

**Short bio:**

**Nina Teicholz** is a science journalist focusing on nutrition 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, and the science underpinning the national dietary guidelines. Teicholz has a Ph.D. in nutrition, and her work has appeared in many major media outlets and scientific journals, including *PNAS Nexus* and the *BMJ*.

**Long bio:**

**Nina Teicholz, Ph.D.**, is a science journalist focusing on nutrition and health. Her *New York Times* bestseller *The Big Fat Surprise* upended the conventional wisdom on dietary fat—especially saturated fat and seed oils. Reviewed favorably by the *BMJ* and *The Lancet*, the book was called a “best book” of the year by the *Economist*, *Wall Street Journal*, and *Mother Jones*, among others. Teicholz is also the founder of the Nutrition Coalition, a nonprofit working to ensure that nutrition policy reflects the best and most current science. Teicholz's work has been published in most major media and journals including *Nutrients*, *PNAS Nexus*, and the *BMJ*. A Stanford, Oxford, and Reading University graduate, she has a Ph.D. in nutrition, focusing on evidence-based dietary policy. Teicholz has no commercial ties and has never received support from any industry for her work.