

# TOP FIVE Cheese Myths

Science to the rescue!  
Let's debunk some **common cheese myths**

## Myth #1: Cheese and Lactose Intolerance

"You can't eat cheese if you're lactose intolerant"

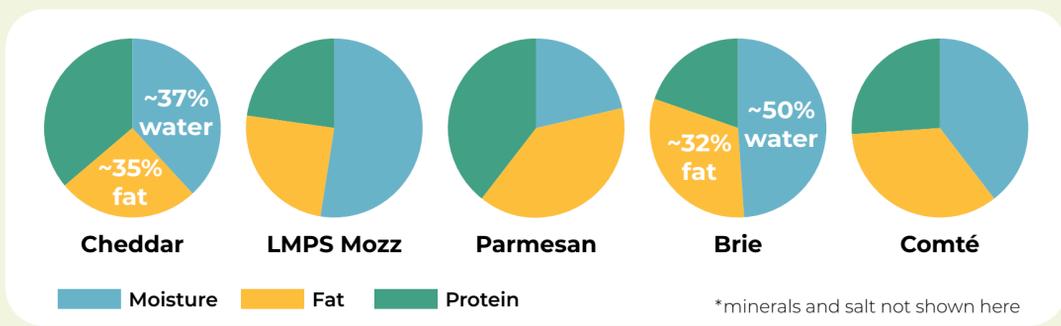
Actually, in many cheeses lactose (milk sugar) is **converted into lactic acid by starter culture** bacteria. Most aged cheeses have little-to-no lactose



## Myth #2: Soft Cheeses are as Fatty as Butter

"Creamy Brie is so runny because of the fat"

Most soft & runny cheeses get their texture because they contain **high amounts of moisture/water, not fat**. Firmer, drier cheeses are usually higher in fat ounce for ounce.



## Myth #3: Crunchy Bits in Cheese are Salt

"I love those crunchy **salt crystals** in aged cheese"

Those crunchy bits found on aged Cheddar and in Parm are indeed crystals, but **they're not salt!**

The two most common crystals types are **calcium lactate** and **amino acid** crystals.

Aged Italian, Dutch, and Alpine Cheeses

tyrosine NC(Cc1ccc(O)cc1)C(=O)O      leucine CC(C)C(C)C(=O)O

**AMINO ACIDS**

Aged Cheddar Cheeses

CC(O)C(=O)[O-].[Ca2+].[O-]C(=O)C(O)C

**CALCIUM LACTATE**

White Mold Cheeses - Brie & Camembert

**CALCIUM CARBONATE**

Washed Rind Cheeses

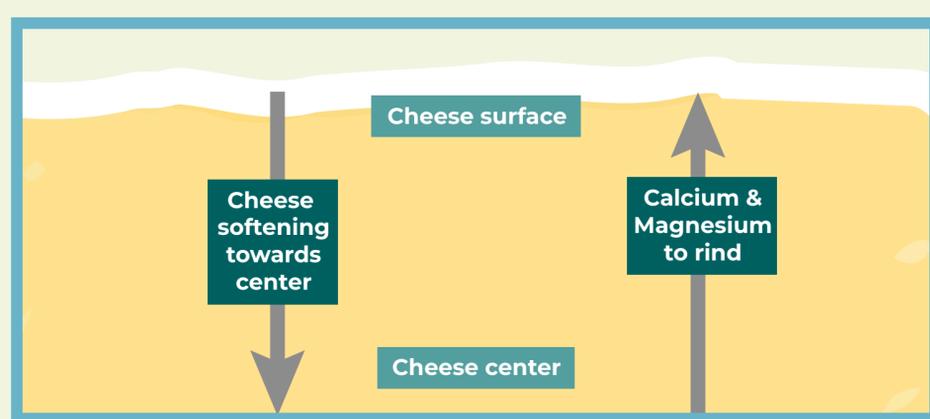
**IKAITE & STRUVITE**

## Myth #4: You Shouldn't Eat Brie's Rind

"There is no reason to eat Brie's rind, it's just mold"

Aside from personal preference, you might want to consider eating the rind of Brie and Camembert. It contains much **more calcium than the center of the cheese**.

As these cheeses age, calcium migrates to the surface which **helps with the softening/ripening process**.



## Myth #5: You can age any young cheddar

"Aged Cheddar = Young Cheddar + Time"

Young cheddar cheeses and those meant to be aged for long periods are **made differently!**

Cheddar meant to be aged is usually **lower in moisture and higher in salt**, which results in better ripening and flavor development

**Young Cheddar**

↑ moisture content      ↓ salt content

Cheddar meant to be consumed young (<3 months old) is usually a little **higher in moisture (~39%)** and **lower in salt (~1.5%)**

This means higher yield and more flavor development in a short amount of time

**Aged Cheddar**

↓ moisture content      ↑ salt content

Aged Cheddar is usually a little **lower in moisture (~36%)** and **higher in salt (~2%)**

This helps with ripening potential and preventing bitter/off-flavors from forming

For more information, check out [cheesescience.org/5myths](https://cheesescience.org/5myths)