

P. K. NEWBY, ScD, MPH, MS

Scientist. Speaker. Author. Food Expert. Cook.
Live Your Healthiest Life, Deliciously

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Brief Biography

Dr. P.K. Newby, ScD, MPH, MS (also known as “The Nutrition Doctor”) is a scientist, foodie, and author with more than 20 years of experience researching diet-related diseases; studying how people make food choices; and teaching students and the public about why what we eat matters. Her passion for nutrition stems from a life-long love affair with food developed from whipping up fabulous dishes in her own kitchen and working in the restaurant industry for ten years, including two as a cook in a vegetarian café. She was one of the “best undiscovered cooks” on Nigella Lawson’s team on ABC’s *The Taste* (2014-2015), where she created globally inspired, plant based cuisine. Today, PK spends most of her time writing, speaking, cooking, and consulting to help build a healthier, more sustainable world, one delectable bite at a time. Always enthusiastic and ever inspiring in the classroom and beyond—her students have called her “rockstar”—she speaks locally, nationally, and internationally on all things food and nutrition, person to planet. A recent highlight includes a talk on the future of food in Milan, Italy, at the 2015 world’s fair dedicated to “Feeding the Planet, Energy for Life.” PK consults regularly for the private and nonprofit sectors and currently serves on the Science Advisory Board of Virgin Pulse, one of Sir Richard Branson’s companies dedicated to employee health and wellbeing. She is a regular contributor at Zester Daily, an online publication promoting dialogue about what we eat and drink, and communicates with the public on her own blog, *Cooking & Eating the PK Way*. As an Adjunct Associate Professor of Nutrition at Harvard, PK still spends some time on academic activities. She is an award-winning professor (Teaching Innovator Award, 2015-2016) and created and co-teaches *From Farm to Fork: Why What We Eat Matters*, one of the most popular courses in the Environmental Sciences program, as well as *Food Science & Technology: Implications for Public Health and Nutrition*. She recently authored *Superfoods*, a National Geographic special edition magazine featuring a few of her favorite recipes (January 2016) and coauthored *Foods for Health: Choose and Use the Very Best Foods for Your Family and Our Planet* (National Geographic, 2014). She is currently working on her next books to inspire people to live their healthiest lives, deliciously.

PK received her doctoral degree in nutrition from Harvard School of Public Health Department of Nutrition (ScD), where she studied the role of diet in health promotion and disease prevention. She also earned master’s degrees in human nutrition biochemistry (MS) and public health (MPH) from Columbia University, where she studied how people make food choices and the impact of those choices on our shared environment. A native (and proud) New Yorker, her undergraduate work at SUNY-Albany (BS) focused on social welfare, psychology, and sociology.