

Biography

Short Version • 76 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. She is an expert on healthy, sustainable diets and fights rising science misinformation and mounting agshittification in all the ways that she can while nourishing food literacy and igniting activism to build a brighter food future. 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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