

Bio:

Nina Teicholz is an investigative science journalist and author. 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.

Short bio:

Nina Teicholz is an investigative science journalist and author. Her international bestseller, *The Big Fat Surprise* has upended the conventional wisdom on dietary fat—especially saturated fat. The executive editor of “The Lancet” wrote, “this is a disquieting book about...ruthless silencing of dissent that has shaped our lives for decades...researchers, clinicians, and health policy advisors should read this provocative book.” *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 is also the Executive Director of The Nutrition Coalition, a nonprofit, non-partisan group that promotes evidence-based nutrition policy. She 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 now lives in New York city with her husband and two sons.