



# **Rolled Cheese Sandwiches: Healthy and Easy Homemade for Your Best Friend**

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Phosphorus:

cheese is an excellent source of phosphorus. One portion (30g) of regular cheddar cheese provides 28% of the recommended daily requirement for an adult aged 19-50. Like calcium, phosphorus promotes healthy bones and teeth as well as aids in energy production and normal tissue growth.

Protein:

In addition to calcium, cheese is a great source of high-quality protein. Casein is the main protein in cheese, and both the method of coagulation of milk and the degree of ripening influence the protein in cheese. Dairy protein has recently been touted for its ability to control weight. Studies also suggest that dairy protein can reduce blood pressure and protect the body against toxins, bacteria and viruses.

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