# The Role of Cheese in Elevating Salad Experiences and the Benefits of Diverse Plant Diets



### The Power of Different Ingredients in Salads and the Benefits of Plant Diversity in Diets

#### Unifying Ingredient in Salads: Cheese

Eric Kim, in his New York Times article dated May 29, 2024, shares his experiences with salads, emphasizing the role of cheese as the unifying ingredient in great salads. He reflects on his time working at a restaurant in St. Augustine, Florida, recalling a watermelon and feta salad that left a lasting impression on him. For Kim, cheese adds a crucial contrast to the salad, complementing the main elements and enhancing the overall experience. Highlighting salads from his past, such as a Caesar salad rich in Parmigiano-Reggiano, Kim underscores the significance of cheese in elevating basic salads to memorable culinary experiences.

#### Eating 30 Different Plants a Week

On the same date, Chef Hugh Fearnley-Whittingstall emphasized a shift from the conventional "five-a-day" fruit and vegetable intake to a broader recommendation of 30 different plants per week. This guidance stems from research by Dr. Tim Spector at King’s College London, which shows a correlation between a diverse plant diet and improved gut microbiomes. The research indicates that a varied plant diet can enhance overall health, immunity, and mental well-being.

Fearnley-Whittingstall suggests practical ways to achieve this goal, such as incorporating pulses, nuts, seeds, and herbs alongside vegetables and fruits. His advice includes making slight adjustments to shopping habits, diversifying breakfast options, and finding creative cooking methods to make vegetables more exciting. His new book, *How to Eat 30 Plants a Week*, offers 100 recipes to help integrate a wide variety of plants into daily meals, aiming to make the goal both achievable and enjoyable for everyone.