

polly o string cheese nutrition label

polly o string cheese nutrition label is a key reference for consumers seeking detailed information about the nutritional content of this popular snack. Understanding the nutritional label helps individuals make informed dietary choices, especially for those managing calorie intake, macronutrients, or allergens. Polly-O string cheese is widely recognized for its convenience and taste, but examining its nutrition facts allows consumers to gauge its suitability within various diet plans. This article explores the comprehensive breakdown of the Polly-O string cheese nutrition label, highlighting calories, fat content, protein, and other essential nutrients. Additionally, this analysis covers ingredient insights, potential allergens, and how this product fits into a balanced diet. The detailed examination provided will assist readers in appreciating the nutritional value and making health-conscious decisions.

- Overview of Polly-O String Cheese Nutrition Label
- Detailed Nutritional Components
- Ingredients and Allergen Information
- Health Benefits and Dietary Considerations
- Comparison with Other String Cheese Brands

Overview of Polly-O String Cheese Nutrition Label

The Polly-O string cheese nutrition label presents a clear summary of the product's nutrient profile per serving. Typically, a single serving is one stick of string cheese, which provides a convenient size for snacking or meal supplementation. The label includes essential information such as calorie count, total fat, saturated fat, cholesterol, sodium, carbohydrates, protein, and micronutrients like calcium. This overview enables consumers to quickly assess the product's nutritional merits and potential drawbacks.

Serving Size and Caloric Information

The standard serving size for Polly-O string cheese is one stick, roughly 28 grams. Each serving contains approximately 80 calories, making it a low-calorie snack option. This calorie count fits well within most daily caloric allowances for snacks, especially for individuals seeking to maintain or lose weight while ensuring adequate protein intake.

Detailed Nutritional Components

The polly o string cheese nutrition label breaks down the primary macronutrients and micronutrients, providing a comprehensive insight into the product's nutritional value. Understanding these

components is critical for integrating this snack into various health and diet plans.

Fats and Cholesterol Content

Each serving of Polly-O string cheese contains about 6 grams of total fat. Of this, saturated fat accounts for approximately 4 grams, which is about 20% of the recommended daily value based on a 2,000-calorie diet. The cholesterol content is around 25 milligrams per serving. While cheese is a source of saturated fat and cholesterol, moderation is key, and Polly-O string cheese fits within recommended daily limits when consumed as part of a balanced diet.

Protein and Carbohydrates

Protein is a standout nutrient in Polly-O string cheese, with about 7 grams per serving. This makes it an excellent source of high-quality protein, beneficial for muscle maintenance and satiety. The carbohydrate content is minimal, generally 1 gram or less per serving, with negligible sugars, making it suitable for low-carb and ketogenic diets.

Vitamins and Minerals

Polly-O string cheese provides a good source of calcium, typically offering around 20% of the daily recommended intake per serving. Calcium is vital for bone health and muscle function. Additionally, the cheese contains small amounts of other minerals such as phosphorus and vitamin A, contributing to overall nutritional balance.

Ingredients and Allergen Information

The Polly-O string cheese nutrition label also includes an ingredient list and allergen warnings critical for individuals with food sensitivities or allergies. Understanding these elements ensures safe consumption and helps consumers avoid adverse reactions.

Ingredients List

The primary ingredients in Polly-O string cheese include part-skim mozzarella cheese, enzymes, and salt. The use of part-skim milk reduces the fat content compared to whole milk cheeses while maintaining flavor and texture. The product contains no artificial preservatives or additives, appealing to consumers seeking natural snack options.

Allergen Warnings

Since Polly-O string cheese is a dairy product, it naturally contains milk, which is a common allergen. The nutrition label prominently states this allergen information to warn individuals with lactose intolerance or milk allergies. It is important for consumers to read this section carefully to avoid allergic reactions.

Health Benefits and Dietary Considerations

Analyzing the polly o string cheese nutrition label reveals several health benefits and considerations for different dietary needs. This section highlights how the product fits into healthy eating patterns and specific diets.

High-Quality Protein Source

Polly-O string cheese provides a rich source of complete protein, containing all essential amino acids. This makes it an excellent snack for active individuals, athletes, or anyone looking to increase protein intake without excess calories or carbohydrates.

Calcium and Bone Health

The substantial calcium content supports bone density and strength, making Polly-O string cheese a beneficial addition to diets aimed at preventing osteoporosis or maintaining skeletal health. Regular consumption can contribute to meeting daily calcium requirements.

Considerations for Saturated Fat and Sodium

While Polly-O string cheese offers nutritional benefits, consumers should be mindful of its saturated fat and sodium content. Excessive intake of saturated fat and sodium can contribute to cardiovascular issues. Moderation and balance with other nutrient sources are recommended to maintain optimal health.

- Limit consumption if managing cholesterol levels.
- Pair with low-sodium foods to control overall sodium intake.
- Include as part of a varied diet rich in fruits, vegetables, and whole grains.

Comparison with Other String Cheese Brands

When reviewing the polly o string cheese nutrition label, it is useful to compare it with similar products available in the market. This comparison helps consumers select the best option based on nutritional needs and preferences.

Caloric and Protein Comparison

Polly-O string cheese typically contains slightly fewer calories and comparable protein levels compared to other leading brands. For example, some brands may have 90-100 calories per stick, while Polly-O maintains an approximate 80-calorie count. Protein content across brands generally

ranges from 6 to 8 grams per serving.

Fat and Sodium Variations

Fat content, particularly saturated fat, is similar among competing brands, with slight variations depending on the type of milk used and processing methods. Sodium levels may vary more significantly, with Polly-O string cheese positioned moderately in terms of sodium content. Consumers focused on sodium reduction should compare labels closely.

Ingredient Transparency and Quality

Polly-O is recognized for its use of part-skim milk and minimal additives, which appeals to health-conscious consumers. Some other brands may include preservatives or flavor enhancers, making Polly-O a preferred choice for those prioritizing natural ingredients.

Frequently Asked Questions

What are the main nutritional components listed on a Polly-O string cheese nutrition label?

A Polly-O 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 serving of Polly-O string cheese?

One serving of Polly-O string cheese usually contains around 80 calories, but it's best to check the specific package for exact information.

Is Polly-O string cheese a good source of protein?

Yes, Polly-O string cheese provides about 6 grams of protein per serving, making it a good source of protein.

How much sodium is in Polly-O string cheese according to the nutrition label?

Polly-O string cheese contains approximately 180-200 milligrams of sodium per serving.

Does Polly-O string cheese contain any carbohydrates or sugars?

Polly-O string cheese typically contains very low carbohydrates, usually less than 1 gram per serving,

with minimal or no sugars.

What type of fat is predominantly found in Polly-O string cheese?

The fat in Polly-O string cheese is primarily saturated fat, with about 5 grams per serving.

Are there any vitamins or minerals listed on the Polly-O string cheese nutrition label?

Yes, the label often indicates calcium content, providing around 15-20% of the daily recommended intake per serving.

Is Polly-O string cheese gluten-free based on its nutrition label?

Polly-O string cheese is naturally gluten-free, but it's advisable to check the packaging for any allergen or gluten statements.

How can I use the Polly-O string cheese nutrition label to manage my daily fat intake?

By checking the total and saturated fat values on the label, you can monitor how much fat you consume per serving and adjust your diet accordingly to stay within recommended daily limits.

Additional Resources

1. Understanding Nutrition Labels: A Guide to Healthy Snacking

This book offers an in-depth look at how to read and interpret nutrition labels on various snack foods, including string cheese products like Polly-O. It explains common terms and nutritional values, helping readers make informed dietary choices. Perfect for those aiming to maintain a balanced diet while enjoying their favorite snacks.

2. The Science Behind Cheese: Nutrition and Health Benefits

Explore the nutritional components of different types of cheese, with a special focus on string cheese varieties like Polly-O. The book delves into the benefits of calcium, protein, and fats found in cheese, and how they contribute to overall health. It also discusses how to incorporate cheese into a healthy eating plan.

3. Polly-O String Cheese: A Nutritional Breakdown

This detailed guide is dedicated to the Polly-O brand, providing a comprehensive analysis of its string cheese products' nutrition labels. It highlights the calorie content, macronutrients, and ingredients, helping consumers understand what they are eating. The book also compares Polly-O to other popular string cheese brands.

4. Snack Smart: Choosing Nutritious Cheese Snacks

A practical handbook for selecting healthy cheese snacks, including Polly-O string cheese. It covers

reading nutrition facts, understanding portion sizes, and identifying hidden additives. Readers will learn how to enjoy cheese snacks guilt-free and as part of a balanced diet.

5. From Farm to Table: The Journey of Polly-O String Cheese

This book traces the production process of Polly-O string cheese from dairy farms to supermarket shelves. It provides insights into ingredient sourcing, manufacturing practices, and quality control. Additionally, it discusses how these factors influence the nutritional profile of the final product.

6. Calcium and Cheese: Boosting Bone Health with Polly-O

Focusing on the role of cheese in bone health, this book explains how Polly-O string cheese serves as an excellent source of calcium. It reviews scientific studies linking cheese consumption with improved bone density and overall skeletal strength. The book also offers tips on incorporating cheese into everyday meals for maximum benefit.

7. Decoding Dairy: Understanding Labels on Cheese Products

Learn how to decode dairy product labels, with examples from Polly-O string cheese packaging. This book breaks down ingredient lists, nutritional claims, and certification symbols to help consumers make healthier choices. It also addresses common misconceptions about dairy nutrition.

8. Healthy Eating with Polly-O: Recipes and Nutrition Tips

Combining nutrition information with practical recipes, this book shows how to use Polly-O string cheese in healthy meals and snacks. It includes calorie counts and nutritional advice for each recipe, emphasizing balanced eating. Ideal for families and individuals looking to enhance their diet with tasty cheese options.

9. The Role of Protein in Cheese: A Focus on Polly-O String Cheese

This book highlights the protein content in cheese, particularly Polly-O string cheese, and its importance in muscle repair and overall health. It discusses how protein from dairy compares to other sources and suggests ways to include cheese protein in daily nutrition. The book is a valuable resource for athletes and health-conscious readers alike.

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