

P. K. NEWBY, ScD, MPH, MS

Nutrition Scientist & Science Communicator | Author & Keynote Speaker | Consultant

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

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P.K. Newby, ScD, MPH, MS (“The Nutrition Doctor”) is a scientist, author, and entrepreneur with decades of experience researching diet-related diseases; studying how people make food choices and their impact on the environment; and teaching about why what we eat matters, from farm to fork. In 2012, she started her own company to bring science to today’s critical food and nutrition conversations and challenges—and fight junk-science in all the ways that she can. She is an inspiring 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 e-books 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). She also communicates with the public through her blog *Cooking & Eating the PK Way* and e-books such as *Creating a Healthy Diet: Change is Possible*. She consults regularly and serves as a science advisor to or on the boards of 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* (2014-15), where she created globally-inspired, plant-based cuisine rooted in her unique Healthy Hedonism™ philosophy—and was the last woman standing with domestic goddess Nigella Lawson. She holds a doctorate from Harvard and two master’s degrees from Columbia and served on the faculties at Tufts (Research Scientist and Assistant Professor; 2001-06) Boston University (Associate Professor; 2006-12), and Harvard (Instructor and Adjunct Associate Professor; 2011-19), where she was an award-winning educator. Learn more at pknewby.com.

P.K. is a total science geek who 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, cooking, and theater. She lives with her husband and feisty black lab in Boston, Massachusetts.

