

When it comes right down to it,  
food is practically the whole  
story every time.

- Kurt Vonnegut, *Galápagos*





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# Researching & Communicating Nutrition in the 21<sup>st</sup> Century

P.K. Newby, ScD, MPH, MS

Friday, February 27, 2015  
Food+ Research Symposium | Harvard University



*Cooking & Eating the PK Way: Nutrition Confusion Ends Here.*

Economy

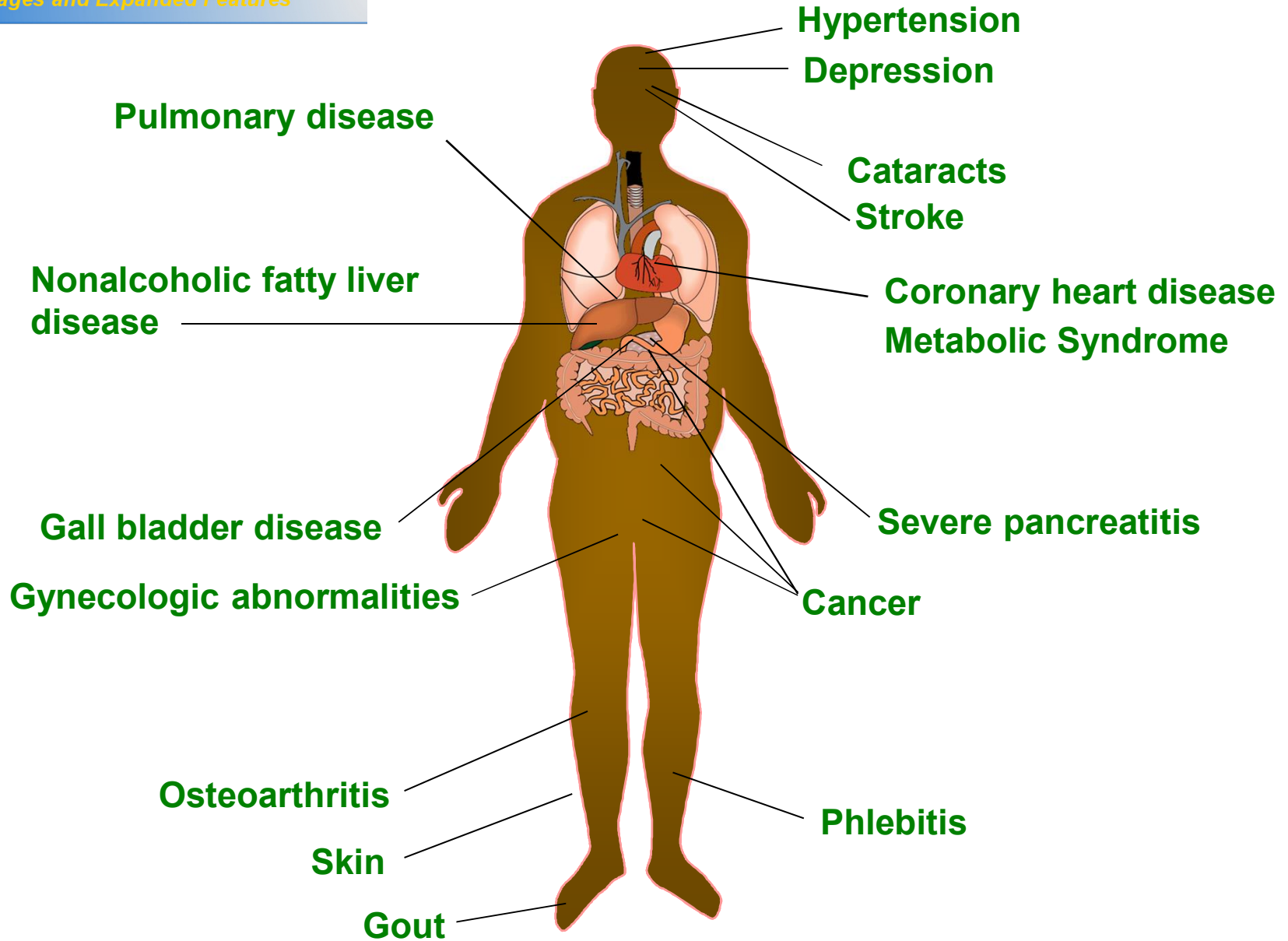
Society

**Nutrition Ecology: The New+Nutrition**  
*It's not just about you.*

Environment

Health

# er of Health



## Dietary Patterns

The whole is greater than the sum of its parts.

### Empirical (*a posteriori*)

Factor analysis

Cluster analysis

Reduced rank regression

### Theoretical (*a priori*)

Overall quality

Diversity / Variety

Food- / nutrient-based scores

## Systems Science

Diet is part of a larger risk profile including lifestyle, genetics, environment.



**So why are people slowly killing themselves and the planet through sub-optimal diets?**



# BEYOND the IVORY TOWER

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*Social Responsibilities  
of the Modern University*

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DEREK BOK

When it comes right down to it,  
food is practically the whole  
story every time. (Kurt Vonnegut, *Galápagos*)

And how that story ends is up to us.







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# Thank you!

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