

frigo string cheese nutrition info

frigo string cheese nutrition info offers valuable insight into the nutritional benefits and components of this popular snack. Understanding the nutritional profile of Frigo string cheese is essential for individuals seeking convenient, tasty, and health-conscious snack options. This article explores the calories, macronutrients, vitamins, and minerals found in Frigo string cheese, along with its role in a balanced diet. Additionally, the piece covers ingredient details, potential dietary considerations, and comparisons with other cheese snacks. By examining the nutritional facts and health implications, readers can better assess how Frigo string cheese fits into their daily eating habits and nutrition goals. The following sections will guide readers through comprehensive information about Frigo string cheese nutrition info to make informed dietary choices.

- Caloric Content and Macronutrients
- Vitamins and Minerals in Frigo String Cheese
- Ingredients and Allergen Information
- Health Benefits and Dietary Considerations
- Comparison with Other Cheese Snacks

Caloric Content and Macronutrients

Understanding the caloric content and macronutrient breakdown is fundamental when analyzing frigo string cheese nutrition info. Frigo string cheese is widely recognized for being a convenient source of protein and fat, primarily derived from its cheese base. Typically, a single stick of Frigo string cheese contains approximately 80 calories. This caloric value makes it a moderate energy source suitable for snacking without excessive calorie intake.

Protein Content

Protein is a key macronutrient in Frigo string cheese, contributing significantly to its nutritional value. Each cheese stick generally provides about 7 grams of protein. This high protein content supports muscle maintenance, repair, and satiety, making it an excellent option for individuals seeking to increase or maintain protein intake through snacks.

Fat and Saturated Fat

Fat content in Frigo string cheese typically ranges around 6 grams per serving, with

saturated fat constituting approximately 4 grams. Saturated fat is a consideration for heart health, and while Frigo string cheese contains moderate levels, consumption in moderation aligns with dietary guidelines. The fat content also contributes to the cheese's creamy texture and flavor.

Carbohydrates and Sugars

Frigo string cheese is very low in carbohydrates, usually containing less than 1 gram per stick, with negligible sugars. This low carbohydrate profile makes it suitable for low-carb and ketogenic diets, providing a protein-rich snack option without significant carbohydrate intake.

Vitamins and Minerals in Frigo String Cheese

Frigo string cheese is not only a source of macronutrients but also provides essential vitamins and minerals. These micronutrients contribute to overall health and support various bodily functions.

Calcium

One of the most prominent minerals in Frigo string cheese is calcium. Each stick offers roughly 200 milligrams of calcium, which is about 20% of the recommended daily intake for adults. Calcium plays a critical role in bone health, muscle function, and nerve signaling.

Vitamin A

Vitamin A is another important nutrient found in Frigo string cheese, with each serving providing a meaningful amount. Vitamin A supports immune function, vision, and skin health. The presence of this vitamin enhances the nutritional profile of the cheese.

Sodium Content

Sodium is present in moderate amounts, typically around 200 milligrams per stick. While sodium is essential for fluid balance and nerve function, individuals monitoring sodium intake for blood pressure management should consider this factor when consuming Frigo string cheese regularly.

Ingredients and Allergen Information

Reviewing the ingredients and allergen information is crucial for consumers with dietary restrictions or allergies. Frigo string cheese is primarily made from part-skim mozzarella cheese, which contributes to its texture and flavor.

Core Ingredients

The main ingredients usually include part-skim milk, cheese cultures, salt, enzymes, and sometimes preservatives to maintain freshness. The use of part-skim milk helps reduce fat content compared to whole milk cheeses.

Allergens

Frigo string cheese contains dairy, which is a common allergen. Individuals with lactose intolerance or milk allergies should exercise caution. The product does not typically contain gluten or nuts, making it suitable for those with certain dietary restrictions.

Health Benefits and Dietary Considerations

Frigo string cheese offers several health benefits due to its nutrient composition, but it also requires consideration within a balanced diet.

Supports Muscle Health

The high protein content supports muscle repair and growth, making it a beneficial snack for athletes and active individuals. Protein also promotes satiety, which can aid in weight management.

Bone Health Contribution

With significant calcium content, Frigo string cheese contributes to maintaining strong bones and preventing osteoporosis, especially when consumed as part of a calcium-rich diet.

Moderation of Fat and Sodium

While providing essential nutrients, the saturated fat and sodium levels warrant moderation to align with cardiovascular health guidelines. Pairing string cheese with fruits or vegetables can enhance the nutritional balance of snacks.

Comparison with Other Cheese Snacks

Comparing Frigo string cheese with other cheese-based snacks helps contextualize its nutritional value and suitability for different dietary needs.

Calories and Protein Comparison

Compared to cheese sticks from other brands, Frigo string cheese generally offers similar calorie and protein content, maintaining its position as a convenient, protein-rich snack.

Fat and Sodium Differences

Variations in fat and sodium content can be observed across different cheese snack products. Frigo string cheese typically has moderate levels, though some alternatives may have lower sodium or fat content depending on processing and ingredients.

Convenience and Portion Control

Frigo string cheese is individually portioned, aiding in calorie control and easy snack management. This packaging feature provides an advantage over bulk cheese portions for on-the-go consumption.

- Approximately 80 calories per stick
- 7 grams of protein supporting muscle health
- 6 grams of fat, with 4 grams saturated fat
- Low carbohydrate content, less than 1 gram
- 200 mg calcium providing 20% daily value
- Moderate sodium around 200 mg per serving
- Contains dairy allergens

Frequently Asked Questions

What are the main nutritional components of Frigo string cheese?

Frigo string cheese primarily contains protein, fat, calcium, and sodium. It is a good source of protein and calcium, with moderate fat and sodium content.

How many calories are in one stick of Frigo string

cheese?

One stick of Frigo string cheese typically contains around 80 calories.

Is Frigo string cheese a good source of protein?

Yes, Frigo string cheese provides approximately 6-7 grams of protein per stick, making it a good source of protein for a snack.

How much calcium is in Frigo string cheese?

One stick of Frigo string cheese provides about 200 milligrams of calcium, which is roughly 15-20% of the daily recommended intake.

What is the fat content in a serving of Frigo string cheese?

A single serving of Frigo string cheese usually contains around 6 grams of total fat, including saturated fat.

Is Frigo string cheese low in carbohydrates?

Yes, Frigo string cheese is very low in carbohydrates, typically containing less than 1 gram per stick.

Does Frigo string cheese contain any added sugars?

No, Frigo string cheese does not contain added sugars; any sugars present are naturally occurring from the milk.

Is Frigo string cheese suitable for a low-sodium diet?

Frigo string cheese contains about 200-250 milligrams of sodium per stick, which may be moderate for some low-sodium diets, so it's best consumed in moderation.

Additional Resources

1. The Nutritional Breakdown of Frigo String Cheese: A Comprehensive Guide

This book dives deep into the nutritional components of Frigo String Cheese, offering detailed information on calories, protein, fats, and vitamins. It also compares Frigo String Cheese to other snack options, helping readers make informed dietary choices. Perfect for health-conscious individuals and parents seeking healthy snacks for their kids.

2. Healthy Snacking with Frigo String Cheese

Explore the benefits of including Frigo String Cheese in your daily diet as a wholesome snack. This book discusses portion control, nutritional value, and ways to incorporate string cheese into balanced meals. Additionally, it offers practical tips for maintaining a

healthy lifestyle with convenient snack options.

3. Frigo String Cheese and Dairy Nutrition Facts Explained

An educational resource that unpacks the dairy content and nutritional facts of Frigo String Cheese. Readers will learn about lactose levels, calcium content, and the role of dairy in overall nutrition. The book also addresses common dietary concerns such as fat content and sodium levels.

4. Snack Smart: The Role of Frigo String Cheese in Weight Management

This title focuses on how Frigo String Cheese can be part of a weight management plan. It covers calorie counting, macronutrient balance, and satiety factors related to string cheese consumption. Real-life meal plans and snack ideas make it a practical guide for those aiming to maintain or lose weight.

5. Frigo String Cheese: A Kid-Friendly Nutritional Snack

Targeted at parents, this book highlights why Frigo String Cheese is a nutritious and appealing snack for children. It discusses the importance of protein and calcium in child development and how string cheese meets these needs. The book also features creative snack recipes and serving suggestions.

6. The Science Behind Frigo String Cheese Nutrition

Delve into the scientific research related to the nutritional profile of Frigo String Cheese. This book explains the manufacturing process and how it affects nutrient retention. It also discusses bioavailability of nutrients and the health implications of regular consumption.

7. Comparative Nutrition: Frigo String Cheese vs. Other Cheese Snacks

A comparative analysis of Frigo String Cheese against various other cheese snacks in the market. The book provides side-by-side nutritional charts, ingredient comparisons, and taste profiles. Ideal for consumers wanting to choose healthier cheese snack options.

8. Frigo String Cheese and Athletic Performance Nutrition

This book explores how Frigo String Cheese can be integrated into an athlete's diet for optimal performance and recovery. It highlights the protein content, essential minerals, and convenient portability. Sample meal plans and timing strategies for consumption are also included.

9. The Complete Guide to Reading Frigo String Cheese Nutrition Labels

Learn how to accurately read and interpret the nutrition labels on Frigo String Cheese packages. This guide explains serving sizes, daily value percentages, and ingredient lists to empower consumers. It also offers advice on spotting additives and understanding allergen information.

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frigo string cheese nutrition info: Food, Inc.: A Participant Guide Participant, Karl Weber, 2009-05-05 Food, Inc. is guaranteed to shake up our perceptions of what we eat. This powerful documentary deconstructing the corporate food industry in America was hailed by Entertainment Weekly as more than a terrific movie -- it's an important movie. Aided by expert commentators such as Michael Pollan and Eric Schlosser, the film poses questions such as: Where has my food come from, and who has processed it? What are the giant agribusinesses and what stake do they have in maintaining the status quo of food production and consumption? How can I feed my family healthy foods affordably? Expanding on the film's themes, the book Food, Inc. will answer those questions through a series of challenging essays by leading experts and thinkers. This book will encourage those inspired by the film to learn more about the issues, and act to change the world.

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frigo string cheese nutrition info: *The Toddler Bistro* Christina Schmidt, 2009-09-01 Based on the most current nutritional information available, this accessible reference offers new mothers a fresh approach to feeding a toddler. More than a how-to guide, this unique handbook offers innovative elements—from whimsical illustrations to clever recipe names. Colorful devices and asides—"foolish fats," "funky fruits," and "meat monsters"—call attention to special topics, making them easy to remember. Assisting parents in developing an approach to food that is easy, organized, and fun, this study offers helpful tips through entertaining features such as "Bistro Basics" and "Chef's Secrets." Focusing on the age range of one to three years—when new foods and tastes are typically introduced—this survey also includes tips and tricks for quick shopping, easy recipes, and nutrient and supplement needs. Blending the basics of good nutrition with expert advice and guidance, this comprehensive manual is ideal for both the working and stay-at-home mom.

frigo string cheese nutrition info: The Baby Bistro Christina Schmidt, 2009-05-01 Based on the most current nutritional information, this concise guide offers new mothers a focused introduction to feeding babies healthy, nutritious foods during their first 12 months of life. With whimsical illustrations and clever recipe names—such as "Cereal Symphony" and "Adam's Eggless Bananawama Muffins"—this handbook even introduces the concept of becoming the executive chef for any parent's new 24-hour home bistro. Filled with colorful asides such as "Foolish Fats," "Funky Fruits," and "Meat Monsters," this compendium is ideal for both working and stay-at-home moms, eliminating the stress from a baby's first year by blending the basics of good nutrition with sound advice. Tips are offered throughout to help parents develop an approach to food that is easy, organized, and fun. Features on shopping and topics such as how to read a food label are also included.

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frigo string cheese nutrition info: Increasing Stringiness of Low Fat Mozzarella Cheese Using Polysaccharides Erik N. Oberg, 2013 We examined the ability of polysaccharides to function as fat mimetics in low-fat (LF) mozzarella string cheese to improve functionality by acting like fat globules to separate protein fibers during cheese extrusion. Low-fat mozzarella cheese curd made from 273 kg of 0.7% fat milk was salted at a rate of 10 g/kg then divided into 3.6-kg batches that were hand-stretched in 5% brine at 80°C and formed into a homogeneous mass. The hot cheese was hand mixed with a hot 80°C polysaccharide slurry, placed into a small piston-driven extruder and then forced through a 16-mm die to form the string cheese. Extruded string cheese was cut manually into approximately 15-cm lengths. From preliminary trials using starches (waxy corn, waxy rice, and instant tapioca starch), xanthan and guar gums, and polydextrose, we determined that LF string cheese made using xanthan gum most closely resembled commercial string cheese. LF cheese was then made using a 10% xanthan gum slurry added at 0.25%, 0.5%, 1.0%, 1.5%, and 2.0% (wt/wt) levels. Cheeses were analyzed for fat, salt, pH, and moisture. After 2 wk of 4°C storage, the cheese was analyzed for extent of stringiness by pulling apart the cheese longitudinally, visually observing and photographing the size, length and appearance of individual strings of cheese. Hardness was determined using a Warner-Bratzler shear test. A consumer liking test was conducted after 2 and 8 wk storage time at 6°C. At 2-wk storage, using a hedonic scale (1 to 9) for overall liking, the LF string cheese with 1% added xanthan slurry (score = 6.8) was liked more (P<0.05). When considered on a JAR scale, most of the panelists scored the LF cheese with added xanthan gum (1%) as having the right texture, while only some did so for the retail cheese. The LF control cheese with no added gum was considered too firm. Using a visual comparison, adding the xanthan gum slurry produced greater fiber formation with the longest and most complete string separation. After 8 wk storage, the LF cheeses had softened extensively with fracture stress for LF cheese decreasing from 12 to 20 kg at 2 wk to 1.5 to 3 kg at 8 wk. Extent of stringiness also decreased during storage.

frigo string cheese nutrition info: Innovative Approaches to Extend the Performance Shelf-life of String Cheese and Fresh Cheese Curds Maggie Becher, 2024 String cheese is a popular snack cheese in the U.S. and is growing in popularity worldwide. The main performance attributes include the stringiness, or the ability of the cheese to peel into many fine strands, as well as the firmness of the cheese. Both attributes are diminished with prolonged storage times, and this poses a shelf-life challenge when exporting string cheese. This research focused on different methods (high-pressure processing, low-temperature storage, a higher milk pasteurization temperature, and higher curd stretching temperatures) to control the proteolytic breakdown of the cheeses and to determine their impact on the stringiness and firmness attributes. To quantitatively evaluate the level of stringiness in the samples, we developed two new descriptive visual sensory attributes, and we used these attributes to monitor stringiness in the samples during storage. We also conducted a

consumer panel to learn about consumer preferences regarding different levels of stringiness in commercial string cheese samples. Another type of snack cheese, fresh cheese curds, which are not as popular, but are well known in the state of Wisconsin, quickly diminishes in quality during the first week after manufacturing. This provides a challenge for distributing fresh curds outside of their local region. The main performance attribute that is quickly lost in fresh cheese curds is the squeakiness, or the ability of the cheese to produce squeaky sounds when the curd rubs against the teeth while chewing. We evaluated different types of rennet and a curd baking step to reduce the proteolytic breakdown of fresh curds during storage, which helped to retain higher levels of squeakiness in the curds. We developed a new method to acoustically measure the squeakiness and used this method, in addition to descriptive sensory analysis, to monitor the squeakiness throughout storage of the fresh curds.

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