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.

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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 "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

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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, Maternal & Child Health Research Institute (MCHRI)
- Member, Stanford Cancer Institute
- Faculty Fellow, Stanford ChEM-H
- Affiliate, Stanford Woods Institute for the Environment

ADMINISTRATIVE APPOINTMENTS

- Leadership Committee, Lifestyle Council, American Heart Association, (2019- present)
- Sessions Planning Committee, American Heart Association, (2018- present)
- Director, Clinical and Translational Core, Stanford Diabetes Research Center, (2017- present)
- The Rehnborg Farquhar Professorship, Stanford University School of Medicine, (2017- present)
- Member, American Diabetes Association Dietary Guidelines Committee, (2017-2019)
- Scientific Advisory Committee, Culinary Institute of America, (2012- present)
- Director, Cardiovascular Epidemiology and Prevention Postdoctoral Training Fellowship, NIH/National Heart Lung and Blood Institute, (2010- present)

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)
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. 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.

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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.

CLINICAL TRIALS

• Contrasting Ketogenic and Mediterranean Diets in Individuals With Type 2 Diabetes and Prediabetes: The Keto-Med Trial, Recruiting
• Study to Intervene With Nutrition for Gastroparesis, Recruiting
• The RAMP Study - Rejuvenation of the Aging Microbiota With Prebiotics, Recruiting
Teaching

COURSES

2019-20

• Healthy/Sustainable Food Systems: Maximum Sustainability across Health, Economics, and Environment: CHPR 113, HUMBIO 113S (Win)
• Human Nutrition: CHPR 130, HUMBIO 130 (Spr)
• Understanding Connections between Food and the Environment: HUMBIO 14 (Aut, Spr)

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)
• Understanding Connections between Food and the Environment: HUMBIO 14 (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)

STANFORD ADVISEES

Doctoral Dissertation Reader (AC)
Anna Lee

Postdoctoral Faculty Sponsor
Anthony Crimarco, Kathleen Gali, Andrea Mendoza Vasconez, Michele Patel, Ilana Raskind, Patricia Rodriguez Espinosa, Sparkle Springfield, Erin Vogel

Postdoctoral Research Mentor
Anthony Crimarco, Priya Fielding-Singh
Publications

PUBLICATIONS

- **Bacon rashers, statistics, and controversy.** *BMJ (Clinical research ed.)*
  Specter, T., Gardner, C.
  2019; 367: l5989

- **Increasing Vegetable Intake by Emphasizing Tasty and Enjoyable Attributes: A Randomized Controlled Multisite Intervention for Taste-Focused Labeling.** *Psychological science*
  2019: 95679619872191

- **Nutrition Therapy for Adults With Diabetes or Prediabetes: A Consensus Report** *DIABETES CARE*
  Evert, A. B., Dennison, M., Gardner, C. D., Garvey, W., Lau, K., MacLeod, J., Mitri, J., Pereira, R. F., Rawlings, K., Robinson, S., Saslow, L., Uelmen, S., Urbanski, et al
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- Maximizing the intersection of human health and the health of the environment with regard to the amount and type of protein produced and consumed in the United States *NUTRITION REVIEWS*
  2019; 77 (4): 197–215

- **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*
  2014; 72 (6): 390-410

- **Nonnutritive Sweeteners: Current Use and Health Perspectives A Scientific Statement From the American Heart Association and the American Diabetes Association** *CIRCULATION*
  2012; 126 (4): 509-519

- **Effects of a College Course About Food and Society on Students' Eating Behaviors** *AMERICAN JOURNAL OF PREVENTIVE MEDICINE*
  Hekler, E. B., Gardner, C. D., Robinson, T. N.
  2010; 38 (5): 543-547

- **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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- Reducing meat consumption by appealing to animal welfare: protocol for a meta-analysis and theoretical review. *Systematic reviews*
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- **Dietary Protein and Amino Acids in Vegetarian Diets-A Review.** *Nutrients*
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  2019; 11 (11)

- **Perspective: The Public Health Case for Modernizing the Definition of Protein Quality** *ADVANCES IN NUTRITION*
  2019; 10 (5): 755–64

- **Predicting the effects of supplemental EPA and DHA on the omega-3 index.** *The American journal of clinical nutrition*
  2019

- **Preventing weight gain more important than weight loss and more realistic to study in cohorts than in randomized controlled trials.** *The American journal of clinical nutrition*
  Gardner, C. D.
  2019

- **To Text or Not to Text: Electronic Message Intervention to Improve Treatment Adherence Versus Matched Historical Controls** *JMIR MHEALTH AND UHEALTH*
  Oppezzo, M. A., Stanton, M., Garcia, A., Rigdon, J., Berman, J. R., Gardner, C. D.
  2019; 7 (4)

- **Effects Of Alternative Food Voucher Delivery Strategies On Nutrition Among Low-Income Adults** *HEALTH AFFAIRS*
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- **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.
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- **Changes in blood lipid concentrations associated with changes in intake of dietary saturated fat in the context of a healthy low-carbohydrate weight-loss diet: a secondary analysis of the Diet Intervention Examining The Factors Interacting with Treatment Success (DIETFITS) trial** *AMERICAN JOURNAL OF CLINICAL NUTRITION*
  Shih, C. W., Hauser, M. E., Aronica, L., Rigdon, J., Gardner, C. D.
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- **Perspective: The Public Health Case for Modernizing the Definition of Protein Quality.** *Advances in nutrition (Bethesda, Md.)*
  2019

- **Self-Reported Measures of Discretionary Salt Use Accurately Estimated Sodium Intake Overall but not in Certain Subgroups of US Adults from 3 Geographic Regions in the Salt Sources Study.** *The Journal of nutrition*
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- **Baseline Psychosocial and Demographic Factors Associated with Study Attrition and 12#Month Weight Gain in the DIETFITS Trial** *Obesity*
  Fielding-Singh, P., Patel, M., King, A., Gardner, C.
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- **Trade-offs in rigor and generalizability in a diet trial of glycemic control in adults with type 2 diabetes using whole foods and dietary supplements.** *The American journal of clinical nutrition*
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