

Say cheese!

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

ANCHOR LEDE

The latest diet trend: working cottage cheese into meals.

It can be a welcome addition to your diet if you follow guidelines that any expert will tell you: plan meals, and eat in moderation.

TAKE VO

OSF HealthCare dietitian Carly Zimmer says cottage cheese has benefits like protein and calcium, but you have to watch the salt levels, especially if you have conditions like high blood pressure or heart disease.

Try cottage cheese as a snack, an ingredient replacement, or blend it. It's even been seen lately in recipes like cookie dough and lasagna.

SOT

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)