

# frigo string cheese nutrition

frigo string cheese nutrition is a topic of interest for many individuals seeking a convenient, tasty, and nutritious snack option. This article provides an in-depth analysis of the nutritional profile of Frigo string cheese, a popular cheese snack made primarily from mozzarella. Understanding the nutritional content, including calories, macronutrients, vitamins, and minerals, is essential for making informed dietary choices. Additionally, the benefits and potential drawbacks of incorporating Frigo string cheese into a balanced diet are examined. This comprehensive overview also covers comparisons with other cheese snacks and tips for selecting the best options to meet individual health goals. Readers will gain valuable insights into how Frigo string cheese nutrition fits into various eating plans, from weight management to muscle building.

- Nutritional Composition of Frigo String Cheese
- Health Benefits of Frigo String Cheese
- Potential Dietary Concerns
- Comparison with Other Cheese Snacks
- Tips for Incorporating Frigo String Cheese into Your Diet

## Nutritional Composition of Frigo String Cheese

The nutritional composition of Frigo string cheese is an important factor for consumers who want to understand what they are eating. Frigo string cheese is primarily made from part-skim mozzarella cheese, which offers a balanced combination of proteins, fats, and essential nutrients. Each serving

typically consists of one stick weighing approximately 28 grams (1 ounce), providing a convenient portion for snacking or meal supplementation.

## Macronutrients

The macronutrient profile of Frigo string cheese nutrition is characterized by moderate protein content, moderate fat, and very low carbohydrates. A single serving generally contains:

- Calories: Around 80-90 kcal
- Protein: Approximately 7 grams
- Total Fat: About 6 grams
- Carbohydrates: Less than 1 gram
- Sugar: Less than 1 gram

This macronutrient breakdown makes Frigo string cheese a high-protein, low-carb snack suitable for various dietary needs, including low-carbohydrate and ketogenic diets.

## Vitamins and Minerals

Frigo string cheese also provides essential vitamins and minerals important for overall health. Notably, it contains:

- Calcium: Approximately 200-220 mg, supporting bone health and muscle function
- Phosphorus: Important for energy metabolism and bone strength

- Vitamin A: Supporting vision and immune health
- Vitamin B12: Essential for nervous system function and red blood cell production
- Zinc and Riboflavin: Contributing to immune function and energy metabolism

These micronutrients make Frigo string cheese a nutrient-dense snack option beyond its macronutrient content.

## **Health Benefits of Frigo String Cheese**

Frigo string cheese nutrition provides several health benefits due to its nutrient profile and ease of consumption. It serves as a convenient source of high-quality protein and essential nutrients, making it suitable for various health-conscious individuals.

### **Supports Muscle Growth and Repair**

The high protein content in Frigo string cheese is beneficial for muscle growth and repair. Protein is a crucial macronutrient for athletes, fitness enthusiasts, and individuals recovering from injury, as it aids in muscle synthesis and recovery.

### **Promotes Bone Health**

With a significant amount of calcium and phosphorus, Frigo string cheese contributes to maintaining strong bones and teeth. Calcium is vital for bone density and preventing osteoporosis, making this cheese an excellent snack for bone health maintenance.

## **Convenient and Portable Snack**

Frigo string cheese is individually packaged, making it a convenient, portable snack that does not require refrigeration for short periods. This convenience encourages healthier snacking habits by providing a nutritious alternative to processed snacks high in sugar and unhealthy fats.

## **Potential Dietary Concerns**

While Frigo string cheese nutrition offers many benefits, there are some potential dietary concerns to consider, especially for individuals with specific health conditions or dietary restrictions.

### **Sodium Content**

One notable concern is the sodium content. A single serving of Frigo string cheese contains approximately 200-250 mg of sodium, which can contribute to daily sodium intake. Excess sodium consumption may increase the risk of high blood pressure and cardiovascular issues, so individuals monitoring sodium intake should consume this product in moderation.

### **Lactose and Dairy Sensitivity**

Since Frigo string cheese is a dairy product, it contains lactose and milk proteins. People with lactose intolerance or dairy allergies should be cautious and may need to avoid this product or select lactose-free alternatives.

### **Fat Content**

While the fat content provides satiety and flavor, some individuals may need to limit saturated fat intake for heart health reasons. Frigo string cheese contains saturated fats typical of dairy products, so moderation is advised within a balanced diet.

## **Comparison with Other Cheese Snacks**

Comparing Frigo string cheese nutrition to other cheese snacks helps consumers choose the best option for their dietary needs. Various cheese products differ in nutrient content, texture, and flavor.

### **Frigo String Cheese vs. Regular Cheese Slices**

Frigo string cheese generally offers a more controlled portion size and lower calories compared to regular cheese slices, which can vary in thickness and amount. String cheese is designed for individual consumption, reducing the risk of overeating.

### **Frigo String Cheese vs. Cheese Sticks from Other Brands**

Many brands produce cheese sticks similar to Frigo's string cheese. Nutritionally, these products are often comparable, with minor differences in fat content, sodium, and added ingredients. Frigo string cheese is often favored for its consistent quality and recognizable nutritional profile.

### **Frigo String Cheese vs. Processed Cheese Snacks**

Compared to processed cheese snacks, Frigo string cheese typically contains fewer additives and preservatives. It is made primarily from natural mozzarella, making it a cleaner-label choice with better nutritional value.

## **Tips for Incorporating Frigo String Cheese into Your Diet**

Integrating Frigo string cheese nutrition into a healthy eating plan can be achieved with thoughtful strategies to maximize benefits and minimize potential drawbacks.

## **Use as a Balanced Snack**

Pair Frigo string cheese with fruits, vegetables, or whole-grain crackers to create a balanced snack that includes fiber, vitamins, and minerals alongside protein and fat.

## **Portion Control**

Consume Frigo string cheese in moderation, especially when monitoring sodium and saturated fat intake. One or two sticks per day can fit well within most dietary guidelines.

## **Consider Dietary Restrictions**

For those with lactose intolerance or sodium-sensitive conditions, explore lactose-free cheese options or low-sodium cheese varieties to maintain nutritional balance without adverse effects.

## **Use in Recipes**

Frigo string cheese can be melted or shredded for use in recipes such as salads, wraps, and casseroles, adding flavor and nutritional value without significantly increasing calories.

## **Frequently Asked Questions**

### **What are the main nutritional components of Frigo String Cheese?**

Frigo String Cheese primarily contains protein, calcium, fat, and calories. Typically, a single stick has around 80 calories, 6-7 grams of protein, 6 grams of fat, and provides about 15-20% of the daily recommended calcium intake.

## **Is Frigo String Cheese a good source of protein?**

Yes, Frigo String Cheese is a good source of protein, offering about 6-7 grams of protein per stick, which supports muscle repair and growth.

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

One stick of Frigo String Cheese generally contains approximately 80 calories, making it a relatively low-calorie snack option.

## **Does Frigo String Cheese contain a lot of sodium?**

Frigo String Cheese contains a moderate amount of sodium, typically around 150-200 mg per stick. This is about 7-9% of the recommended daily sodium intake, so it should be consumed in moderation by those monitoring their sodium levels.

## **Is Frigo String Cheese lactose free or suitable for lactose intolerant individuals?**

Frigo String Cheese is not lactose-free; it contains some lactose since it is made from mozzarella cheese. However, some lactose intolerant individuals may tolerate it in small amounts due to the fermentation process reducing lactose content.

## **How does Frigo String Cheese compare nutritionally to other cheese snacks?**

Compared to other cheese snacks, Frigo String Cheese is relatively low in calories and fat while providing a good amount of protein and calcium, making it a convenient and nutritious snack choice.

## **Can Frigo String Cheese be part of a healthy diet?**

Yes, Frigo String Cheese can be part of a healthy diet when eaten in moderation. It offers essential nutrients like protein and calcium while being a convenient portable snack. However, due to its sodium

and fat content, it should be balanced with other nutrient-rich foods.

## Additional Resources

### 1. *The Nutritional Breakdown of Frigo String Cheese*

This book offers a detailed analysis of the nutritional content found in Frigo String Cheese. It explores the macro and micronutrients, including protein, calcium, and fat content. Readers will gain insights on how this popular snack fits into various dietary plans. The book also compares Frigo String Cheese to other cheese snacks in terms of health benefits.

### 2. *Healthy Snacking with Frigo String Cheese*

Focused on incorporating Frigo String Cheese into a balanced diet, this guide provides practical advice for health-conscious individuals. It discusses portion control, benefits of protein-rich snacks, and ways to pair string cheese with other healthy foods. The book also includes meal plans and snack ideas to support weight management and muscle growth.

### 3. *Frigo String Cheese: A Dairy Lover's Nutritional Guide*

This comprehensive guide covers the origins of Frigo String Cheese, its production process, and nutritional value. It highlights the importance of dairy in a nutritious diet and how string cheese can be a convenient source of calcium and protein. Readers will find tips on selecting the best cheese products and understanding food labels.

### 4. *Comparing Cheese Snacks: Frigo String Cheese and Beyond*

This book compares the nutritional profiles of various cheese snacks, with a focus on Frigo String Cheese. It examines factors such as calorie count, fat content, and vitamin levels to help readers make informed choices. The author also discusses the role of cheese snacks in different dietary lifestyles, including keto, low-carb, and vegetarian diets.

### 5. *Protein Power: The Role of Frigo String Cheese in Sports Nutrition*

Athletes and fitness enthusiasts will find this book valuable for understanding how Frigo String Cheese supports muscle recovery and growth. It details the protein content of string cheese and its benefits as

a portable post-workout snack. The book also includes recipes and snack tips tailored to active lifestyles.

#### 6. *Frigo String Cheese for Kids: Nutrition and Fun*

Designed for parents, this book explores the nutritional benefits of Frigo String Cheese for children. It discusses how string cheese can be part of a balanced diet for growing kids and offers creative snack ideas to encourage healthy eating habits. The book also addresses common concerns about dairy allergies and lactose intolerance.

#### 7. *The Science of Cheese Nutrition: Insights from Frigo String Cheese*

Delving into the scientific aspects of cheese nutrition, this book uses Frigo String Cheese as a case study. It explains the biochemical processes behind cheese production and nutrient retention. Readers will learn about the health impacts of dairy fats, proteins, and probiotics found in fermented cheese products.

#### 8. *Frigo String Cheese in Weight Management*

This book investigates how Frigo String Cheese can be incorporated into weight loss and maintenance plans. It covers calorie control, satiety effects of protein-rich snacks, and strategies to replace less healthy options with cheese. The author provides meal examples and discusses the importance of moderation.

#### 9. *Sustainable Dairy Nutrition: The Case of Frigo String Cheese*

Focusing on the environmental and nutritional aspects, this book examines the sustainability of dairy products like Frigo String Cheese. It discusses how choosing certain dairy snacks can impact health and the planet. The book offers guidance on making eco-friendly and nutritious snack choices within the dairy category.

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**frigo string cheese nutrition: 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: 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: 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.

**frigo string cheese nutrition: The Balancing Act** Georgia G. Kostas, 1993 Discusses how the reader can: design an eating program to fit his or her lifestyle; boost energy, reduce appetite and control overeating; exercise in order to increase metabolism, burn more body fat, and change body composition; develop habits that promote a healthier lifestyle; eat favorite foods by balancing fat intake; choose the best restaurant meals, fast foods, snacks, brown-bag lunches, quick-fix suppers; interpret food labels; etc. Includes two weeks of sample menus.

**frigo string cheese nutrition: The NutriBase Nutrition Facts Desk Reference** Art Ulene, 1995 With over 40,000 entries, this book presents information for a wide range of foods.

**frigo string cheese nutrition: Eating by Design** Carrie Latt Wiatt, 1995 What the Queen of Lean (GQ) has done for Julia Roberts, Dennis Quaid, Teri Garr, Sela Ward, and many more, she can do for you. In *Eating By Design*, Carrie Wiatt reveals her secrets for the first time. The author has identified twelve distinct food personality types - the key to satisfying your unique food needs and desires. Through quizzes and profiles, she helps you determine your type (from the Nurturer to the Yin-Yang to the Passionflower). Then she customizes a diet for you. You'll find extensive meal and snack plans, shopping lists, and easy-to-prepare recipes for each food personality type that allow you to lose weight and permanently transform your body without fighting your inner nature. Now you can join Hollywood's biggest stars - let Carrie Wiatt create a fun eating plan that mobilizes the power of your personality to help you look good and feel great for a lifetime.--BOOK JACKET.Title Summary field provided by Blackwell North America, Inc. All Rights Reserved

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**frigo string cheese nutrition: Dairy Record** , 1952

**frigo string cheese nutrition: 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 (PWhen 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: 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.

**frigo string cheese nutrition: Handbook of cheese in health: production, nutrition and medical sciences** Victor R. Preedy, Ronald Ross Watson, Vinood B. Patel, 2023-08-07 Cheeses are one of the most diverse food commodities known. They have a wide range of regional and geographical differences in manufacture, taste, texture, colour and contribution to the diet. Because cheese is an important source of macro- and micro-nutrients it can be seen as a valuable product in human nutrition. However, some consider that traditionally manufactured cheeses may not contribute to optimal health. For this reason, there is a drive to produce types with reduced or modified fat or salt contents. Another aspect that affects human health is that cheese may also harbour harmful pathogens in some circumstances. To gain a holistic understanding of cheese in health, nutritionists and dieticians have a fundamental need to grasp the process of cheese manufacture, while cheese manufacturers benefit by understanding the health related aspects of cheese. This handbook bridges the intellectual and trans-disciplinary divide and provides a balanced overview of cheese in relation to health. Experts provide a comprehensive coverage of subjects in relation to cheese production, nutrition and medical sciences, such as composition and health benefits, toxicology, metabolic and nutritional effects and microbiology.

**frigo string cheese nutrition: Cheese** Richard David Foster, 2011 Cheese is a versatile, nutrient-dense dairy food which is an important component in highly consumed convenience foods. In this book, the authors present current research in the types, nutrition value and consumption of cheese. Topics discussed include the technological and health aspects of probiotic cheese; authentication of local cheeses; the functional metabolites of Spanish blue cheese; the role of sodium in cheese manufacture; sheep farming and Bryndza Slovak cheese; low sodium processed cheese developments; Italian cheese types and innovations and cheese flavours.

**frigo string cheese nutrition: Family Nutrition News** Frances Reasonover, Karen Walker (Extension foods and nutrition specialist), Judy Grubbs, M. Katherine Beavers, 1974

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