



Health Benefits & Nutritional Data

How does cheese contribute to a healthy, happy smile?

The high calcium and phosphorus content of cheese helps replace some of the minerals in tooth enamel – the protective coating on teeth – and further strengthen them. Dentists recommend eating cheese after sugary snacks and meals because cheese helps prevent bacteria on the tooth's surface turning sugar into acids that then attack and damage the enamel. Cheese is also thought to increase the amount of saliva in the mouth, helping to neutralise the acid and wash it away.

Why is cheese important for strong bones?

Cheese is one of the most easily absorbed and concentrated sources of calcium, which is vital in the maintenance of healthy teeth and bones. A calcium rich diet plays an important role in helping prevent osteoporosis. The vitamin D in cheese (particularly high in goats cheese) helps the absorption of calcium and the way it is used by the body, thus ensuring strong bones and teeth. Additionally cheese is an excellent source of protein, essential for building and maintaining all of the body's structures such as muscles, bones and teeth.

Can cheese help a good night's sleep?

Despite popular myths that cheese gives you nightmares, one of the essential amino acids contained in cheese –tryptophan – has been shown to reduce stress and induce sleep. So cheese can actually help you have a good night's sleep.

Source: British Cheese Board 2004

Does goats cheese contain lactose?

During cheese making most of the lactose is broken down and converted into substances which do not cause a problem for those who suffer from lactose intolerance. A young cheese may still contain some lactose which continues to break down as the cheese matures.

Why is goats cheese easier to digest than cows milk cheese?

The results from various surveys conducted on consumers show that a majority report health benefits as a result of consuming goats milk and cheese. Goats milk has much smaller fat globules than cows milk and the proteins form softer curd resulting in easier digestion for those suffering from digestive disorders.

Can goats cheese improve skin conditions and asthma?

About 8% of children have an intolerance to cows milk and this sometimes manifests itself in the form of Asthma, Eczema or Psoriasis. In some cases this is thought to be due to a reaction to the proteins in cows milk.

For further advice and details on intolerances we recommend you contact your doctor.

Health Benefits & Nutritional Data (continued)

Useful websites for health issues & food intolerances include:

www.lactoseintolerance.co.uk

www.asthma.org.uk

www.eczema.org

www.foodsmatter.com

www.britishcheese.com

Nutritional Data for Capricorn Goats Cheese

Nutrient	g per 100 g	g per 30 g serving
Energy (Kcal)	329	99
Energy (kJ)	1363	409
Protein	17.81	5.34
Total Carbohydrate	1.49	0.45
Available Carbohydrate	0.09	0.03
of which Sugars	<0.2	<0.06
Total Fat	28.60	8.58
of which Saturates	16.91	5.07
of which Mono-unsaturates	7.12	2.14
of which Polyunsaturates	1.36	0.41
Fibre	1.40	0.42
Sodium	0.525	0.158
Salt Equivalent	1.31	0.39
Calcium	0.334	0.10

Safety Advice: The Government advises that pregnant women should avoid eating soft mould ripened cheese.