



Jane E. Brody is the Personal Health columnist for The New York Times. She joined The Times as a specialist in medicine and biology in 1965 after completing degrees in biochemistry and science writing at The New York State College of Agriculture and Life Sciences at Cornell University and the University of Wisconsin School of Journalism, respectively, and a two-year stint as a reporter for the Minneapolis Tribune. Her award-winning column is published in The Times's Science Times section every Tuesday and in many other newspapers around the country.

Ms. Brody is a much-sought-after speaker who lectures frequently to both lay and professional audiences on issues relating to health and wellness, including end-of-life preparation and care. Though no fanatic, when it comes to healthful living, she practices what she preaches, enjoying a diet rich in vegetables, fruits, and whole grains along with fish, lean meats and poultry, and engaging in daily physical activity.

Ms. Brody is the only or principal author of more than a dozen books, including two best-sellers, Jane Brody's Nutrition Book and Jane Brody's Good Food Book. She has appeared on hundreds of radio and television programs and starred in her own 10-part show on public television, Good Health from Jane Brody's Kitchen. She has written scores of magazine articles and won many prestigious awards for journalistic excellence.

Ms. Brody is the mother of twin boys and grandmother of four boys, including a set of twins. Brooklyn born and bred, she resides in New York City.

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Speech Topics

- Women's Issues
- Social
- Media/News Journalists
- Media
- Health & Wellness

