

P. K. NEWBY, ScD, MPH, MS

CEO and Founder, Food Matters Media, LLC

Mission. To harness the power of science and stories to promote health and sustainability through projects that inform and inspire and incite meaningful changes in our world.

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Short Biography (125 words)

Dr. P.K. Newby is a scientist, author, and entrepreneur who has dedicated her career to researching and communicating what we eat and why it matters, from farm to fork. An internationally recognized expert on plant-based diets and disease prevention and sustainable eating, she refocused her career on science communication in 2012 to bring evidence to today's food and nutrition conversations, launching Food Matters Media, LLC, in 2019. Her latest book is *Food and Nutrition: What Everyone Needs to Know* (Oxford University Press, 2018). A recovering academic, she holds a doctorate from Harvard, two master's degrees from Columbia, and previously served on the faculties at Tufts, Boston University, and Harvard. She's currently writing her next book and a 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.