

P. K. NEWBY, SCD, MPH, MS

Scientist. Science Communicator. Gastronomer. Author.

Mission. To harness my passion for science and food to create a healthier and more sustainable world, in all the ways that I can, through projects that inform, inspire, and incite meaningful changes in individuals, communities, and society.

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Biography

Overview & Expertise. Dr. P.K. Newby (“The Nutrition Doctor”) is a nutrition scientist, science communicator, gastronome, and author with twenty-five years’ experience researching diet-related diseases; studying how people make food choices; and teaching students and the public about why what we eat matters, from farm to fork. She is an Adjunct Associate Professor of Nutrition at Harvard, where she is an award-winning educator, most recently for her class *From Farm to Fork: Why What We Eat Matters*. She previously served as a research scientist at Tufts University and an Associate Professor at Boston University. 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” and the last woman standing with the domestic goddess Nigella Lawson on ABC’s *The Taste*, where she created globally inspired, plant-based cuisine rooted in her fun loving philosophy, “Healthy Hedonism.” She continues cooking at food festivals and beyond as a way to inspire healthy, sustainable eating.

Science Communicator & Author. Newby is a thought leader who speaks locally, nationally, and internationally on all things food and nutrition, person to planet. A highlight was her talk “Food and Nutrition in the 21st Century: How Science, Taste, and Technology (Still) Shape What We Eat.” She consults regularly and serves on several boards in a science advisor capacity. Newby’s newest book is *Food & Nutrition: What Everyone Needs to Know* (Oxford University Press, 2018). She is also the author of *Superfoods* (National Geographic, 2016) and coauthor of *Foods for Health: Choose and Use the Very Best Foods for Your Family and Our Planet* (National Geographic, 2014). She authored two ebooks focused on workplace health (Virgin Pulse, 2015); blogs at *Cooking & Eating the PK Way*; and is currently working on her next book and video series. Through all things, her goal is to help people answer the perennial question: What should I make for dinner?

Educational Background. Newby earned her doctoral degree in nutrition (ScD) at Harvard School of Public Health, where she studied diet-related chronic diseases and obesity prevention. She also holds master’s degrees in public health (MPH) and human nutrition (MS) from Columbia University, where she created an interdisciplinary program in health promotion and disease prevention focused on sociological, psychological, and environmental factors influencing food choices—and how those choices affect our shared planetary home. A proud New Yorker, Newby received her bachelor’s degree (BS) in social welfare from the State University of New York at Albany, with minors in psychology and sociology. Newby’s multidisciplinary training, which spans the biological, social, and public health sciences, provides her with a unique perspective when thinking about today’s food problems and their potential solutions.

P.K. was born in Montréal, Canada and grew up on Long Island in Port Washington, New York. She is a wanderlust whose hobbies include traveling, yoga, marathon-ing, reading, music, and theater. She lives with her husband and feisty black lab in Brookline, Massachusetts.