

Biography

Academic Version • 675 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 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, dark humor, 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 on 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 at 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. She has also served as a science advisor and consultant with many organizations on various food, nutrition, and research matters.

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

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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