

Biography

Medium Version • 217 words

P.K. NEWBY ScD, MPH, MS

P.K. Newby, ScD, MPH, MS, is a Harvard- and Columbia-trained nutrition scientist, thought leader, and visionary whose multidisciplinary background creates a richly textured view on why what we eat matters, from farm to fork and far beyond. Dr. Newby is an expert on healthy, sustainable diets and founded Food Matters Media in 2019 to fight rising misinformation and mounting agshittification in all the ways that she can. Her passion for nutrition stems from a life-long love affair with all things food, from cooking, baking, and gardening to working in the restaurant industry. She was one of the “best undiscovered cooks” on ABC’s *The Taste* in 2015, dishing up plant-based, globally inspired cuisine rooted in her Healthy Hedonism philosophy, and her blog includes 300+ recipes and videos. Dr. Newby has authored more than 65 peer-reviewed scientific publications as well as multiple books and e-books, most recently *Food and Nutrition: What Everyone Needs to Know* (2025), the first edition just published in Chinese. Through all her work, Newby aims to nourish food literacy and ignite activism to build a brighter future for all, one bite at a time. She is also a recovering academic, previously serving on the faculties at Tufts, Boston University, and Harvard, where she won multiple research, teaching, and leadership awards—despite the male patriarchy. foodmattersmedia.com

Quick Reference

CURRENT ROLES Founder & CEO, Food Matters Media; Author of *Food and Nutrition: What Everyone Needs to Know* (Oxford University Press, November 2025)

EXPERTISE Nutrition science, plant-based diets, chronic disease prevention, sustainable eating, healthy hedonism, agshittification, ecotechno future of food

AWARDS multiple research & teaching honors, including Harvard's Teaching Innovator Award and Danone's Nutrition Leadership Award

EDUCATION ScD - Harvard School of Public Health; MPH & MS - Columbia University; BS - SUNY Albany

PUBLICATIONS 65+ peer-reviewed scientific articles, multiple books including Oxford University Press, National Geographic, self-published e-cookbooks; blog with 300+ plant-based recipes

MEDIA & SPEAKING ABC's *The Taste*, NBC/Telemundo, SXSW, Boston Museum of Science, various print & podcast features

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