

## Ricotta vs Cottage Cheese (vsdiff.com)

Feature	Ricotta	Cottage Cheese
Primary <i>milk base</i>	Whey (leftover liquid from cheesemaking) or whole milk	Curds from whole, reduced-fat, or skim milk
<b>Texture</b>	Grainy, creamy, <a href="#">slightly fluffy</a>	Curdy, lumpy to smooth depending on processing
Fat & protein (per 100g)	Fat ~4-13 g; Protein ~7-11 g (varies by milk)	Fat ~0.2-4.0 g (low-fat to full-fat); Protein ~11-14 g
Typical <i>pH</i>	~6.0-6.8 (mildly acidic)	~4.6-6.4 (depends on acidification)
Common uses	Filling, spreads, desserts, sauces	Salads, dips, baking, direct consumption
Storage	Shorter shelf life once opened; keep chilled	Comparable shelf life; sensitive to whey separation

Source: <https://vsdiff.com/ricotta-vs-cottage-cheese/>