only for our taste buds, but also for our health. Scientists believe that every time we eat cheese, we are actually improving our general health - pretty much like we'd take some really efficient pills. As it's made from concentrated milk, cheese contains a whole bunch of essential nutrients, like calcium, potassium, phosphorus, zinc, vitamin A, and lots of proteins. Researches have showed that 30 grams of Cheddar cheese contain around 7 grams of proteins, which, for the sake of argument, is like drinking a glass of milk in just one bite. Consequently, a balanced diet has to include certain types of cheese as well. Cheese is mostly what we could call "risk-free" even though it's usually rich in fats. However, those who suffer from heart diseases can choose from the countless low-fat specialties available. Lactose intolerance has been also taken care of as regards cheese, since aged cheese types, like Cheddar or Swiss, have almost no lactose at all. Yet the best is still to come, as it has been demonstrated that cheese is also good for our teeth, especially when it comes to protecting tooth enamel and thus preventing dental caries. This is probably due to the high concentration of calcium, protein and phosphorus, which keep the demineralization of the plaque under control. Cheddar, Swiss, blue, Monterey Jack, mozzarella, and other types of cheese are said to protect the dental plaque pH, as they don't allow it to go under a critical level, propitious to caries. Another beneficial effect of indulging cheese cravings every now and then would be the augmentation of the saliva flow, which "washes away" the bacteria causing caries. Again, our teeth are protected.