

crumbled feta cheese nutrition

crumbled feta cheese nutrition offers a unique blend of flavors and nutritional benefits that make it a popular choice in many cuisines, especially Mediterranean dishes. Understanding the nutritional profile of crumbled feta cheese is essential for those looking to incorporate it into a balanced diet. This cheese is known for its tangy taste and crumbly texture, but it also provides a variety of essential nutrients such as protein, calcium, and vitamins. In this article, we will explore the detailed nutritional content of crumbled feta cheese, its health benefits, and potential considerations for consumption. Additionally, we will examine how crumbled feta cheese compares to other cheese varieties and offer guidance on portion control. This comprehensive overview aims to equip readers with valuable insights into crumbled feta cheese nutrition to make informed dietary choices.

- Nutritional Profile of Crumbled Feta Cheese
- Health Benefits of Crumbled Feta Cheese
- Potential Drawbacks and Considerations
- Comparing Crumbled Feta Cheese to Other Cheeses
- Incorporating Crumbled Feta Cheese into a Balanced Diet

Nutritional Profile of Crumbled Feta Cheese

Crumbled feta cheese nutrition is characterized by a rich composition of macronutrients and micronutrients that contribute to its distinct health profile. Typically made from sheep's milk, goat's milk, or a blend of both, feta cheese contains a balanced mix of fats, proteins, and carbohydrates. Understanding these components can help in managing dietary intake effectively.

Macronutrients

In a standard serving size of about 1 ounce (28 grams) of crumbled feta cheese, the macronutrient content generally includes the following:

- **Calories:** Approximately 75 calories, making it moderately energy-dense.
- **Protein:** Around 4 grams, which supports muscle repair and growth.
- **Fat:** Roughly 6 grams, with a significant portion being saturated fat.
- **Carbohydrates:** Less than 1 gram, typically from lactose.

Micronutrients

Crumbled feta cheese is a good source of essential vitamins and minerals, including:

- **Calcium:** Approximately 140 mg, which is vital for bone health and muscle function.
- **Phosphorus:** Supports bone and teeth strength.
- **Vitamin B12:** Important for nerve function and red blood cell production.
- **Riboflavin (Vitamin B2):** Contributes to energy metabolism.
- **Sodium:** Higher than many other cheeses, which requires attention for those monitoring salt intake.

Health Benefits of Crumbled Feta Cheese

The nutritional components of crumbled feta cheese offer several health benefits when consumed in moderation. Its unique composition supports various physiological functions and can complement a balanced diet.

Bone Health Support

The high calcium and phosphorus content in crumbled feta cheese contribute significantly to maintaining strong bones and teeth. Adequate calcium intake is crucial for preventing osteoporosis and other bone-related disorders.

Protein Source

Protein in crumbled feta cheese aids in muscle maintenance, repair, and overall bodily functions. It also provides essential amino acids that the body cannot synthesize on its own.

Probiotic Properties

Many types of feta cheese contain beneficial bacteria due to traditional fermentation processes. These probiotics can promote gut health by enhancing the balance of intestinal flora and supporting digestion.

Supports Cardiovascular Health

Despite its saturated fat content, some studies suggest that the presence of certain fatty acids in feta cheese, such as conjugated linoleic acid (CLA), may have a positive effect on heart health. However, moderation is key.

Potential Drawbacks and Considerations

While crumbled feta cheese nutrition offers many advantages, there are some considerations to keep in mind, especially for individuals with specific dietary restrictions or health conditions.

High Sodium Content

One of the main concerns with crumbled feta cheese is its relatively high sodium level, which can contribute to increased blood pressure if consumed excessively. People with hypertension or those on sodium-restricted diets should monitor their intake carefully.

Lactose Sensitivity

Although feta cheese contains less lactose than many other dairy products, individuals with lactose intolerance may still experience digestive discomfort. It is advisable to consume feta cheese in small amounts to assess tolerance.

Caloric Density

Due to its fat content, crumbled feta cheese can be calorie-dense. Overconsumption may lead to an excessive caloric intake, potentially impacting weight management efforts.

Comparing Crumbled Feta Cheese to Other Cheeses

Understanding how crumbled feta cheese nutrition compares to other popular cheeses can aid in selecting the best option for dietary needs and culinary preferences.

Feta vs. Cheddar

Cheddar cheese typically contains more calories and fat per serving than feta. While cheddar has a stronger flavor, feta's lower calorie content and unique tang make it a lighter alternative.

Feta vs. Mozzarella

Mozzarella is generally lower in sodium and fat compared to crumbled feta cheese. It also tends to have a milder taste, which can be preferable in certain dishes requiring subtle cheese flavors.

Feta vs. Goat Cheese

Goat cheese shares similarities with feta in terms of texture and flavor profile. Nutritionally, they are comparable, but feta often has higher sodium

levels due to brining.

Incorporating Crumbled Feta Cheese into a Balanced Diet

Strategic inclusion of crumbled feta cheese in meals can enhance flavor while providing nutritional benefits. Proper portion control and pairing with healthy foods are essential for maximizing its advantages.

Serving Suggestions

Crumbled feta cheese pairs well with salads, grilled vegetables, whole grains, and lean proteins. Its tangy flavor can elevate simple dishes and add a nutritious element.

Portion Control Tips

To enjoy crumbled feta cheese without excessive calorie or sodium intake, consider the following guidelines:

- Limit servings to 1-2 ounces per meal.
- Balance cheese with plenty of fresh vegetables and fiber-rich foods.
- Use crumbled feta as a garnish rather than the main ingredient.

Storage and Freshness

Proper storage of crumbled feta cheese, such as keeping it refrigerated and sealed in an airtight container, helps maintain its flavor and nutritional quality. Use within the recommended time frame to avoid spoilage.

Frequently Asked Questions

What are the calories in crumbled feta cheese per ounce?

Crumbled feta cheese contains approximately 75 calories per ounce (28 grams).

Is crumbled feta cheese high in protein?

Yes, crumbled feta cheese provides about 4 grams of protein per ounce, making it a moderate source of protein.

How much fat does crumbled feta cheese contain?

One ounce of crumbled feta cheese contains around 6 grams of fat, including about 4 grams of saturated fat.

Does crumbled feta cheese contain carbohydrates?

Crumbled feta cheese is very low in carbohydrates, with less than 1 gram per ounce.

Is crumbled feta cheese a good source of calcium?

Yes, crumbled feta cheese is a good source of calcium, providing approximately 14% of the recommended daily intake per ounce.

How much sodium is in crumbled feta cheese?

Crumbled feta cheese is relatively high in sodium, containing about 300–400 milligrams per ounce.

Is crumbled feta cheese suitable for a low-carb or ketogenic diet?

Yes, crumbled feta cheese is suitable for low-carb and ketogenic diets due to its low carbohydrate content and moderate fat and protein levels.

Additional Resources

1. The Nutritional Power of Crumbled Feta Cheese

This book explores the rich nutritional profile of crumbled feta cheese, detailing its vitamins, minerals, and beneficial fats. It explains how feta can be a healthy addition to a balanced diet and offers insights into its role in Mediterranean cuisine. Readers will find practical tips on incorporating feta into meals without compromising nutritional goals.

2. Feta Cheese: A Superfood for Heart Health

Focusing on the cardiovascular benefits of crumbled feta cheese, this book delves into its content of healthy fats and antioxidants. The author presents scientific research that supports feta's role in reducing cholesterol and promoting heart health. Recipes and meal plans are included to help readers enjoy feta while boosting their heart wellness.

3. Understanding Feta Cheese: Nutrition and Benefits

This comprehensive guide covers everything from the origins of feta cheese to its health benefits. It highlights the nutrient density of crumbled feta and compares it with other cheeses. The book also addresses common dietary concerns, such as lactose intolerance and sodium content.

4. Crumbled Feta Cheese in a Balanced Diet

A practical resource for nutrition enthusiasts, this book offers strategies for integrating crumbled feta cheese into various diets. It discusses portion control, calorie content, and how feta can complement vegetables, grains, and proteins. The author provides meal ideas that optimize both taste and nutrition.

5. *Cheese and Nutrition: The Case of Crumbled Feta*

This title investigates the broader role of cheese in nutrition, with an emphasis on the unique qualities of crumbled feta. It examines feta's probiotic properties and its impact on gut health. The book also explores how traditional cheese-making methods affect nutritional value.

6. *The Science Behind Feta Cheese Nutrition*

A scientifically rigorous book that breaks down the biochemical components of crumbled feta cheese. Readers will learn about its protein content, fatty acid composition, and micronutrient levels. The book also interprets current studies on how feta consumption influences metabolism and overall wellness.

7. *Delicious and Nutritious: Cooking with Crumbled Feta Cheese*

Combining culinary art with nutrition science, this book offers recipes that maximize the health benefits of crumbled feta cheese. It emphasizes fresh, wholesome ingredients and provides nutritional analysis for each dish. Ideal for home cooks seeking to enhance their meals with feta's flavor and nutrients.

8. *Crumbled Feta Cheese: Myths and Facts*

This book separates fact from fiction regarding the health implications of eating crumbled feta cheese. It addresses common misconceptions about fat, cholesterol, and sodium content, providing evidence-based clarity. The author encourages mindful consumption and highlights feta's place in a healthy lifestyle.

9. *Feta Cheese and Weight Management*

Targeted at those interested in weight control, this book discusses how crumbled feta cheese can fit into calorie-conscious diets. It reviews feta's satiating properties and its potential to support muscle maintenance due to its protein content. Practical advice and meal suggestions make it easy to include feta without overindulging.

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