



## DR. P.K. NEWBY

Dr. P.K. Newby, ScD, MPH, MS (“The Nutrition Doctor”) is a scientist and author whose thought leadership is centered upon building awareness about what food is, what it does, and what it means both to our individual health and the planet we share. Her guiding philosophy stems from Kurt Vonnegut’s novel *Galápagos*—“When it comes right down to it, food is practically the whole story every time”—and her own mantra, “From farm to fork, what we eat matters.” Her latest book is *Food & Nutrition: What Everyone Needs to Know* (Oxford University Press, 2018). She is an Adjunct Associate Professor at Harvard University, where she is an award-winning educator (Teaching Innovator Award, 2015-16) known for her infectious enthusiasm and passion for all things food.

Dr. Newby authored *Superfoods* in 2016 and *Foods for Health: Choose and Use the Very Best Foods for Your Family and Our Planet* in 2014, both with National Geographic, and two handbooks for Virgin Pulse in 2015 (*Making Healthy Choices: How to Eat in the Work Place and Beyond* and *Healthy Eating at Work: Four Tips for Employers*). She’s a leader in culinary nutrition through her blog, *Cooking & Eating the PK Way* (2011- ) and was one of America’s “best undiscovered cooks” on ABC’s *The Taste*, showcasing her “Healthy Hedonism” philosophy through globally inspired, plant-based cuisine (2014-15). She consults regularly and has participated on the Private and Public, Scientific, Academic and Consumer Food Policy Group (PAPSAC) at the John F. Kennedy School of Government at Harvard University since 1999. She has acted as science advisor to several companies, including Virgin Health, and currently serves on the Council of Directors at True Health Initiative, Executive Advisory Council of the World Tomato Society, and Advisory Board of Adeo Health.

Dr. Newby’s is an internationally recognized expert for her research focused on the total diet—the whole is greater than the sum of its parts—furthering a paradigm shift in nutrition that has indelibly altered the way people, organizations, and policy makers think about food. She’s been talking about the future of food for more than a decade, a subject she spoke about at the USA Pavilion at the 2015 Expo Milan world’s fair dedicated to “Feeding the Planet, Energy for Life.” She has received numerous awards for her scholarship, including the competitive Nutrition Leadership Award (Dannon Institute, 2005). She holds a doctorate from Harvard in nutritional epidemiology (ScD), two master’s degrees from Columbia in public health (MPH) and human nutrition (MS), and served on the faculties at Tufts University (Research Scientist & Assistant Professor, 2001-2006) and Boston University (Assistant then Associate Professor, 2006-2012).

Unlike most nutrition experts, Dr. Newby’s broad training across a wide variety of disciplines, including the social-behavioral, environmental, and biological sciences, creates a rich fabric through which she views food problems and solutions, person to planet. She is an expert on health promotion, disease prevention, and sustainable eating who understands the way people think about diet and knows how to create meaningful behavior change. Her life-long love affair with food also differentiates her from other thought leaders in the nutrition space: she is a gastronome who spent ten years working in restaurant industry, two of which were spent cooking in a neighborhood vegetarian café.

While research has shown that approximately 80% of chronic diseases are preventable through lifestyle choices such as diet, they remain epidemic in part due to the din of junk-science opinions dominating contemporary nutrition discourse. For this reason, Newby started her own company in 2012 with the motto “Nutrition Confusion Ends Here.” Her mission is to bring science back to today’s food conversations in all the ways she can, and this journey of science communication has taken her from stage to television to books and beyond.



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Dr. Newby is a lover of the performing arts who grew up onstage and is the Founder and President Emeritus of one of Boston's preeminent nonprofit theater companies, now in its twenty-first year. Hobbies include traveling, yoga, marathon-ing, reading, music, and taking long walks and runs with her feisty black lab.