

Cottage Cheese Guide

We use **low-fat cottage cheese** (like Aldi Friendly Farms 1%) as it's a versatile middle-ground choice and our recipes tend to add fat as needed via other ingredients. However, you can choose another option. Here are a few swaps and how they differ:



Similar Swaps

***These options are the closest to what we use both nutritionally and taste wise. Individual brands can vary.**



BLENDED

Not into the texture? Try blending it in a blender to reach a smooth consistency!



GREEK YOGURT

Non-fat plain is most similar, nutritionally but will provide a bit more of a tangy taste.



Other Options

***These options have more nutritional differences but can still be used as a swap! Individual brands can vary.**



WHOLE/FULL FAT

Tends to be thicker consistency with more nutrient density due to additional fat, helpful when additional fat is desired/needed.



LACTOSE FREE

Very similar nutritionally, great option for sensitivities or intolerances



REGULAR YOGURT

Traditional styles are thinner consistency and have less protein, could add a tbsp or so of protein powder.



TOFU

Mash it up then add some yogurt and optionally a bit of protein powder.



SKYR

Thicker, smooth and higher protein due to straining process; fat content depends on variety.



RICOTTA CHEESE

Smoothen, creamier, and slightly sweeter, typically higher in fat and calories but lower in protein.

Cottage Cheese Fact Sheet

Per ½ cup low fat cottage cheese

Calories	Fat	Protein	Carbs	Fiber	Cost
90	1	13	5	0	0.515



- Cottage cheese provides a **complete protein** with all essential amino acids, supporting muscle repair, lean body mass, and overall recovery.
- Protein and fat in cottage cheese help you **feel full and satisfied** between meals.
- Cottage cheese naturally contains milk fat, which is a source of fat-soluble **vitamins A, D, E, and K2**.
- When eaten with carbs the combination of protein and fat slows digestion, helping **keep blood sugar more stable** after meals.
- Milk fats contain short- and medium-chain fatty acids, which are more easily digested and can provide a quick source of energy. Some milk fats also contain conjugated linoleic acid (CLA), which may support metabolism and antioxidant activity.
- Easy to add to meals, snacks, or recipes, pairs with fruits, vegetables, or whole grains for balanced nutrition.