

1 slice colby jack cheese nutrition facts

1 slice colby jack cheese nutrition facts provide valuable insight into the nutrient content of this popular cheese variety. Colby Jack cheese, known for its distinctive marbled appearance and mild flavor, is a common ingredient in sandwiches, snacks, and various recipes. Understanding the nutrition facts of one slice of Colby Jack cheese is essential for those who monitor their dietary intake, whether for weight management, heart health, or general wellness. This article explores the caloric content, macronutrients, vitamins, minerals, and potential health benefits associated with consuming Colby Jack cheese. Additionally, it covers how this cheese fits into different dietary plans and highlights considerations for individuals with specific nutritional needs. The detailed breakdown of 1 slice Colby Jack cheese nutrition facts will help consumers make informed decisions regarding their cheese consumption.

- Caloric and Macronutrient Breakdown
- Vitamins and Minerals in Colby Jack Cheese
- Health Benefits of Colby Jack Cheese
- Potential Dietary Considerations
- Incorporating Colby Jack Cheese into a Balanced Diet

Caloric and Macronutrient Breakdown

One slice of Colby Jack cheese typically weighs about 28 grams (1 ounce) and offers a moderate amount of calories along with essential macronutrients. Understanding the caloric and macronutrient profile is fundamental for managing energy intake and maintaining a balanced diet.

Calories

A single slice of Colby Jack cheese contains approximately 110 calories. These calories primarily come from fats and proteins, making it a calorie-dense food that should be consumed in moderation within calorie-controlled diets.

Proteins

Colby Jack cheese provides about 7 grams of protein per slice. Protein is crucial for muscle repair, immune function, and enzyme production. The protein content in Colby Jack cheese contributes significantly to daily protein requirements, especially for individuals following a high-protein diet.

Fats

The fat content in one slice of Colby Jack cheese is around 9 grams. This includes both saturated and unsaturated fats. Saturated fat accounts for roughly 5 to 6 grams, which is an important consideration for cardiovascular health.

Carbohydrates

Carbohydrates are minimal in Colby Jack cheese, with less than 1 gram per slice. This low carbohydrate content makes it suitable for low-carb and ketogenic diet plans.

- Calories: ~110 per slice
- Protein: ~7 grams
- Total Fat: ~9 grams
- Saturated Fat: ~5-6 grams
- Carbohydrates: <1 gram

Vitamins and Minerals in Colby Jack Cheese

Beyond macronutrients, Colby Jack cheese is a rich source of several essential vitamins and minerals that contribute to overall health. The following section details the key micronutrients found in one slice.

Calcium

Calcium is the most abundant mineral in Colby Jack cheese, providing approximately 200 milligrams per slice. This amount covers about 20% of the recommended daily intake for adults, supporting bone health and muscle function.

Phosphorus

Phosphorus, another vital mineral, is present at around 150 milligrams per slice. It plays a role in bone mineralization, energy production, and cell repair mechanisms.

Vitamin A

Colby Jack cheese contains vitamin A in the form of retinol, delivering roughly 6% of the daily value per slice. Vitamin A is essential for vision, immune system performance, and skin health.

Zinc and Other Trace Minerals

Trace amounts of zinc, along with small quantities of vitamin B12 and riboflavin, contribute to enzymatic functions and red blood cell production. These micronutrients, while present in lesser amounts, enhance the nutritional profile of the cheese.

- Calcium: ~200 mg
- Phosphorus: ~150 mg
- Vitamin A: ~6% DV
- Zinc: Trace amounts
- Vitamin B12 and Riboflavin: Minor amounts

Health Benefits of Colby Jack Cheese

Incorporating Colby Jack cheese into the diet can provide several health benefits due to its nutrient density. However, these benefits must be balanced against potential concerns related to fat and sodium content.

Bone Health Support

The high calcium and phosphorus content in Colby Jack cheese supports the maintenance of strong bones and teeth. Regular consumption, in recommended amounts, may help reduce the risk of osteoporosis.

Muscle and Nerve Function

Protein and essential minerals in Colby Jack cheese contribute to muscle repair and proper nerve transmission. These functions are critical for overall physical performance and recovery.

Weight Management Considerations

While cheese is calorie-dense, its high protein and fat content can promote satiety, potentially aiding in appetite control. Moderation is key to leveraging these benefits without excessive calorie intake.

- Supports bone density
- Enhances muscle repair
- Promotes satiety and appetite control

Potential Dietary Considerations

Despite its benefits, there are dietary factors to consider when consuming Colby Jack cheese, especially for individuals with specific health conditions or dietary restrictions.

Sodium Content

Colby Jack cheese contains approximately 180 milligrams of sodium per slice. High sodium intake is linked to increased blood pressure, so individuals with hypertension should monitor their cheese consumption carefully.

Lactose and Dairy Sensitivities

Although Colby Jack cheese contains low lactose levels compared to milk, it may still cause digestive discomfort in lactose-intolerant individuals. Dairy allergies are another concern requiring avoidance of cheese products.

Fat and Cholesterol

The saturated fat and cholesterol content may impact cardiovascular health if consumed in excess. It is advisable for individuals with heart disease or high cholesterol to limit intake and consult healthcare providers.

- Sodium: ~180 mg per slice
- Potential lactose intolerance issues
- Consider saturated fat and cholesterol levels

Incorporating Colby Jack Cheese into a Balanced Diet

To enjoy the nutritional benefits of Colby Jack cheese while managing intake of calories, fat, and sodium, strategic incorporation into meals is recommended. This section provides practical tips for balanced consumption.

Portion Control

Limiting cheese portions to one slice per serving helps maintain calorie and fat intake within recommended ranges. Using thin slices or grating cheese over dishes are effective ways to control portions.

Pairing with Nutrient-Dense Foods

Combining Colby Jack cheese with fresh vegetables, whole grains, and lean

proteins enhances the overall nutrient profile of meals. This approach supports balanced nutrition and promotes satiety.

Meal Ideas

- Adding a slice to whole-grain sandwiches with turkey or chicken
- Melting grated Colby Jack over steamed vegetables or baked potatoes
- Including small amounts in salads for flavor and texture

By understanding 1 slice Colby Jack cheese nutrition facts and integrating this cheese thoughtfully, individuals can enjoy its flavor and nutritional advantages without compromising their dietary goals.

Frequently Asked Questions

How many calories are in 1 slice of Colby Jack cheese?

One slice of Colby Jack cheese typically contains around 110 calories.

What is the fat content in 1 slice of Colby Jack cheese?

A single slice of Colby Jack cheese usually has about 9 grams of fat.

How much protein does 1 slice of Colby Jack cheese provide?

One slice of Colby Jack cheese provides approximately 7 grams of protein.

Does 1 slice of Colby Jack cheese contain any carbohydrates?

Yes, 1 slice of Colby Jack cheese contains about 1 gram or less of carbohydrates.

What vitamins and minerals are found in 1 slice of Colby Jack cheese?

One slice of Colby Jack cheese is a good source of calcium, providing about 15-20% of the daily value, and also contains small amounts of vitamin A, phosphorus, and sodium.

Additional Resources

1. *The Nutritional Breakdown of Cheese: A Focus on Colby Jack*

This book delves into the detailed nutritional profile of various cheeses, with a special focus on Colby Jack. It explores macronutrients, vitamins, and minerals found in a single slice, helping readers understand how this cheese fits into a balanced diet. The author also compares Colby Jack with other popular cheeses to highlight its unique benefits.

2. *Cheese and Health: Understanding Colby Jack's Role in Your Diet*

Explore the health implications of including Colby Jack cheese in your daily meals. This book discusses the calorie count, fat content, protein levels, and essential nutrients in one slice of Colby Jack. It also offers guidance on portion control and pairing cheese with other foods for optimal nutrition.

3. *From Farm to Table: The Journey of Colby Jack Cheese*

Discover the production process of Colby Jack cheese and how it impacts its nutritional content. This book provides insights into the ingredients, aging process, and quality control measures that ensure the cheese's flavor and nutrition. Readers will gain a better appreciation for the slice of cheese they enjoy.

4. *Cheese Nutrition Facts Made Simple: Colby Jack Edition*

A straightforward guide to the nutrition facts of Colby Jack cheese, this book breaks down each component in an easy-to-understand format. It explains calories, fats, proteins, and minerals found in one slice, making it accessible for those new to nutrition labels. Ideal for health-conscious consumers wanting clear information.

5. *The Science Behind Cheese: What's in a Slice of Colby Jack?*

This scientific exploration examines the biochemical composition of Colby Jack cheese. It discusses the role of fats, proteins, and calcium in the body and how one slice contributes to daily nutritional needs. The book also addresses lactose content and digestion for sensitive individuals.

6. *Smart Snacking: Incorporating Colby Jack Cheese into a Healthy Lifestyle*

Learn how to incorporate a slice of Colby Jack cheese into your snacks without compromising health goals. The book offers recipes, portion tips, and nutritional advice to make cheese a smart and tasty choice. It emphasizes balance and moderation for maintaining wellness.

7. *Cheese Lovers' Guide to Nutrition: Spotlight on Colby Jack*

This guide is tailored for cheese enthusiasts interested in nutrition. It highlights the benefits and drawbacks of Colby Jack cheese, providing detailed facts on calories, sodium, and fat per slice. The book also compares it to other cheeses to help readers make informed choices.

8. *Understanding Dairy Nutrition: The Case of Colby Jack Cheese*

Focusing on dairy products, this book explains how Colby Jack cheese fits into the broader context of dairy nutrition. It covers lactose content, calcium levels, and protein contributions from a single slice. The book is perfect for readers looking to understand dairy's role in a healthy diet.

9. *Portion Control and Cheese: Managing Your Intake of Colby Jack*

This book emphasizes the importance of portion control when consuming cheese, with a focus on Colby Jack. It provides nutritional facts per slice and offers strategies for mindful eating. Readers will find tips on balancing cheese consumption with other nutrients to maintain overall health.

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Arthur Agatston, M.D., 2019-12-31 Boost your metabolism and burn 100-500 more calories per day by putting your body into fat burning mode with a new science-backed update to this proven diet. The New Keto-Friendly South Beach Diet combines the good fats and healthy carbs of the world-famous heart-healthy program with the advanced nutrition science of keto-all in a doctor-approved plan that is easier than strict keto diets. The original South Beach Diet defined the cutting edge of healthy weight loss. Now the creator of the classic plan combines his signature diet with the latest, most cutting-edge advances in healthy eating that are the basis for the ketogenic diet. With a new emphasis on good carbs, healthy fats, and quality proteins, The New Keto-Friendly South Beach Diet takes the powerful fundamentals of the original South Beach Diet and adds the fat-burning principles of keto. Dr. Arthur Agatston cuts through the confusion around keto and low carb diets and gives readers a step-by-step 28-day eating plan that increases satisfaction, decreases appetite, and makes it easy to lose weight and keep it off. He also explains why strict ketosis is not necessary to achieve results; the effectiveness of intermittent fasting; and the relationship between yo-yo-dieting and sugar addiction. This plan offers the benefits of keto and low carb without the pitfalls. As this new book reveals, you can boost your metabolism and put your body safely into fat-burning mode with a diet that's more flexible and more sustainable than traditional keto. And that's not all: in addition to long-term weight loss, the South Beach Keto-Friendly plan can boost mental sharpness, reduce inflammation and pain, increase your energy, and improve diabetes and heart health. Includes around 100 recipes, full-color photos, and an easy-to-follow 28-day meal plan.

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processed and prepared foods, as well as natural foods and snacks. In all, there are more than 20,000 entries ranging from A to Z. The introductory material explains the glycemic index and how to use it, and the importance of fiber and sugars in calculating carbohydrate values. The strategies outlined here are easily compatible with The Zone, South Beach, and other balanced diet plans.

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