

Book Talk Proposal for “Food & Nutrition” Tour | Fall 2018

Food & Nutrition: What Everyone Needs to Know

By P.K. Newby, ScD, MPH, MS

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What Everyone Needs to Know: Top Five Food Facts **Evidence-based Answers to Essential Questions for Eaters Everywhere**

Are you sometimes confused about what to eat for health? Do you want science-based information but don't know who or what to believe? Do you feel like nutritionists are always changing their minds? If so, you're not alone. But the truth is clear: while nutrition confusion is rampant, scientists know an astounding amount about the power of food. In fact, 80% of chronic diseases are preventable, and diet is the single largest modifiable factor. And we also know how to eat sustainably to protect our planet. In this talk, Dr. P.K. Newby (“The Nutrition Doctor”) will present the “Top Five” facts from her new book *Food & Nutrition: What Everyone Needs to Know* (Oxford University Press, 2018) to help everyday eaters navigate today's complex dietary landscape. Participants will learn the keys to a health-giving, planet-friendly diet and leave inspired to live their healthiest, most delicious lives. Nutrition confusion ends here.



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