

# Stanford

---



## Jennifer Robinson

Associate Director, Medicine - Med/Stanford Prevention Research Center

### SUPERVISORS

- Christopher Gardner

### Bio

---

#### CURRENT ROLE AT STANFORD

Associate Director, Nutrition Studies Group

#### LINKS

- Nutrition Studies Group: <http://nutrition.stanford.edu>
- Stanford Prevention Research Center: <http://prevention.stanford.edu>

### Publications

---

#### PUBLICATIONS

- **Diet Quality and Comparison of Plant-Based Versus Omnivore Diets in Identical Twins: A Secondary Analysis of the Twins Nutrition Study (TwINS).** *Current developments in nutrition*  
Zeitlin, A. B., Ward, C. P., Minerva Cooper, A. O., Landry, M. J., Krenek, A. M., Durand, L. R., Cunanan, K. M., Robinson, J. L., Dant, C. C., Gardner, C. D.  
2025; 9 (10): 107549
- **A human milk oligosaccharide alters the microbiome, circulating hormones, and metabolites in a randomized controlled trial of older adults.** *Cell reports. Medicine*  
Carter, M. M., Demis, D., Perelman, D., St Onge, M., Petlura, C., Cunanan, K., Mathi, K., Maecker, H. T., Chow, J. M., Robinson, J. L., Sabag-Daigle, A., Sonnenburg, E. D., Buck, et al  
2025: 102256
- **Effects of fermented and fiber-rich foods on maternal & offspring microbiome study (FeFiFo-MOMS) - Study design and methods.** *Contemporary clinical trials*  
Ward, C. P., Perelman, D., Durand, L. R., Robinson, J. L., Cunanan, K. M., Sudakaran, S., Sabetan, R., Madrigal-Moeller, M. J., Dant, C., Sonnenburg, E. D., Sonnenburg, J. L., Gardner, C. D.  
2025: 107834
- **A gut pathobiont regulates circulating glycine and host metabolism in a twin study comparing vegan and omnivorous diets.** *medRxiv : the preprint server for health sciences*  
Carter, M. M., Zeng, X., Ward, C. P., Landry, M., Perelman, D., Hennings, T., Meng, X., Weakley, A. M., Cabrera, A. V., Robinson, J. L., Nguyen, T., Higginbottom, S., Maecker, et al  
2025
- **Unveiling the epigenetic impact of vegan vs. omnivorous diets on aging: insights from the Twins Nutrition Study (TwINS).** *BMC medicine*  
Dwaraka, V. B., Aronica, L., Carreras-Gallo, N., Robinson, J. L., Hennings, T., Carter, M. M., Corley, M. J., Lin, A., Turner, L., Smith, R., Mendez, T. L., Went, H., Ebel, et al

2024; 22 (1): 301

- **Cardiometabolic Effects of Omnivorous vs Vegan Diets in Identical Twins: A Randomized Clinical Trial.** *JAMA network open*  
Landry, M. J., Ward, C. P., Cunanan, K. M., Durand, L. R., Perelman, D., Robinson, J. L., Hennings, T., Koh, L., Dant, C., Zeitlin, A., Ebel, E. R., Sonnenburg, E. D., Sonnenburg, et al  
2023; 6 (11): e2344457
- **Randomized controlled trial demonstrates response to a probiotic intervention for metabolic syndrome that may correspond to diet.** *Gut microbes*  
Wastyk, H. C., Perelman, D., Topf, M., Fragiadakis, G. K., Robinson, J. L., Sonnenburg, J. L., Gardner, C. D., Sonnenburg, E. D.  
2023; 15 (1): 2178794
- **SWAP-MEAT Athlete (study with appetizing plant-food, meat eating alternatives trial) - investigating the impact of three different diets on recreational athletic performance: a randomized crossover trial.** *Nutrition journal*  
Roberts, A. K., Busque, V., Robinson, J. L., Landry, M. J., Gardner, C. D.  
2022; 21 (1): 69
- **Effect of a Ketogenic Diet versus Mediterranean Diet on HbA1c in Individuals with Prediabetes and Type 2 Diabetes Mellitus: the Interventional Keto-Med Randomized Crossover Trial.** *The American journal of clinical nutrition*  
Gardner, C. D., Landry, M. J., Perelman, D., Petlura, C., Durand, L. R., Aronica, L., Crimarco, A., Cunanan, K. M., Chang, A., Dant, C. C., Robinson, J. L., Kim, S. H.  
2022
- **Adherence to Ketogenic and Mediterranean Study Diets in a Crossover Trial: The Keto-Med Randomized Trial.** *Nutrients*  
Landry, M. J., Crimarco, A. n., Perelman, D. n., Durand, L. R., Petlura, C. n., Aronica, L. n., Robinson, J. L., Kim, S. H., Gardner, C. D.  
2021; 13 (3)
- **Gut-microbiota-targeted diets modulate human immune status.** *Cell*  
Wastyk, H. C., Fragiadakis, G. K., Perelman, D., Dahan, D., Merrill, B. D., Yu, F. B., Topf, M., Gonzalez, C. G., Van Treuren, W., Han, S., Robinson, J. L., Elias, J. E., Sonnenburg, et al  
2021
- **Long-term dietary intervention reveals resilience of the gut microbiota despite changes in diet and weight.** *The American journal of clinical nutrition*  
Fragiadakis, G. K., Wastyk, H. C., Robinson, J. L., Sonnenburg, E. D., Sonnenburg, J. L., Gardner, C. D.  
2020
- **Objective versus Self-Reported Energy Intake Changes During Low-Carbohydrate and Low-Fat Diets** *OBESITY*  
Guo, J., Robinson, J. L., Gardner, C. D., Hall, K. D.  
2019; 27 (3): 420–26
- **Objective versus Self-Reported Energy Intake Changes During Low-Carbohydrate and Low-Fat Diets.** *Obesity (Silver Spring, Md.)*  
Guo, J., Robinson, J. L., Gardner, C. D., Hall, K. D.  
2019
- **DIETFITS study (diet intervention examining the factors interacting with treatment success) - Study design and methods.** *Contemporary clinical trials*  
Stanton, M. V., Robinson, J. L., Kirkpatrick, S. M., Farzinkhou, S., Avery, E. C., Rigdon, J., Offringa, L. C., Trepanowski, J. F., Hauser, M. E., Hartle, J. C., Cherin, R. J., King, A. C., Ioannidis, et al  
2017; 53: 151-161