

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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Contact. pknewby.com | pkn@pknewby.com | 1.617.894.5833



Brief Bio

[Dr. P.K. Newby](#) (“The Nutrition Doctor”) is a scientist and author whose newest book is *Food & Nutrition: What Everyone Needs to Know*. She has been forging connections between the biological, behavioral, and environmental aspects of nutrition and food technology for more than two decades with her mantra “From farm to fork, what we eat matters!” Dr. Newby is known for her infectious enthusiasm, keen intellect, sharp wit, and contagious passion, inspiring people to live their healthiest, most delicious lives today while building a more sustainable world for tomorrow. She consults regularly and has served as a science advisor to several companies. She holds a doctorate from Harvard, two master’s degrees from Columbia, and served on the faculties at Tufts University (Research Scientist & Assistant Professor) and Boston University (Associate Professor). She’s currently an Adjunct Associate Professor and award-winning educator at Harvard and dedicates most of her time to fighting anti-science in all the ways that she can.

Medium Bio

[P.K. Newby, ScD, MPH, MS](#) (“The Nutrition Doctor”) is a scientist, gastronome, and author with twenty-five years’ experience researching diet-related diseases; studying how people make food choices and their impact on the environment; and teaching why what we eat matters, from farm to fork. She is a thought leader who speaks locally, nationally, and internationally, and her newest book is *Food and Nutrition: What Everyone Needs to Know* (Oxford University Press, 2018). Other works include *Superfoods* (National Geographic, 2016); two ebooks on employee health and wellness (Virgin Pulse, 2015); and *Foods for Health: Choose and Use the Very Best Foods for Your Family and Our Planet* (National Geographic, 2014; with Barton Seaver). She also communicates with the public on her blog, *Cooking & Eating the PK Way*. She consults regularly and has served as a science advisor to several companies. Dr. Newby’s passion for nutrition stems from a life-long love affair with food, from cooking, baking, and gardening as a kid to working in the restaurant industry. She was one of the “best undiscovered cooks” on ABC’s *The Taste* (2014-2015) where she created globally inspired, plant-based cuisine based on her “Healthy Hedonism” philosophy—and she was the last woman standing with domestic goddess Nigella Lawson. She holds a doctorate from Harvard, two master’s degrees from Columbia, and served on the faculties at Tufts University (Research Scientist & Assistant Professor) and Boston University (Associate Professor). She’s currently an Adjunct Associate Professor and award-winning educator at Harvard and dedicates most of her time to fighting anti-science in all the ways that she can.

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.