

Biography

Long Version • 373 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 brings deep knowledge, dark humor, and sound evidence into today's critical food conversations. She launched Food Matters Media in 2019 to fight rising misinformation and mounting agshittification in all the ways that she can.

Newby's worldview is rooted in a nutritional ecology paradigm that examines the intersection of health, environment, society, and economy while celebrating the pleasure and community at the heart of how we eat. With over 20 years of research experience investigating dietary patterns and chronic disease prevention, she has published more than 65 peer-reviewed articles and has served as a science advisor, consultant, or board member for a wide range of organizations.

Newby's passion for nutrition stems from a life-long love affair with food, from cooking, baking, and gardening to working in the restaurant industry, and she's also an on-air, onstage talent with experience both performing and producing. She founded an award-winning nonprofit theater company in Boston (1998-present) and she was one of the "best undiscovered cooks" on ABC's *The Taste* in 2015.

Newby recently authored *Food and Nutrition: What Everyone Needs to Know* (Oxford University Press, 2025), the first edition now published in Chinese and Turkish. Other works include National Geographic's bookazine *Superfoods* (2015, 2025) and *Foods for Health: Choose and Use the Very Best Foods for Your Family and Our Planet* (2014). During the COVID pandemic, she created a set of free e-cookbooks (2019-2021) to support hunger relief efforts based on her blog *Cooking and Eating the PK Way* (2011-2018), which includes 300+ plant-based, globally inspired recipes rooted in her Healthy Hedonism philosophy.

Through all she does, Newby aims to nourish science literacy and ignite food activism to build a brighter future for all, one bite at a time. She is 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—and 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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