

P. K. NEWBY, ScD, MPH, MS

Scientist, Science Communicator, and Science Advisor | Author and Keynote Speaker | Food Personality

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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Long Biography

P.K. Newby, ScD, MPH, MS (aka, “The Nutrition Doctor”) is a scientist, author, and entrepreneur with decades of experience researching diet-related diseases; studying how individuals make food choices and their impact on the environment; and educating people about why what we eat matters, from farm to fork. She started her own company in 2012 to bring science to today’s critical food and nutrition conversations and challenges—and fight junk-science in all the ways that she can. 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 free e-books such as *How to Eat: Plant-Based Recipes to Save Your Life and Our Planet* (2020) and *Creating a Healthy Diet: Change is Possible* (2018).

Dr. Newby is an inspiring thought leader who speaks locally, nationally, and internationally on a wide range of food-related topics. Highlights include “Produce Matters: Why Plants are Key to Health” at SXSW (Austin, TX, 2019); “Nutrition Myth Busters: Science Fact or Fiction?” at IDEA World Convention (Las Vegas, NV, 2017); and “Food and Nutrition in the 21st Century: How Science, Taste, and Technology (Still) Shape What We Eat” at the USA Pavilion on American Food 2.0, Expo Milan (Milan, Italy, 2015). She also interviewed Chewbacca (!) as part of her “Food Evolution” talk at the Sci-Fi Food Festival at the Museum of Science (Boston, MA, 2019). She serves as science advisor to, sits on the boards of, and consults with, organizations ranging from local nonprofits to international research policy groups and global food 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, including serving as one of the head cooks at a vegetarian café. She’s also an on-air, onstage talent with experience both performing and producing; she founded a nonprofit theater company, now in its 23rd year. In 2014-15, she was one of the “best undiscovered cooks” on ABC’s *The Taste*, where she created plant-based, globally-inspired, 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 (ScD) and two master’s degrees from Columbia (MPH and MS) alongside an undergraduate degree in social welfare from SUNY Albany (BS). Her interdisciplinary background, which spans the biological, social, environmental, and public health sciences, gives her a unique perspective on food and nutrition. A recovering academic, she previously 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 received multiple research, teaching, and leadership awards. She’s currently writing her next book and developing a docuseries on all the food things.

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 entertaining, and theater. She lives with her husband and feisty black lab in Boston, Massachusetts. Her M.O.: Life is short. Make it funny.