For the past 20 years most of my research has been focused on investigating the potential health benefits of various dietary components or food patterns, which have been explored in the context of randomized controlled trials in free-living adult populations. Some of the interventions have involved vegetarian diets, soy foods and soy food components, garlic, omega-3 fats/fish oil/flax oil, antioxidants, Ginkgo biloba, and popular weight loss diets. These trials have ranged in duration from 8 weeks to a year, with study outcomes that have included weight, blood lipids and lipoproteins, inflammatory markers, glucose, insulin, blood pressure and body composition. Most of these trials have been NIH-funded. The most recent of these was an NIH funded weight loss diet study - DIETFITS (Diet Intervention Examining The Factors Interacting with Treatment Success) that involved randomizing 609 generally healthy, overweight/obese adults for one year to either a Healthy Low-Fat or a Healthy Low-Carb diet. The main findings were published in JAMA in 2018, and many secondary and exploratory analyses are in progress testing and generating follow-up hypotheses.

In the past few years the long-term interests of my research group have shifted to include two additional areas of inquiry. One of these is Stealth Nutrition. The central hypothesis driving this is that in order for more effective and impactful dietary improvements to be realized, public health professionals need to consider adding non-health related approaches to their strategies toolbox. Examples would be the connections between food and 1) global warming and climate change, 2) animal rights and welfare, and 3) human labor abuses (e.g., slaughterhouses, agriculture fields, fast food restaurants). An example of my ongoing research in this area is a summer Food and Farm Camp run in collaboration with the Santa Clara Unified School District since 2011. Every year ~125 kids between the ages of 5-14 years come for 1-week summer camp sessions led by Stanford undergraduates and an Education Director to tend, harvest, chop, cook, and eat vegetables...and play because it is summer camp! The objective is to study the factors influencing the behaviors and preferences that lead to maximizing vegetable consumption in kids.

A second area of interest and inquiry is institutional food. Universities, worksites, hospitals, and schools order and serve a lot of food, every day. If the choices offered are healthier, the consumption behaviors will be healthier. A key factor to success in institutional food is to make the food options to "unapologetically delicious" a term I borrow from Greg Drescher, a colleague and friend at the Culinary Institute of America (the other CIA). Chefs are trained to make great tasting food, and chefs in institutional food settings can be part of the solution to improving eating behaviors. In 2015 I helped to initiate a Stanford-CIA collaboration that now involves dozens of universities that have agreed to collectively use their dining halls as living laboratories to study ways to maximize the synergy of taste, health and environmental

Bio

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sustainability. If universities, worksites, hospitals and schools change the foods they serve, they will change the foods they order, and that kind of institutional demand can change agricultural practices - a systems-level approach to achieving healthier dietary behaviors.

My long-term vision in this area is to help create a world-class Stanford Food Systems Initiative and build on the idea that Stanford is uniquely positioned geographically, culturally, and academically, to address national and global crises in the areas of obesity and diabetes that are directly related to our broken food systems.

ACADEMIC APPOINTMENTS

• Professor (Research), Medicine - Stanford Prevention Research Center
• Member, Cardiovascular Institute
• Member, Child Health Research Institute
• Member, Stanford Cancer Institute
• Faculty Fellow, Stanford ChEM-H
• Affiliate, Stanford Woods Institute for the Environment

ADMINISTRATIVE APPOINTMENTS

• The Rehnborg Farquhar Professorship, Stanford University School of Medicine, (2017- present)
• Director, Clinical and Translational Core, Stanford Diabetes Research Center, (2017-2022)
• Member, American Diabetes Association Dietary Guidelines Committee, (2017-2019)
• Scientific Advisory Committee, Culinary Institute of America, (2012- present)
• Nutrition Committee, American Heart Association, (2009-2013)

HONORS AND AWARDS

• Outstanding Faculty Advisor, Program in Human Biology (2011-2012)
• Teaching Award, Stanford Prevention Research Center (2011)
• Teaching Award, Stanford Prevention Research Center (2005)
• Distinguished Honorary Award, San Jose State University Department of Nutrition (2003)

BOARDS, ADVISORY COMMITTEES, PROFESSIONAL ORGANIZATIONS

• Scientific Advisory Board Member, Culinary Institute of America (2012 - present)
• Member, American Society of Nutrition (2011 - present)
• Member, Obesity Society (2008 - present)
• Member, American Heart Association: Nutrition Committee (2008 - 2012)
• Member, American Heart Association Council on Nutrition, Physical Activity and Metabolism (2003 - present)
• Member, American Heart Association Council on Epidemiology and Prevention (1994 - present)

PROFESSIONAL EDUCATION

• PhD, Univ Cal Berkeley , Nutrition Science (1993)
• B.A., Colgate University , Philosophy (1981)

LINKS

• Nutrition Studies Site: http://nutrition.stanford.edu
Research & Scholarship

CURRENT RESEARCH AND SCHOLARLY INTERESTS

For the past 20 years most of my research has been focused on investigating the potential health benefits of various dietary components or food patterns, which have been explored in the context of randomized controlled trials in free-living adult populations. Some of the interventions have involved vegetarian diets, soy foods and soy food components, garlic, omega-3 fats/fish oil/flax oil, antioxidants, Ginkgo biloba, and popular weight loss diets. These trials have ranged in duration from 8 weeks to a year, with study outcomes that have included weight, blood lipids and lipoproteins, inflammatory markers, glucose, insulin, blood pressure and body composition. Most of these trials have been NIH-funded. In 2013 we are just finishing one trial investigating the effects of antioxidants on inflammatory markers in ~80 adults with metabolic syndrome. In 2013 we are also near to completing another study that is a weight loss trial among 60 overweight and obese adults that were assigned to either a very low carbohydrate vs. a very low fat diet (both of them emphasizing and maximizing nutritional quality) after being stratified by their insulin resistance status. In that trial we are investigating the possibility that certain individuals are predisposed to be more successful with a particular diet (in this case low-carb or low-fat) based on their insulin resistance status. We were recently funded by NIH to conduct a 5-year low-carb vs. low-fat weight loss study among 400 overweight and obese adults after genotyping them and trying to assign them to a diet that we believe they are more vs. less likely to succeed on. Again, in this case we are trying to find characteristics that would help determine differential response to weight loss diets.

In the past few years my long-term research interests have shifted to include a second line of inquiry that falls more under the umbrella of Community Based Participatory Research (CBPR). This shift came from the recent realization and appreciation that focusing on "health" as a motivator for changing and improving human food behaviors can drastically limit the potential impact for change. This realization led me to initiate the first annual Stanford Food Summit in 2010, and now continue that in 2011 and 2012. The first Stanford Food Summit in 2010 was attended by hundreds of scholars from across all seven of Stanford's undergraduate and graduate schools (Medicine, Earth Sciences, Humanities and Sciences, Engineering, Law, Business and Education). The subsequent two Stanford Food Summit (2011 and 2012) have provided forums to present the work and findings of several new community-academic partnerships (e.g., Full Circle Farm in Sunnyvale, CA, and Second Harvest Food Bank in San Mateo and Santa Clara counties) that have been formed through CBPR pilot project funding we were able to provide due to several generous donors who attended our Food Summits and were inspired by our vision for solution-oriented approaches to food system problems. My long-term vision in this area is to create a world-class Stanford Center for Education and Research in Food Systems, and build on the idea that Stanford is uniquely positioned geographically, culturally, and academically, to address national and global crises in the areas of obesity and diabetes that are directly related to our broken food systems.

CLINICAL TRIALS

- Adding Sleep Intervention to Traditional Diet and Exercise Approach to Weight Loss, Not Recruiting
- Comparing Effects of 3 Sources of Garlic on Cholesterol Levels, Not Recruiting
- Comparison of Popular Weight Loss Diets, Not Recruiting
- DIETFITS Study (Diet Intervention Examining the Factors Interacting With Treatment Success, Not Recruiting
- Effect of Fish Oil on Plasma Triglycerides in Adults, Not Recruiting
- Effects of Dietary Antioxidants on Cardiovascular Risk Factors, Not Recruiting
- Effects of Glutathione (an Antioxidant) and N-Acetylcysteine on Inflammation, Not Recruiting
- Effects of Omega-3 Fatty Acids on Markers of Inflammation, Not Recruiting
- Effects of Raw Versus Other Milk Sources on Lactose Digestion, Not Recruiting
- Effects of Soy Compounds on Breast Cancer, Prostate Cancer, and Bone Health, Not Recruiting
- Weight Loss Diet Study: Low Carb vs Low Fat, Not Recruiting
Teaching

COURSES

2018-19

• Food and Society: Exploring Eating Behaviors in Social, Environmental, and Policy Context: CHPR 166, HUMBIO 166 (Win)
• Human Nutrition: CHPR 130, HUMBIO 130 (Spr)

2017-18

• Healthy/Sustainable Food Systems: Maximum Sustainability across Health, Economics, and Environment: CHPR 113, HUMBIO 113S (Win)
• Human Nutrition: CHPR 130, HUMBIO 130 (Spr)
• Service Learning Practicum: EDUC 98 (Win)

2016-17

• Food and Society: Exploring Eating Behaviors in Social, Environmental, and Policy Context: CHPR 166, HUMBIO 166 (Win)
• Human Nutrition: CHPR 130, HUMBIO 130 (Spr)

2015-16

• ASB The Cuisine of Change: Promoting Child Health and Combating Food Insecurity: MED 23 (Win)
• From Foodies to Freegans: Food Popular Topics in the Silicon Valley: MED 158A (Aut)
• Healthy/Sustainable Food Systems: Maximum Sustainability across Health, Economics, and Environment: CHPR 213, HUMBIO 113S (Win)
• Human Nutrition: HUMBIO 130 (Spr)

STANFORD ADVISEES

Doctoral Dissertation Reader (AC)
Priya Fielding-Singh, Anna Lee

Postdoctoral Faculty Sponsor
Eric Daza, Anna Epperson, Kathleen Gali, Michelle Hauser, Jenna Hua, Eric Leas, Michele Patel, Patricia Rodriguez Espinosa, Sparkle Springfield

Postdoctoral Research Mentor
Priya Fielding-Singh, Michelle Hauser

Publications

PUBLICATIONS

• Effect of Low-Fat vs Low-Carbohydrate Diet on 12-Month Weight Loss in Overweight Adults and the Association With Genotype Pattern or Insulin Secretion The DIETFITS Randomized Clinical Trial JAMA-JOURNAL OF THE AMERICAN MEDICAL ASSOCIATION
  2018; 319 (7): 667–79

• Sources of Sodium in US Adults From 3 Geographic Regions CIRCULATION
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• Is a diet low in greenhouse gas emissions a nutritious diet? - Analyses of self-selected diets in the LifeGene study. Archives of public health = Archives belges de sante publique
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• Food-and-beverage environment and procurement policies for healthier work environments *Nutrition Reviews*
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  McClain, A. D., Hekler, E. B., Gardner, C. D.
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• Effects of a College Course About Food and Society on Students' Eating Behaviors *American Journal of Preventive Medicine*
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• Comparison of the Atkins, Zone, Ornish, and LEARN diets for change in weight and related risk factors among overweight premenopausal women *JAMA-Journal of the American Medical Association*
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• Effect of raw garlic vs commercial garlic supplements on plasma lipid concentrations in adults with moderate hypercholesterolemia - A randomized clinical trial *Archives of Internal Medicine*
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• The effect of a text message-based intervention on adherence, weight loss, and diet quality
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• Antioxidants from diet or supplements do not alter inflammatory markers in adults with cardiovascular disease risk. A pilot randomized controlled trial *Nutrition Research*
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• Low-Fat vs Low-Carbohydrate Diets and Weight Loss-Reply. *JAMA*
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• A systematic review of studies of DNA methylation in the context of a weight loss intervention. *EPIGENOMICS*
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• Effect of a mobile app intervention on vegetable consumption in overweight adults: a randomized controlled trial. *The international journal of behavioral nutrition and physical activity*
Mummah, S., Robinson, T. N., Mathur, M., Farzinkhou, S., Sutton, S., Gardner, C. D.
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- Promoting physical activity through hand-held computer technology AMERICAN JOURNAL OF PREVENTIVE MEDICINE
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- Metabolic syndrome: do clinical criteria identify similar individuals among overweight premenopausal women? METABOLISM-CLINICAL AND EXPERIMENTAL
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  Gardner, C. D., Kraemer, H. C.

- DIETARY-INTAKE PATTERNS AND ACCULTURATION LEVELS OF HISPANIC IMMIGRANT MEN - A PILOT-STUDY HISPANIC JOURNAL OF BEHAVIORAL SCIENCES
  Gardner, C., Winkleby, M. A., Viteri, F. E.