

Paneer, a fresh Indian cheese, is a popular ingredient in many South Asian cuisines. It's often touted as a healthier alternative to traditional cheeses, and for good reason.

**Say  
Paneer**



**A Healthier  
Dairy Alternative**

## Nutritional Benefits:

### Lean protein

Paneer is a great source of lean protein, essential for building and repairing tissues.

### Low in lactose

Unlike many Western cheeses, paneer is often lower in lactose, making it suitable for those with lactose intolerance.

### Low in fat

Compared to many Western cheeses, paneer is generally lower in fat, making it a healthier option for those watching their cholesterol intake.

### Rich in calcium

Paneer is a good source of calcium, crucial for bone health.

When paired with chana (chickpeas), paneer forms a formidable protein-packed duo that's perfect for vegetarians looking to boost their nutrient intake. These salads offer a delicious and nutritious way to enjoy the benefits of both ingredients.



## PANEER AND CHANA SALADS

### A Protein Powerhouse

Use enough spices like ginger, garlic and pepper for better digestion. Can be eaten, twice a week. Channa can be substituted with green gram.

- **Complementary protein profile**

Paneer and chana have complementary amino acid profiles, providing a complete protein source.

- **High in fiber**

Both paneer and chana are rich in fiber, aiding digestion and promoting satiety.

- **Nutrient-dense**

In addition to protein, paneer and chana are packed with other essential nutrients like calcium, iron, and magnesium.



## Advantages Over Cheese:

- 1 Lower in fat and calories**  
Paneer is generally lower in fat and calories compared to many Western
- 2 Lactose-friendly**  
Paneer is often lower in lactose, making it suitable for those with lactose intolerance.
- 3 Versatile**  
Paneer can be used in a variety of dishes, from salads and curries to sandwiches and desserts.



## Side Effects:

May trigger allergies in people prone to recurrent respiratory issues. For people with reduced digestive capacity, this may cause bloating.

- 1 High in sodium**  
Some brands of paneer may be high in sodium, which can contribute to high blood pressure.
- 2 Dairy allergies**  
Individuals with severe dairy allergies should avoid paneer.



## CONCLUSION

Paneer is a nutritious and versatile dairy product that offers a healthier alternative to many Western cheeses. When paired with legumes, it forms a powerful protein duo that's perfect for vegetarians looking to boost their nutrient intake.

For doubts and queries, please reach out  
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