

## Hungry Girl: 8 Healthy Snacks Every Cheese Lover Needs to Know About

*Lisa Lillien is the author of the popular Hungry Girl website and [email newsletter](#), featuring smart, funny advice on guilt-free eating. She is also the [author of twelve books](#), six of which debuted at number one on the New York Times Best Sellers list. Read her PEOPLE.com blog every Monday for slimmed-down celebrity recipes and more.*

Cheese is delicious and while some are high in calories, there are ways to get your fix without overdoing it. I've tried a bunch, and these are some of my favorites:



### 8. Daiya Deliciously Dairy-Free American Style Slices

Finally, this is one of the best non-dairy cheeses I've tried in a while. Daiya's slices are ideal for melting, and I flipped when I tasted this delicious American cheese swap. If you're vegan (or just cutting down on dairy), gooey grilled cheese is back on the menu.

'Til next time... Chew the right thing!

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