

From the desk of
SARAH DAVIS

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Sarah Davis really into cottage cheese right now



A big big dairy kick

Sarah Davis has rediscovered cottage cheese as a healthy snack.

Historically, Davis has consumed the dairy product in a bowl with pre-sliced chunks of pineapple for a sweet and salty treat. This renewed fascination with the fresh cheese curd product has led to experimentation with savory combinations, such as tomatoes and avocados.

Though Davis's relationship with vegetarianism has not been one of strict fidelity, she still derives joy from knowing that half a cup of low-fat cottage cheese has 15 grams of protein. Everyone is so worried that vegetarians aren't getting enough protein, but what they really need to worry about is vitamin

B12. Three common symptoms of a vitamin B12 deficiency include memory loss, depression, and... we forgot the other one.

According to Davis, the consistency *should* gross her out, but weirdly it doesn't. Any vagina-owner knows there is ample evidence supporting the theory that textbook authors, sex educators, and WebMD editors have organized to target, antagonize, and disgrace cottage cheese by using it as an adjective to describe unhealthy discharge. There is no doubt a certain amount of mental gymnastics required to eat cottage cheese and not think about yeast infections.

In addition to eating it frequently, Davis also officially endorses cottage cheese. Who does she think she is, Goop? Maybe. Some woman on KPCC was really making fun of Gwyneth Paltrow a lot the other day, and Davis felt a little defensive. Why are we picking on her so much? Misogyny, probably. Anyway, cottage cheese. Here's another picture of it, you image-craven philistine.



Here we are again at that point in the press release where we are considering making all of the punctuation a font size bigger to take up more space. We really just want to get to two pages. The finish line is so close. In conclusion, cottage cheese is an inexpensive, nutrient- dense food that would probably be a great addition to your diet, if you could get past all the gross stuff we mentioned about the texture.