

Nina Teicholz Ph.D. is a science journalist and author of the New York Times bestseller, *The Big Fat Surprise*. She's been a pioneer in challenging the conventional wisdom on saturated fats, vegetable (seed) oils, the health halo around the Mediterranean diet, and the reliability of the U.S. national dietary guidelines. Her work has been favorably reviewed by top medical journals, including the *Lancet*, and her own writing has been published in academic journals such as the *BMJ*, *Nutrients* and a journal of the National Academy of Sciences as well as media outlets such as the *New York Times*, *Wall Street Journal*, *the Atlantic* and *Economist*. Teicholz has also appeared on most major TV networks and many podcasts, from NPR to Joe Rogan. She is a graduate of Stanford and Oxford Universities, and in 2024, she received a Ph.D. in nutrition focused on evidence-based nutrition policy. For years, she ran a non-profit called the Nutrition Coalition aimed at updating the US dietary guidelines with the current science. Her work can now be found in a column on Substack called "Unsettled Science."

Teicholz has no commercial ties and has never received support from any industry for her work.