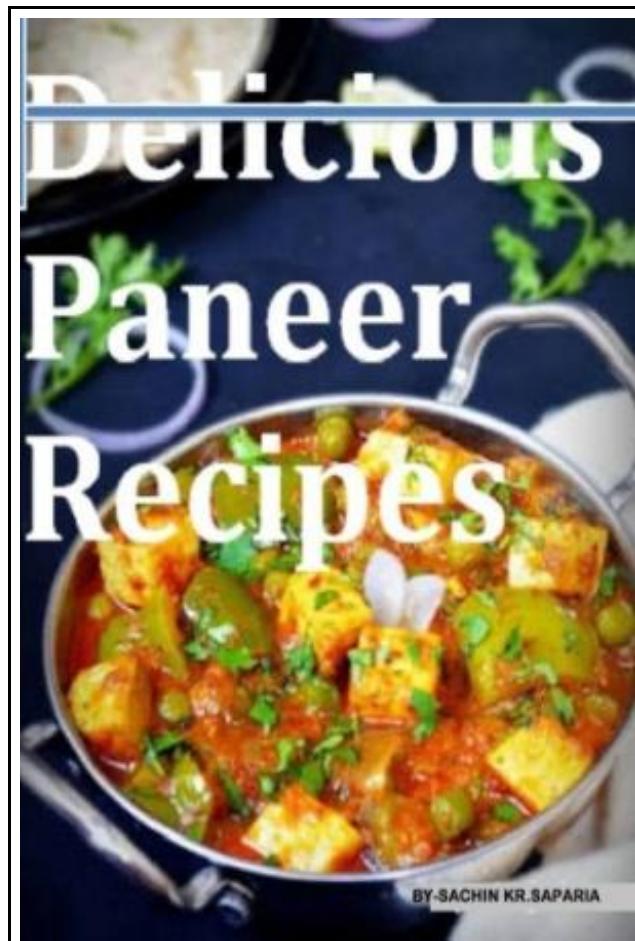


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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Paneer! It is one food item which is prepared in the household of every Indian. For those souls who are still oblivious to such an item existing, Paneer is Indian Cheese. It is prepared by boiling whole cream milk and adding acid or lemon to it to separate the thick contents. When the milk coagulates the water is removed and pressed to get a block. All we hear nowadays where everyone is health conscious is that Paneer is bad for health and it adds on to your calories. For once, let us look at the positives of this most lovable Indian food item. Paneer has numerous health benefits attached to it and for your health freaks out there, it is good to know about these advantages as Paneer is a treasure trove of nutrition. For one, Paneer is easy to digest. It is actually light on the stomach. What many of you might not be aware of is the fact that Paneer is high on calcium. This helps in building strong teeth and bones. Paneer has the health benefit of preventing osteoporosis, which is a disease which affects the bones which eventually causes a bone loss. It affects especially the old. Paneer, which is a source of Calcium is a must for women who have attained menopause and for men above the age of 65. Paneer, taken in moderation, actually helps in reducing weight. So, for all those who are on a strict diet regime and believe that eating Paneer is a sin, here is a myth which is busted. You could include Paneer as part of your diet too. Paneer also has a health benefit of reducing the development of insulin...

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