

**PREVIEW_ Nina Teicholz (Seafood salad) -
Cooking keto with Kristie (Breckenridge 2018)**

Kristie Sullivan: I am so excited to be in the kitchen with Nina Teicholz. Well, we're going to fly in the face of conventional wisdom about dietary fat and we're going to make a seafood salad.

Nina Teicholz: Fat does not make you fat, which is the fundamental thing. The fat in the sour cream does not become the fat on your body.

Kristie: Let's give it a try.

Nina: Okay, bon appétit.

Kristie: I'm trying to get a bite with everything.

Nina: Mm, that's really good.