

# **Food and Nutrition: What Everyone Needs to Know**

By P.K. Newby, ScD, MPH, MS | “The Nutrition Doctor”

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## **Book Summary**

***Food & Nutrition* is an accessible book with an easy-to-read Q & A style that helps readers separate food fact from fiction and nutrition science from nonsense when it comes to what we eat and why it matters, answering “need to know” questions related to all things food, from farm to fork.**

From gluten-free to all-Paleo, GMOs to grass-fed beef, our newsfeeds abound with nutrition advice. Whether sensational headlines from the latest study or anecdotes from celebrities and food bloggers, we’re bombarded with “superfoods” and “best ever” diets promising to help us lose weight, fight disease, and live longer. At the same time, we live in an over-crowded food environment that makes it easy to eat, all the time. The result is an epidemic of chronic disease amidst a culture of nutrition confusion—and copious food choices that challenge everyday eaters just trying to get a healthy meal on the table.

But the exhilarating truth is that scientists know an astounding amount about the power of food. A staggering 80% of chronic diseases are preventable through modifiable lifestyle changes, and diet is the single largest contributing factor. And we also know the secrets to eating sustainably to protect our planet.

In *Food & Nutrition*, Harvard- and Columbia-trained nutrition scientist Dr. P.K. Newby examines 134 stand-alone questions addressing “need to know” topics, including how what we eat affects our health and environment, from farm to fork, and why, when it comes to diet, the whole is greater than the sum of its parts—and one size doesn’t fit all. At the same time, Newby debunks popular myths and food folklore, encouraging readers to “learn, unlearn, and relearn” the fundamentals of nutrition at the heart of a health-giving diet. Her passion for all things food shines through it all, as does her love of the power of science, technology, and engineering to help create healthier diets for ourselves, and a more sustainable future for the planet we share.

## Book Overview

- Provides an overview of fundamental nutrition concepts relevant for health, weight, longevity, and disease prevention by explaining the roles of key nutrients, foods, and beverages
- Tackles popular food and nutrition topics and buzzwords and debunks myths by examining the scientific evidence base behind each and challenging readers to eschew junk- and anti-science
- Examines the relationship between humans, food, and the environment across time and space by considering how and what we eat, from our prehistoric Paleo days to the 21st century
- Discusses contemporary food and nutrition problems affecting both people and planet, why they exist, and how they may be solved
- Presents a rich framework for considering the inter-relationships between science, technology, and consumer that, together, shape what and how we eat
- Highlights cutting-edge nutrition research illustrating how, when it comes to health-giving diets, the whole is greater than the sum of its parts—and one size doesn't fit all

## About the Author

**P.K. Newby**, ScD, MPH, MS, is a nutrition scientist, science communicator, and gastronome whose multidisciplinary training spans the biological, social, and public health sciences, creating a unique and refreshing perspective when thinking about today's food problems and their potential solutions. She is also an Adjunct Associate Professor at Harvard, where she is an award-winning educator. Her mission is to help people live their healthiest, most delicious lives.

