

P. K. NEWBY, ScD, MPH, MS

Scientist. Science Communicator. Author. Gastronomer.

Mission. To harness my passion for food and science 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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P.K. Newby, ScD, MPH, MS (“The Nutrition Doctor”) is a scientist, author, and gastronome 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). She also communicates with the public through her blog, *Cooking & Eating the PK Way* and ebooks 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* (2014-2015) 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) before starting her own company in 2012. She remains an Adjunct Associate Professor and award-winning educator at Harvard and dedicates most of her time to fighting junk-science in all the ways that she can. 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, and theater. She lives with her husband and feisty black lab in Brookline, Massachusetts.

