

Say cheese!

The new trend is adding cottage cheese to your diet. Where does fad end and healthy eating begin?

*****SOT*****

Carly Zimmer, OSF HealthCare dietitian

"In processing, there's a cream-salt mixture that's added to give it flavor and the softer, creamier texture." (:13)

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"For somebody with high blood pressure, heart disease or congestive heart failure, watching your sodium is pretty important. Cottage cheese may not be the best option." (:12)

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"Protein helps with building muscle, immune health and keeping you full." (:08)

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"It's another way to get the benefits of cottage cheese if you don't care for the texture." (:06)

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Carly Zimmer, OSF HealthCare dietitian

"Cottage cheese adds protein, so it could have its place in recipes. But I wouldn't go out of my way to say it needs to be added. It depends on the person and what they like." (:20)