



CHEESE FACTS



History

Cheese is the oldest and most natural way of preserving milk, with evidence suggesting that cheese making was first introduced in the UK over 2000 years ago. The skills were passed down through the farming community and today cheese is still made on the farm or in large factories known as creameries.

There are over 400 varieties of British Cheese currently available in the UK. These include the six varieties of Cheddar (mild, medium, mature, vintage, Farmhouse and West Country), regional variations (Caerphilly, Cheshire, Derby, Double Gloucester, Lancashire, Red Leicester, Stilton and Wensleydale) and speciality cheeses (such as Cornish Yarg, Shropshire Blue, Somerset Brie and Camembert).



Usage

Cheese is enjoyed by over 98% of British households. Cheddar is a clear favourite, accounting for over 57% of the market, and is bought regularly by 94%, of households.

The British consume over 590,000 tonnes of cheese a year. This equates to about 10kg of cheese per person per year or 28gms per day - roughly half the daily amount consumed in continental European countries.

Cheese is used mostly for sandwich fillings, in day to day cooking and as an everyday snack with biscuits. While Cheddar is still the favourite, there is an increasing trend towards some stronger tasting variants.

BRITISH
CHEESE
BOARD





Nutritional Value

Cheese is an excellent source of nutrition, especially for children and vegetarians. One portion of cheddar (30g) contains about 10gms of fat (34%), 7.5gms of protein (25%), 222mg of calcium (22% of our suggested daily intake), 123 calories and valuable contributions of vitamins A, B¹² and D.

The calcium in cheese is well absorbed by the body, where it helps with the development and maintenance of strong bones and teeth. A calcium rich diet plays an important role in helping to prevent osteoporosis. Dental experts also recommend finishing a meal with cheese to help prevent tooth decay.



Storing and Serving Cheese

Cheese should always be stored in a cool environment (5°C - 10°C) - the bottom of the refrigerator is best. It should be wrapped tightly in foil or stored in an air tight container to prevent it drying out. Most cheeses do not freeze well.

The exception is Stilton which should be wrapped in foil or cling film and can be kept for up to three months. Defrost slowly in the fridge overnight.

To bring out the true flavour and aroma of cheese, it should always be served at room temperature. Take it out of the fridge at least two hours before serving and leave loosely wrapped, until ready.

British Cheese - Instant Goodness

The British Cheese Board aims to increase consumption of cheese in the UK - particularly cheese produced by its members - by promoting the health benefits of eating cheese.

What are the benefits of eating cheese?

- It is one of nature's most complete foods • It contains essential nutrients - protein, vitamins, calcium and other minerals
- It is a natural food source • It is versatile

There are over 700 varieties of British cheese available with a British cheese for every occasion.

The British Cheese Board was formed in 1996 and its members account for a significant proportion of cheese produced in the UK.



For further information on the British Cheese Board please visit www.britishcheese.com
or write to Dragon Court, 27 Macklin Street, London, WC2B 5LX

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