



The Quint**ESSENTIAL** Local food guide for a Good Gut Health

Paneer (Cottage Cheese)

Paneer is the most common cheese used in Indian Kitchen which blends itself well to an assortment of recipes.

Health Benefits of Paneer

- ◆ Paneer is rich in Calcium and thus plays a major role in tooth and bone health

Pal M. Beverage & Food World. 2019;46(7): 23-25

- ◆ The superior nutritive value of paneer is also attributed to the presence of whey protein that is a rich source of essential amino acids

Kumar S, et al. J Food Sci Technol. 2014;51(5):821-831.

- ◆ Paneer is also a good source of fat-soluble vitamins A and D

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