

Bio:

(see shorter Bio below)

Nina Teicholz is an investigative science journalist, author, and adjunct professor of health policy at New York University. Her international bestseller, *The Big Fat Surprise* has upended the conventional wisdom on dietary fat—especially saturated fat— and challenged the very core of our nutrition policy.

The executive editor of “The Lancet” wrote, “this is a disquieting book about scientific incompetence, evangelical ambition, and ruthless silencing of dissent that has shaped our lives for decades... researchers, clinicians, and health policy advisors should read this provocative book.” A review in the American Journal of Clinical Nutrition said, “This book should be read by every scientist...[and] every nutritional science professional.” In the BMJ (British Medical Journal), the journal’s former editor wrote, “Teicholz has done a remarkable job in analysing [the] weak science, strong personalities, vested interests, and political expediency” of nutrition science.

The Big Fat Surprise was named a 2014 *Best Book* by *The Economist*, *the Wall Street Journal*, *Forbes*, *Mother Jones*, *Kirkus Reviews* and *Library Journal*.

Teicholz’s writing has also been published in *The BMJ*, *The New York Times*, *The Wall Street Journal*, *The Atlantic*, *The Independent*, and *The New Yorker*, among others.

In addition, Teicholz has emerged as a thought leader in the field of evidence-based nutrition policy. Towards this end, she founded and currently serves as executive director of The Nutrition Coalition, a nonprofit, non- partisan group that is free from industry funding. Teicholz has testified before the Canadian Senate and the U.S. Department of Agriculture about the need to reform guidelines so that they are based on sound science.

Teicholz attended Yale and Stanford where she studied biology and majored in American Studies. She has a master’s degree from Oxford University and served as associate director of the Center for Globalization and Sustainable Development at Columbia University.

A former vegetarian of 25+ years, from Berkeley, CA, Teicholz now lives in New York city with her husband and two sons.

Nina Teicholz, a science journalist, is author of the New York Times bestseller, *The Big Fat Surprise*, which upended the conventional wisdom on dietary fat—especially saturated fat—and spurred a new conversation about whether these fats in fact cause heart disease. Named a *Best Book* of the year by the Economist, Wall Street Journal and Mother Jones, among others, it continues to be called a must-read for anyone seeking to understand the amazing story of how we came to believe fat is bad for health—and what a better diet might look like. Nina is also the founder of the Nutrition Coalition, a non-profit working to ensure that government nutrition policy is transparent and *evidence-based*—work for which she’s been asked to testify before the U.S. Department of Agriculture and the Canadian Senate. Teicholz is a graduate of Stanford and Oxford Universities and previously served as associate director of the Center for Globalization

and Sustainable Development at Columbia University. Teicholz lives in New York city with her husband and two sons.