

CURRICULUM VITAE

P.K. NEWBY

ScD, MPH, MS

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MISSION STATEMENT

I aim to nourish science literacy and ignite food activism through projects that that inform, inspire, and incite meaningful changes in individuals, communities, and society to build a brighter future for all, one bite at a time—and to fight the War on Truth with everything I have.

BIOGRAPHY & PROFESSIONAL HIGHLIGHTS

P.K. Newby, ScD, MPH, MS, is a Harvard- and Columbia-trained nutrition scientist, thought leader, and visionary dedicated to exploring what we eat and why it matters, from farm to fork and far beyond. Her multidisciplinary background spanning the social, biomedical, and environmental sciences and passion for all things food informs a richly textured view on the past, present, and future of human diets. An expert on healthy, sustainable eating, she brings deep knowledge and sound evidence into today's critical food conversation. In all things, she aims to nourish science literacy and ignite food activism to build a brighter future for all, one bite at a time.

Dr. Newby launched Food Matters Media in 2019 to fight food and nutrition misinformation firsthand, in all the ways that she can. Her interest in diet and health stems from a life-long love affair with food, from cooking, baking, gardening, and entertaining to working in the restaurant industry. In 2015, she was featured as one of the "best undiscovered cooks" on ABC's *The Taste*, where she created plant-based, globally-inspired cuisine—and she was the last woman standing with domestic goddess Nigella Lawson. Newby grew up acting

and singing, and she is an on-air, onstage talent with experience performing and producing, founding and establishing an award-winning nonprofit theater company still running in Boston (est. 1998).

An engaging and charismatic speaker, Dr. Newby has delivered dozens of talks around the world of a wide array of food and nutrition issues. Notable gigs include chatting about the future of food with Chewbacca at Sci-Fi Food Day (Museum of Science, Boston, MA, 2019); talking "Plant-Based Meat: Green Eats or Just Junk Food?" at SXSW (Austin, TX, 2022); and discussing "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). Newby returns to the scene in 2026 for the launch of her newest book, *Food and Nutrition: What Everyone Needs to Know* (Oxford University Press, 2025), the groundbreaking 2018 edition now published in Chinese (2023) and Turkish (2020).

During the COVID-19 pandemic, Newby created a set of free e-cookbooks (2020-2021) to support hunger relief for Feeding America, including *How to Eat: Plant-Based Recipes to Save Your Life and Our Planet* (2020) and *Create Delicious Health: Science-Based Strategies to Lose Weight and Achieve Your Diet Goals* (2021). The content was drawn from Newby's blog, *Cooking and Eating the PK Way* (2011-2018), which includes 300+ plant-based recipes, videos, and articles on diet, disease prevention, and sustainable eating. Other written works include *Superfoods* (National Geographic, 2015), a special edition bookazine rereleased in 2025; 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, with Barton Seaver).

Dr. Newby's work and worldview are rooted firmly in a nutritional ecology paradigm that examines the intersection of health, environment, society, and economy, a framework used in research, teaching, and course development. With almost two decades investigating dietary patterns, nutrition, plant-based diets, and chronic disease prevention, she has published more than 65 peer-reviewed articles, book chapters, and white papers and has served as a science advisor with organizations ranging from local nonprofits to international research policy groups and global food companies.

Newby holds a doctorate from Harvard (ScD) in nutritional epidemiology, where she concentrated on diet and disease prevention. She also earned two master's degrees from Columbia (MPH, MS), where she crafted a novel dual-degree program in public health nutrition focused on the behavioral and environmental sciences and nutritional ecology. Her BS from SUNY-Albany is in social welfare, where she also completed pre-med coursework. A recovering academic, she previously served on the faculties at Tufts

(Research Scientist and Assistant Professor; 2001-2006) Boston University (Assistant and Associate Professor; 2006-2012), and Harvard (Instructor and Adjunct Associate Professor; 2011-2018), where she received multiple research, teaching, and leadership awards—despite the male patriarchy. She dreams of producing a docuseries on all the food things. foodmattersmedia.com

EDUCATION

Harvard University - Boston, MA

Doctor of Science 2001

Program in Nutritional Epidemiology

Focus: Diet and Chronic Disease Prevention

Department of Nutrition, T.H. Chan School of Public Health

Columbia University - New York, NY

Dual master's degree program in Public Health Nutrition

Master of Public Health 1996

Program in Health Promotion and Disease Prevention

Focus: Behavioral and Environmental Nutrition

Department of Sociomedical Sciences, Mailman School of Public Health

Master of Science 1996

Program in Human Nutrition

Focus: Nutritional Ecology

Institute of Human Nutrition, College of Physicians and Surgeons

State University of New York - Albany, NY

Bachelor of Science 1992

School of Social Welfare

Major: Social Welfare

Minors: Psychology and Sociology

TEACHING HIGHLIGHTS

Harvard University Extension School - Cambridge, MA 8/11-12/2016

Course Creator, Director, and Main Lecturer

Class: From Farm to Fork: Why What You Eat Matters

(course name later changed to Food, Nutrition, and the Environment: The Science of Why What We Eat Matters.) Graduate Program in Sustainability and Environmental Management, Environmental Science Department

- Developed and directed a 125+ student multidisciplinary course (offered on campus and online) focusing on the personal and planetary implications of food choices covering such topics as nutrition and human health; agriculture and food production; food and nutrition policy; and environmental degradation, climate change, and sustainability
- Delivered lectures and led discussions on human diets, paleo to present; diet and obesity, global nutrition, hunger, and food policy; tools for healthy eating; and the future of food
- Developed food- and cooking-related assignments and exams to demonstrate learned concepts
- Had full administrative responsibility for the course including development of syllabus, coursework, grading, and managing teaching staff
- Received "Innovation in Teaching" award from Harvard University (2015-2016)

Harvard T.H. Chan School of Public Health - Boston, MA 8/97-12/05; 2015

Course Creator and Co-Director (2015); Course Leader (9/01-12/05); Lecturer (8/99-12/05); Teaching Assistant (9/99-9/01)

Class: Food Science and Technology: Implications for Public Health and Nutrition, Department of Nutrition

- Developed syllabus, coursework, assignments, and inter-disciplinary seminars with government, consumer, and industry perspectives for doctoral-level course
- Remodeled the course in 2003 from a single page syllabus focused on food science to a 15-page, comprehensive syllabus including critical public health nutrition components
- Delivered lectures on current trends in food production; consumer perspectives on the food supply; agricultural influences on food and public health; and the role of nutrition in the future of global food systems

- Assumed administrative responsibility for the course, including development of syllabus, coursework, and grading

Boston University Metropolitan College - Boston, MA 7/11-7/12

Course Creator, Director, and Main Lecturer

Class: Food and Nutrition: A Matter of Health, Program in Gastronomy, Culinary Arts, and Wine Studies

- Developed a novel, discussion-based course designed to introduce major concepts in nutrition and diet to students of food studies and other disciplines with limited or no background in the basic sciences to expose students to key issues in the field and to build skills and knowledge to apply when approaching and integrating diet and nutrition in personal and professional settings.
- Delivered all lectures on such topics as basic nutrition science; dietary guidelines, food labels, and health claims; over- and under-nutrition; food, public health, and agriculture; and nutrition in the media.
- Assumed full administrative responsibility, including development of syllabus, coursework, grading, and leading discussions on current topics in the research and media

RESEARCH HIGHLIGHTS

Department of Pediatrics, Boston University School of Medicine - Boston, MA 1/07-9/12

Associate Professor (12/10-9/12) and Assistant Professor (1/07-11/10) of Pediatrics, Epidemiology, Nutrition, and Gastronomy & Research Scientist

- Primary appointment: Department of Pediatrics, Boston University School of Medicine
- Additional appointments: Department of Epidemiology, Boston University School of Public Health; Graduate Program in Medical Nutrition Sciences, Boston University School of Medicine; Program in Gastronomy, Culinary Arts, and Wine Studies, Boston University Metropolitan College
- Participated on multiple academic committees
- Served as academic advisor and primary research advisor for master's and doctoral students
- Provided statistical support and mentoring on study design and methods to fellows and faculty

- Taught basic epidemiology and biostatistics to medical residents in the department based on a novel 5-week, 10-class curriculum
- Collaborated with colleagues nationally and internationally within and outside of academia on varied projects, with a focus on deriving dietary patterns in diverse populations and examining associations with obesity-related outcomes and others

Jean Mayer USDA Human Nutrition Research Center on Aging at Tufts University - Boston, MA 11/01-12/06

Scientist III (5/04-12/06) & Postdoctoral Associate (11/01-4/04)

- Principal Investigator on project considering the relations between whole grains and fiber with markers of obesity and diabetes
- Proposed and conducted research project considering the associations of dietary patterns measured using cluster and factor analysis with obesity among adults participating in the Baltimore Longitudinal Study on Aging

Harvard School of Public Health, Department of Nutrition - Boston, MA 8/97-6/01

Research Assistant & Doctoral Candidate

- Proposed and conducted all phases of doctoral dissertation research project on the dietary etiology of obesity among low-income preschool children
- Additional research project on the validation of a diet quality index

SCIENCE ADVISOR, CONSULTING, & BOARD MEMBERSHIP

Picadeli – London, UK 2023

Project: Expert commentary on Vegocracy 2023 survey

Provided expert commentary and insights on survey results on healthy and sustainable eating for notable salad quick serve restaurant Picadeli.

True Health Initiative - New York, NY 11/16-present

Member, Council of Directors

Joined a group of international lifestyle medicine experts to reduce nutrition confusion and help consumers make healthful, evidence-based food choices. Provided video content on pop nutrition topics (e.g., do you really need more protein?) to RISE Health, a novel social media health and lifestyle media platform for in employee health (2024).

World Tomato Society - San Jose, CA 8/16-present

Member, Advisory Board

Collaborated with other tomato lovers to highlight the health and culinary benefits of one of world's favorite vegetables-cum-fruits.

The VCology Project - Phoenix, Arizona 4/20-12/23

Science Advisor

Provided nutrition, diet, and sustainability expertise on improving the healthfulness and sustainability to meal delivery company The Vegan Taste.

Epicure - Vancouver, Canada 11/18-11/19

Member, Scientific and Nutrition Advisory Board

Provided nutrition expertise on research translation and brand and product positioning in the company's move to the US market.

Viocare - Princeton, NJ 10/18-2/19

Project: Analyzing differences in food and nutrient intakes for a dietary intervention study.

Provided analysis direction and results interpretation of a clinical trial comparing dietary intakes of an intervention trial on irritable bowel disease.

Adeo Health Science - Boston, MA 6/17-present

Member, Advisory Board

Provided nutrition expertise to assist translating research into ready-to-eat products for babies and young children to reduce the risk of food allergies.

Virgin Pulse - Framingham, MA 8/14-8/15 Consultant; Member, Science Advisory Board

Project: Creating eating behavior change in an employee health setting (health app)

Provided research expertise and wrote a technical report describing various potential dietary assessment methods and tools to measure what people are eating in a web-based format. Advised on logic for applying methods for use in a large-scale employee health program. Acted as Science Advisory Member to advise on a broad range of food and nutrition issues.

Mathematica Policy Research, Inc. - Cambridge, MA 7/10-6/11

Project: Dietary patterns of low-income Americans (white paper)

Consulted on project examining healthy dietary patterns using cluster analysis among low-income participants and non-participants in federal food programs. Advised on data analysis and interpretation, specifically regarding the use of cluster analysis.

Contributed to writing of feasibility memos and reports. Final report was published by the USDA Center for Nutrition Science Policy and Promotion.

Scientia Advisors - Cambridge, MA 6/08; 6/09

Project: Functional foods and bioactives (scientific report)

Provided research expertise and wrote a technical report reviewing the science base and literature of various functional food components.

Boston Collaborative for Food and Fitness - Boston, MA 6/08-4/09

Project: Research design, survey development, and data analysis (research)

Provided research expertise regarding scientific methods, data collection, and analysis of food and physical activity data collected in a community-based research project to measure local food and fitness environments in five low-income neighborhoods in Boston. Project included quantitative and qualitative data. Provided assistance on survey development and administration. Conducted statistical analyses of data and prepared tables and presentations highlighting key findings.

Abt Associates - Cambridge, MA 3/06-5/06

Project: Dietary pattern analysis in federal food programs (feasibility memo and report)

Consulted on project examining dietary patterns among participants and non-participants in federal food programs such as WIC and the Food Stamp Program. Advised on data analysis and interpretation, specifically regarding the use of cluster analysis. Contributed to writing of feasibility memos and reports.

Zone Labs - Danvers, MA 9/03-9/04

Project: Research design and data analysis (research)

Advised on statistical matters, including power, statistical testing, analysis, and interpretation. Spoke at conferences on topics including glycemic index and essential fatty acids. Performed statistical analyses of datasets and assisted with manuscript preparation.

Body Access - Arlington, MA 9/03-11/03

Project: Diet and weight education (health education seminar)

Developed and conducted workshop with health club members on diet and weight management

Connect Systems - New York, NY; Boston, MA 5/97-10/97

Project: Statistical analysis and technical writing (specification documentation)

Collaborated with development team in the creation of client-server software programs. Wrote technical reports and functional specification documents of developed software products. Implemented sampling scheme and analysis plan for large dataset of insurance records. Trained users in statistical software (SPSS).

NYC Department of Health, Health Research Training Program - New York, NY 5/96-7/96

Project: Information technology development for health research

Proposed and created the data structure for a management information system and local area network to share data regarding public health internships for students. Conducted requirements and cost-benefit analyses. Managed and coordinated the implementation of proposed information system. Developed data collection method for program evaluation research. Created and implemented office policies and procedures to reflect system changes. Trained office staff in network use and information management.

Community Food and Resource Center - New York, NY 1/95-5/95

Project: Nutrition education and cooking demos (curriculum development)

Developed a nutrition education curriculum for elementary school students in Central Harlem. Taught nutrition education and conducted in-class cooking workshops.

SELECTED ACADEMIC HONORS & AWARDS

2015-2016 Teaching Innovator Award, Harvard Extension School

2011 Top 20 cited articles in 70-year history of *Nutrition Reviews*

2007 Robert M. Russell Award for Excellence in Scientific Achievement, "Nutrition and Obesity"

2005 Nutrition Leadership Award, Dannon Institute

2003-2007 National Institutes of Health Loan Repayment Program

2002 Certificate of Distinction in Teaching, Harvard College

1997-2000 National Cancer Institute Fellow in Cancer Education and Prevention

TALKS & PRESENTATIONS

SXSW Interactive. Austin, TX, USA. 17 March 2022. "Plant-Based Meat: Green Eats or Just Junk Food?" (*speaker*)

SXSW Interactive. Austin, TX, USA. 19 March 2022. "Regenerative Storytelling." (*panelist*)

Inventure\$, Calgary, Canada. 4 June 2020. "Nutrition Nirvana: Science and Technology are the Future of Food." (*speaker; event canceled due to coronavirus pandemic*)

Viva Fresh Expo, San Antonio, TX, USA. 1 May 2020. "Vegetables and Fruit: On Health, Sustainability, and Getting People to Eat More." (*speaker; event canceled due to coronavirus pandemic*)

Seattle Study Club, Seattle, WA, USA. 8 February 2020. "The Science of Nutrition: Knowledge, Confusion, Fad Diets, and Beyond." (*speaker*)

SKS Seattle. Seattle, WA, USA. 8 October 2019. "Food Evolution: Why Plant-Based Diets are Here to Stay." (*speaker*)

MedFit Tour. Seattle, WA, USA. 16 August 2019. "How to Harness the Power of Nutrition Science for Health and Longevity." (*speaker*)

Epicure Annual Conference. Las Vegas, NV, USA. 7 August 2019. "Food & Nutrition: What You Need to Know." (*speaker*)

Harvard University Extension School. Cambridge, MA, USA. 20 June 2019. "The Top Five Things Everyone Needs to Know About Food & Nutrition." (*live webinar*)

American Society for Nutrition. Nutrition 2019 Annual Meeting. Baltimore, MD, USA. 9 June 2019. "Challenges in Research Translation: Combating Nutrition Confusion." (*speaker*)

Seeds and Chips. Milan, Italy. 6 May 2019. "Food Evolution: The Final Frontier | Nutrition Science and Food Technology are the Foundation of Health and Sustainability, People to Planet." (*speaker*)

Museum of Science, Sci-Fi Food. Boston, MA, USA. 4 May 2019. "Tea. Earl Grey. Hot. | How Science, Technology, and *You* Shape the Future of Food." (*speaker*)

Fordham University. New York, NY, USA. 4 April 2019. "What Everyone Needs to Know About Food & Nutrition (and That Means You): The Top Five." (*speaker*)

SXSW Interactive. Austin, TX, USA. 8 March 2019. "Produce Matters: Why Plants are Key to Health." (*speaker, panelist*)

Dolphin Bookshop. Port Washington, NY, USA. 27 January 2019. "What Everyone Needs to Know About Food & Nutrition (and That Means You): The Top Five." *(speaker)*

Longfellow Books, Portland, ME, USA. 20 January 2019. "What Everyone Needs to Know About Food & Nutrition (and That Means You): The Top Five." *(speaker)*

Dana Farber Cancer Institute. Boston, MA, 2019. 16 January 2019. "Run Your Best Boston Marathon 2019: Nutrition for Optimal Performance." *(speaker)*

Harvard University Extension School. Cambridge, MA, USA. 14 January 2019. "What Everyone Needs to Know About Food & Nutrition (and That Means You): The Top Five." *(speaker)*

The Book Larder. Chicago, IL, USA. 9 January 2019. "What Everyone Needs to Know About Food & Nutrition (and That Means You): The Top Five." *(speaker)*

Annie Bloom's Books. Portland, OR, USA. 8 January 2019. "What Everyone Needs to Know About Food & Nutrition (and That Means You): The Top Five." *(speaker)*

Third Place Books-Lake Forest. Seattle, WA, USA. 7 January 2019. "What Everyone Needs to Know About Food & Nutrition (and That Means You): The Top Five." *(speaker)*

University College-London. London, England, UK. 13 November 2018. "What Everyone Needs to Know About Food & Nutrition (and That Means You): The Top Five." *(speaker)*

University of Bristol. Bristol, England, UK. 12 November 2018. "What Everyone Needs to Know About Food & Nutrition (and That Means You): The Top Five." *(speaker)*

University of Toronto. Toronto, Canada. 23 October 2018. "What Everyone Needs to Know About Food & Nutrition (and That Means You): The Top Five." *(speaker)*

Omnivore Books. San Francisco, CA, USA. 30 September 2018. "What Everyone Needs to Know About Food & Nutrition (and That Means You): The Top Five." *(speaker)*

University of California at Berkeley, School of Public Health. San Francisco, CA, USA. 27 September 2018. "What Everyone Needs to Know About Food & Nutrition (and That Means You): The Top Five." *(speaker)*

Momed. Los Angeles, CA, USA. 24 September 2018. "From Farm to Fork: Translating Principles of Health and Sustainability to Our Plates." *(speaker)*

Pacific Food and Beverage Museum. Los Angeles, CA, USA. 22 September 2018. "What Everyone Needs to Know About Food & Nutrition (and That Means You): The Top Five." *(speaker)*

John Snow, Inc., Washington, DC, USA. 18 September 2018. "What Everyone Needs to Know About Food & Nutrition (and That Means You): The Top Four." *(webinar)*

Natural Resources Defense Council. Washington, DC, USA. 17 September 2018. "What Everyone Needs to Know About Food & Nutrition (and That Means You): The Top Four." *(webinar)*

Bluestockings Bookstore, Activist Center, & Fair Trade Café. New York, NY, USA. 17 September 2018. "From Farm to Fork: How Our Choices Impact Food Producers, Society, and the Planet We Share." *(speaker)*

City University of New York, Graduate School of Public Health and Health Policy. New York, NY, USA. 13 September 2018. "Nutrition Translation From Farm to Fork: Understanding and Overcoming Challenges in Science Communication to Improve Food Systems and Public Health." *(speaker)*

Fordham University, Gabelli School of Business. New York, NY, USA. 10 September 2018. "What Everyone Needs to Know About Food & Nutrition (and That Means You): The Top Five." *(speaker)*

Harvard COOP Bookstore. Cambridge, MA, USA. 10 September 2018. "What Everyone Needs to Know About Food & Nutrition (and That Means You): The Top Five." *(speaker)*

Unidine. Boston, MA, USA. 5 September 2018. "Beyond Individual Health: How Our Food Choices Impact the World We Share." *(webinar)*

Brookline Booksmith. Boston, MA, USA. 4 September 2018. "What Everyone Needs to Know About Food & Nutrition (and That Means You): The Top Five." *(speaker)*

IDEA World Convention. Las Vegas, Nevada, USA. 21 July 2017. "Nutrition Myth Busters: Science Fact or Fiction?" *(speaker)*

IDEA World Nutrition & Behavior Change Summit. Las Vegas, Nevada, USA. 22 July 2017. "Guiding Others to Create their Healthiest, Most Delicious Lives." *(speaker)*

WYSS Institute for Biologically Inspired Engineering, Harvard University. Boston, Massachusetts, USA. 27 January 2016. "What to Eat in 2016: Nutrition Translation and Science Communication in the 21st Century." *(speaker)*

Dana Farber Cancer Institute. Boston, Massachusetts, USA. 20 January 2016. "Run Your Best Marathon: Nutrition for Optimal Performance." *(speaker)*

Expo Milan 2015: Feeding the Planet, Energy for Life. USA Pavilion, American Food 2.0. Milan, Italy. 26 October 2015. "Food and Nutrition in the 21st Century: How Science, Taste, and Technology (Still) Shape What We Eat." *(speaker)*

Virgin Pulse. Framingham, Massachusetts, USA. 9 April 2015. "The Science of Healthy Eating: Six Steps for Making Healthy Choices in the Workplace, and Beyond." *(webinar)*

Harvard School of Public Health. Boston, Massachusetts, USA. 23 March 2015. "The Nutrition Confusion Problem: Where's the Science in Today's Food Conversations?" (*speaker*)

Boston University School of Management. Boston, Massachusetts, USA. 8 April 2015. "Beyond Sustainability: The Future of Health Innovations." (*panel participant*)

Dana Farber Cancer Institute. Boston, Massachusetts. 22 February 2015. "Run Your Best Marathon: Nutrition for Optimal Performance." (*speaker*)

Harvard University. Cambridge, Massachusetts, USA. 18 February 2015. "Beyond the Ivory Tower: Communicating and Researching Nutrition in the 21st Century." (*speaker*)

Coolidge Corner Theater, Science on Screen. Brookline, Massachusetts, USA. 6 October 2014. "Reflecting on the Past, Pondering the Present, and Glimpsing the Future of Food." (*speaker, with movie*)

Harvard Extension University International Club. Cambridge, Massachusetts, USA. 19 November 2013. "Nutrition: It's Not Just About You." (*speaker and host*)

Fourth Annual Summit on Science Communications. International Food and Information Council. Washington, DC, USA. 7 May 2013. "Communicating Science in a Sea of Anti-science: Helping Consumers Find Food Truths." (*speaker*)

Scientific Approaches to Strengthening Research Integrity in Nutrition and Energetics. New Paltz, New York, USA. 7 August 2012. "Fidelity in Analysis and Research Reporting | Assessment of the Current State: An Overview." (*speaker and moderator*)

International Conference on Diet and Activity Methods. Rome, Italy. 16 May 2012. "Dietary Patterns in 2012 State of the Science: Methodological Advances and Novel Applications." (*speaker*)

European Child Cohort Network International Workshop. Bristol, England. 18 October 2011. "A Tale of Two Challenges Conducting Longitudinal Studies: Accurately Measuring Diet and Body Composition in Children and Adolescents." (*speaker*)

United States Department of Agriculture. Dietary Patterns Research Methods Workshop. Washington, DC, USA. 1 September 2011. "Empirically Derived Dietary Patterns: Cluster and Factor Analysis." (*speaker*)

Lead America. Boston, Massachusetts, USA. 4 August 2011. "Diet and Weight: A Matter of Health." (*speaker*)

International Society for Behavioral Nutrition and Physical Activity. Melbourne, Australia. 16 June 2011. "Dietary Patterns in 2011 State of the Science: Methodological Advances and Novel Applications." (*speaker*)

Grand Rounds, Boston Medical Center. Boston, Massachusetts, USA. 16 December 2010. "Diet and Childhood Obesity: What We Don't Know (And Why) & Where We Need to Go." (*speaker*)

Lead America. Boston, Massachusetts, USA. 21 July 2010. "Diet and Weight: A Matter of Health." (*speaker*)

Lead America. Boston, Massachusetts, USA. 18 June 2009. "Diet and Weight: A Matter of Health." (*speaker*)

International Conference on Diet and Activity Methods. Washington, DC, USA. 6 June 2009. "Dietary Patterns in Nutritional Epidemiologic Research: Past, Present, and Future." (*speaker*)

University of Alabama-Birmingham. Birmingham, Alabama, USA. 9 April 2009. "Dietary Intakes at in the Reasons for Geographic and Racial Differences in Stroke Risk Study." (*speaker*)

General Mills Canada. Conference on Whole Grains. Toronto, Canada. 18 September 2008. "Whole Grains and Children: What We Know and Where We Need to Go." (*speaker*)

Lead America. Boston, Massachusetts, USA. 3 July 2008. "Diet and Weight: A Matter of Health." (*speaker*)

General Mills Canada. Conference on Whole Grains. Montreal, Canada. 4 June 2008. "Whole Grains and Children: What We Know and Where We Need to Go." (*speaker*)

International Congress on Vegetarian Nutrition. Loma Linda, California, USA. 4 March 2008. "Plant Foods and Plant-based Diets: Protective Against Childhood Obesity?" (*speaker*)

Council for Responsible Nutrition. Washington, DC, USA. 5 May 2007. "Alternatives to Single Nutrient Studies in Nutritional Epidemiology." (*speaker*)

Harvard School of Public Health, Department of Nutrition. Boston, Massachusetts, USA. 11 September 2006. "Empirically Derived Eating Patterns: Evolving Methods in Nutritional Epidemiology. Past, Present, and Future." (*speaker*)

Institute of Food Technologists, Symposium on Potential Health Benefits of Whole Food and Their Isolated Bioactive Components. Orlando, Florida, USA. June 2006. "Top to Bottom: Complementary Methods to Understanding the Relation Between Diet and Obesity. From Dietary Patterns to Bioactives." (*speaker*)

International Conference on Dietary Assessment Methods, Satellite workshop on Methodological Concerns in Food Pattern Analysis. Copenhagen, Denmark. 14 April 2006. "Methodological Challenges of Cluster Analysis." (*speaker*)

Experimental Biology, Symposium on Dietary Patterns: Challenges and Opportunities in Dietary Patterns Research. San Francisco, California, USA. April 2006. "Data-driven Approaches: Cluster and Factor Analysis." *(speaker)*

Massachusetts Dietetic Association. Boston, Massachusetts, USA. May 2005. "Eating Patterns and Anthropometric Changes in Low-Income Preschool Children." *(speaker)*

Simmons College. Boston, Massachusetts, USA. November 2004. "The Relation Between Eating Patterns and Changes in Body Mass Index and Waist Circumference." *(speaker)*

Maternal and Child Health Obesity: Strategies and Implications. Jackson Hole, Wyoming, USA. May 2004. "Dietary Composition, Beverage Consumption, and Childhood Obesity among Low-income Preschool children participating in the North Dakota WIC program." *(speaker)*

Maternal and Child Health Obesity: Strategies and Implications. Jackson Hole, Wyoming, USA. May 2004. "The Zone Diet: Implications for Prevention and Treatment of Obesity." *(speaker)*

FOOD EVENTS & COOKING DEMOS

WGBH Food & Wine Festival. Boston, Massachusetts, USA. 16 October 2018. "Creating Healthy, Delicious, and Sustainable Meals." *(cooking demo)*

Momed. Los Angeles, CA, USA. 24 September 2018. "From Farm to Fork: Translating Principles of Health and Sustainability to Our Plates." *(speaker)*

Boston Local Food Festival. Boston, Massachusetts, USA. 16 September 2018. "Creating Healthy, Delicious, and Sustainable Meals." *(cooking demo)*

Port Washington Public Library. Port Washington, NY, USA. 12 September 2018. "What Everyone Needs to Know About Food & Nutrition (and That Means You): The Top Five." *(speaker, with cooking demo)*

Louisiana Food Prize. Shreveport, Louisiana, USA. 4-8 October 2017. *(cooking demo and judge)*

Louisiana Food Prize. Shreveport, Louisiana, USA. 24-28 September 2016. *(cooking demo and judge)*

Menus of Change, Culinary Institute of America. Hyde Park, New York, USA. 15-16 June 2016. "Translating the Science of Healthy and Sustainable Eating into Delectable Meals." *(host and moderator)*

Boston Local Food Festival. Boston, Massachusetts, USA. 20 September 2015. "Live Your Healthiest Life, Deliciously." *(cooking demo and presentation)*

Jacques Pépin Lecture Series. Programs in Food, Wine & the Arts, Boston University Metropolitan College. Boston, Massachusetts, USA. 12 February 2015. "The Future of Food: How Science, Taste, and Technology Shape What We Eat." *(speaker, with food tasting)*

The Taste. ABC. Season 3, 2014-2015, with Anthony Bourdain, Ludo Lefebvre, Nigella Lawson, and Marcus Samuelsson. Los Angeles, CA. *(national primetime television, cooking competition reality show)*

Boston Local Food Festival. Boston, Massachusetts., USA 12 September 2013. "Making Local Healthy and Delicious." *(cooking demo)*

Boston Local Food Festival. Boston, Massachusetts, USA. 10 October 2012. "Glorious Autumn Salads: How and Why to Make Your Own Vinaigrette." *(cooking demo)*

TELEVISION, VIDEO, & RADIO

Afternoon Live, KATU. Portland, Oregon. August 23, 2019. *(television, local afternoon show)*

AM Northwest, KATU. Portland, Oregon. August 16, 2019. *(television, local morning show)*

NBC10 / NECN / Telemundo. Boston, MA. "The Climate Project: Your Role, Your Impact." April 2019. *(television documentary, local primetime television)*

News Center Maine. Portland, Maine. January 28, 2019. *(television, local afternoon show)*

Jimmy Kimmel Live. ABC. New York, NY. January 10, 2019. *(television, surprise cameo)*

Afternoon Live, KATU. Portland, Oregon. January 9, 2019. *(television, local afternoon show)*

AM Northwest, KATU. Portland, Oregon. January 9, 2019. *(television, local morning show)*

Changing Lives—For the Health of It. February 10, 2019. "Food & Nutrition: What Everyone Needs to Know." *(podcast)*

Your Family's Health, WHPC. Long Island, NY. January 30, 2019. "Nutrition in the New Year." *(radio and podcast)*

Living Lab Radio, WBGH / WCAI / NPR. Boston and Cape Cod, MA. January 6, 2019. "Food & Nutrition: What Everyone Needs to Know." *(radio)*

Your Family's Health, WHPC. Long Island, NY. October 10, 2018. "Food & Nutrition: What Everyone Needs to Know." (*radio and podcast*)

Airwaves, KWMR. September 25, 2018. Los Angeles, CA. "Food & Nutrition: What Everyone Needs to Know." (*radio and podcast*)

IDEA Fitness, Inc. 2017. Las Vegas, Nevada. "Nutrition Myth Busters: Science Fact or Fiction?" (*online video*)

IDEA Fitness, Inc. 2017. Las Vegas, Nevada. "Guiding Others to Create their Healthiest, Most Delicious Lives." (*online video*)

Gastropod. January 20, 2015. Boston, MA. "Breakfast of Champions." (*podcast*)

The Taste. ABC. Season 3, 2014-2015, with Anthony Bourdain, Ludo Lefebvre, Nigella Lawson, and Marcus Samuelsson. Los Angeles, CA. (*national primetime television, cooking competition reality show*)

Wisconsin Public Radio / NPR. Madison, WI. October 3, 2014. "National Geographic Foods for Health: Choose and use the Very Best Foods for Your family and Our Planet." (*radio*)

For links to television clips, videos, popular press articles, op-eds, and more, visit foodmattersmedia.com.

BIBLIOGRAPHY

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END OF CURRICULUM VITAE

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Updated November 2025

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