

frigo string cheese nutrition label

frigo string cheese nutrition label provides essential information for consumers seeking to understand the nutritional content of this popular snack. String cheese, particularly the Frigo brand, is widely recognized for its convenience, taste, and portion-controlled packaging, making it a favored option for on-the-go eating. This article delves into the detailed nutritional aspects found on the Frigo string cheese nutrition label, offering insight into calories, macronutrients, vitamins, and minerals. Additionally, the discussion will cover ingredient composition, dietary considerations, and comparisons to other cheese snacks. Understanding the Frigo string cheese nutrition label empowers consumers to make informed dietary choices aligned with their health goals. The following sections will guide readers through a comprehensive analysis of this product's nutritional profile.

- Understanding the Frigo String Cheese Nutrition Label
- Caloric and Macronutrient Breakdown
- Micronutrients and Health Benefits
- Ingredients and Allergen Information
- Dietary Considerations and Suitability
- Comparing Frigo String Cheese with Other Cheese Snacks

Understanding the Frigo String Cheese Nutrition Label

The Frigo string cheese nutrition label provides a snapshot of the product's nutritional content per serving, typically one stick of string cheese. This label is designed to present clear and concise information regarding the energy provided, macronutrients such as fats, proteins, and carbohydrates, and micronutrients including calcium and sodium levels. The label also highlights serving size, which is crucial for accurately interpreting the nutritional values. Consumers rely on this nutrition label to manage portions, assess suitability for specific diets, and monitor nutrient intake. Familiarity with the components of the nutrition label can enhance decision-making when selecting snacks like Frigo string cheese.

Serving Size and Portions

The serving size indicated on the Frigo string cheese nutrition label is generally one stick, weighing approximately 28 grams or 1 ounce. This standardized portion allows for consistent comparison across various cheese products. Each serving is individually wrapped, promoting ease of use and helping consumers control intake. Understanding serving size is fundamental to accurately calculating daily nutrient consumption and aligning the snack with dietary plans.

Label Components Explained

The nutrition label includes essential elements such as Total Fat, Saturated Fat, Trans Fat, Cholesterol, Sodium, Total Carbohydrates, Dietary Fiber, Sugars, and Protein. Additionally, it lists micronutrients like calcium and vitamin D, which contribute to bone health. These components are mandated by the FDA to assist consumers in evaluating food quality and nutritional adequacy. The presence of daily value percentages (%DV) also indicates how much a nutrient in a serving contributes to the daily recommended intake based on a 2,000-calorie diet.

Caloric and Macronutrient Breakdown

One of the primary reasons consumers examine the Frigo string cheese nutrition label is to understand caloric content and macronutrient distribution. This section breaks down calories, fat, protein, and carbohydrates, offering a clear picture of the snack's energy contribution and its role in a balanced diet.

Calories Per Serving

A typical serving of Frigo string cheese contains approximately 80 calories. This moderate calorie count makes it a suitable option for those seeking controlled energy intake, whether for weight management or as a quick energy boost. The calories primarily come from fat and protein, with minimal contribution from carbohydrates.

Fat Content

Frigo string cheese includes around 6 grams of total fat per serving, which comprises both saturated and trace amounts of trans fats. Saturated fat content is typically about 3.5 to 4 grams per stick. While saturated fats should be consumed in moderation, the fat in string cheese also supports satiety and flavor. The label's fat information helps consumers balance their overall fat intake throughout the day.

Protein and Carbohydrates

Protein is a key highlight of Frigo string cheese, with each stick providing about 7 grams. This high protein content supports muscle maintenance, repair, and overall satiety. On the other hand, carbohydrates are minimal, usually less than 1 gram per serving, making it a low-carb snack suitable for various dietary preferences such as ketogenic or low-carb diets.

Micronutrients and Health Benefits

Beyond macronutrients, the Frigo string cheese nutrition label offers valuable information about vitamins and minerals essential for health. This section explores the key micronutrients present and their associated health benefits.

Calcium Content

Calcium is a prominent nutrient in string cheese, with Frigo products providing approximately 20% of the daily recommended value per serving. Calcium is vital for maintaining strong bones and teeth, nerve transmission, and muscle function. The substantial calcium content makes Frigo string cheese a convenient source of this mineral, especially for individuals with increased calcium needs.

Sodium Levels

Sodium content in Frigo string cheese ranges around 200 to 220 milligrams per serving. While sodium is necessary for fluid balance and nerve function, excessive intake can contribute to hypertension. Consumers monitoring sodium intake should consider this value within the context of their total daily consumption. The nutrition label helps identify whether Frigo string cheese fits within sodium-restricted diets.

Other Vitamins and Minerals

In addition to calcium and sodium, the nutrition label may indicate small amounts of vitamin A and phosphorus, both of which support vision, immune function, and bone health. These micronutrients, although present in modest quantities, add nutritional value to the product.

Ingredients and Allergen Information

The Frigo string cheese nutrition label also includes a list of ingredients and allergen disclosures. This information is crucial for consumers with allergies, intolerances, or dietary restrictions.

Primary Ingredients

Frigo string cheese is primarily made from part-skim milk, cheese culture, enzymes, and salt. The part-skim milk base reduces fat content compared to whole milk cheeses while maintaining protein levels. The use of natural cheese cultures and enzymes facilitates the string-like texture characteristic of this product.

Allergen Warnings

The label clearly states the presence of milk, a major allergen. Individuals with lactose intolerance or milk allergies should exercise caution. The absence of common allergens such as gluten, soy, and nuts makes Frigo string cheese a safe option for many with specific allergies. However, cross-contamination risks are typically noted on the packaging.

Dietary Considerations and Suitability

Understanding the Frigo string cheese nutrition label aids consumers in determining the product's alignment with various dietary needs and lifestyles. This section addresses common dietary considerations.

Low-Carb and Keto Diets

Due to its low carbohydrate and high protein content, Frigo string cheese is well-suited for low-carb and ketogenic diets. The snack provides essential fats and protein without contributing significant sugars or carbs, supporting metabolic goals associated with these eating patterns.

Weight Management

With a controlled portion size and balanced macronutrients, Frigo string cheese fits well into calorie-conscious diets. The high protein content promotes fullness, which may help reduce overall calorie intake throughout the day. The nutrition label assists in portion control and calorie tracking.

Children and Athletic Nutrition

Frigo string cheese is often marketed as a convenient snack for children and athletes due to its nutrient density and portability. The calcium and protein support growth and muscle repair, making it a practical choice for active individuals and growing children. The nutrition label confirms its suitability for these purposes.

Comparing Frigo String Cheese with Other Cheese Snacks

Analyzing the Frigo string cheese nutrition label in comparison to other cheese snacks highlights its unique benefits and potential drawbacks. This section provides a comparative overview.

Versus Traditional Cheese Slices

Compared to traditional cheese slices, Frigo string cheese typically offers a more controlled serving size and lower fat content due to part-skim milk usage. The string cheese format also encourages portion control, potentially reducing overeating. However, traditional slices may provide a wider variety of cheese types and flavors.

Versus Other String Cheese Brands

When compared with competing string cheese brands, Frigo maintains a competitive nutritional profile with similar calorie, fat, and protein counts. Ingredient quality and texture preferences may vary among brands, but the nutrition label shows comparable nutrient values. Consumers should review

individual labels for specific differences.

Advantages and Disadvantages

- **Advantages:** Convenient packaging, high protein, good calcium source, portion control
- **Disadvantages:** Moderate sodium content, presence of saturated fat, limited flavor variety

Frequently Asked Questions

What are the main nutrients listed on a Frigo String Cheese nutrition label?

A Frigo String Cheese nutrition label typically lists calories, total fat, saturated fat, cholesterol, sodium, total carbohydrates, dietary fiber, sugars, and protein.

How many calories are in one stick of Frigo String Cheese?

One stick of Frigo String Cheese usually contains about 80 calories.

Is Frigo String Cheese high in protein?

Yes, Frigo String Cheese provides around 6-7 grams of protein per stick, making it a good source of protein.

How much sodium is in a serving of Frigo String Cheese?

A serving of Frigo String Cheese contains approximately 200 milligrams of sodium.

Does Frigo String Cheese contain any carbohydrates?

Frigo String Cheese contains very minimal carbohydrates, usually around 1 gram per serving.

What type of fat is predominant in Frigo String Cheese according to the nutrition label?

The predominant fat in Frigo String Cheese is saturated fat, typically about 6 grams per serving.

Are there any sugars listed on a Frigo String Cheese nutrition label?

Yes, Frigo String Cheese contains a small amount of sugars, generally less than 1 gram per serving.

Is Frigo String Cheese a good source of calcium?

Yes, Frigo String Cheese is a good source of calcium, providing about 15-20% of the daily recommended value per stick.

Does the nutrition label on Frigo String Cheese list any allergens?

Yes, the label usually indicates that Frigo String Cheese contains milk, which is a common allergen.

How many servings are in a package of Frigo String Cheese according to the nutrition label?

Most packages of Frigo String Cheese contain multiple individually wrapped sticks, with each stick considered one serving.

Additional Resources

1. The Complete Guide to Reading Nutrition Labels: Understanding Your Cheese Choices

This book offers a thorough explanation of how to read and interpret nutrition labels on dairy products, including Frigo String Cheese. It breaks down key nutritional components such as calories, fats, proteins, and vitamins. Readers will learn how to make healthier choices based on label information and understand ingredient lists.

2. Healthy Snacking with String Cheese: A Nutritional Perspective

Focusing specifically on string cheese varieties like Frigo, this book explores the nutritional benefits and potential drawbacks of incorporating string cheese into your diet. It provides insights into portion control, protein content, and calcium benefits. The author also compares different brands and types to help readers pick the best option.

3. Dairy Nutrition and You: The Role of Cheese in a Balanced Diet

This comprehensive guide covers the nutritional value of various dairy products, with a special section on string cheese products such as Frigo. It highlights essential nutrients found in cheese and discusses how they contribute to bone health and muscle maintenance. The book also addresses common dietary concerns like lactose intolerance.

4. Understanding Food Labels: A Consumer's Handbook for Dairy Products

Aimed at consumers who want to make informed dietary choices, this handbook details how to decode food labels on dairy items, including Frigo String Cheese. It explains labeling regulations, common terms, and health claims. The book empowers readers to identify hidden sugars, fats, and additives in their favorite snacks.

5. The Science of Cheese: Nutrition Facts Behind Your Favorite Snacks

This book delves into the science behind cheese production and nutrition, with a focus on popular snack cheeses like Frigo String Cheese. It discusses how processing affects nutrient content and flavor. Readers gain a scientific understanding of why cheese is a nutritious and convenient snack option.

6. *Protein-Packed Snacks: Incorporating String Cheese into Your Diet*

Highlighting the high protein content of string cheese, this book guides readers on how to use products like Frigo String Cheese to meet daily protein needs. It includes meal plans, recipes, and snack ideas to boost energy and support muscle growth. The book is ideal for athletes and health-conscious individuals.

7. *Calcium-Rich Foods: Boosting Bone Health with Cheese and Dairy*

This book emphasizes the importance of calcium in the diet and showcases string cheese, including Frigo, as an excellent calcium source. It explains how calcium supports bone density and prevents osteoporosis. The book also provides tips on balancing calcium intake with other nutrients for optimal health.

8. *The Low-Fat Cheese Handbook: Making Smart Choices with String Cheese*

Focusing on fat content and heart health, this handbook examines low-fat cheese options like Frigo String Cheese. It educates readers on different types of fats, their effects on health, and how to select cheese products that fit into a heart-healthy diet. The book includes comparisons of popular cheese brands and their nutritional profiles.

9. *Snack Smart: A Nutritional Analysis of Popular Packaged Cheeses*

This book provides an in-depth nutritional analysis of widely available packaged cheeses, with a special focus on Frigo String Cheese. It discusses serving sizes, macronutrient breakdowns, and ingredient quality. The book helps consumers make smart snacking decisions by comparing the nutritional merits of different cheese products.

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