


Christopher Gardner

Rehnberg Farquhar Professor

Medicine - Stanford Prevention Research Center

 NIH Biosketch available Online

 Curriculum Vitae available Online

CONTACT INFORMATION

• Administrative Contact

Alyssa Giezzlee Sacro - Executive Assistant

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Tel 650-724-6152

Bio

BIO

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 using randomized controlled trials. The interventions have involved vegetarian diets, soy, garlic, omega-3 fats/fish oil/flax oil, antioxidants, Ginkgo biloba, and popular weight loss diets. These trials have studied outcomes that include weight, blood lipids and lipoproteins, inflammatory markers, glucose, insulin, and body composition. Most of these trials have been NIH-funded. The most impactful of these is 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 Healthy Low-Fat or Healthy Low-Carb diet (JAMA, 2018).

In the past few years the interests of my research group have shifted to include three 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, health professionals need to consider adding non-health related approaches to their toolbox of strategies. Examples would be connections between food and 1) global warming and climate change, 2) animal rights and welfare, and 3) human labor abuses (e.g., slaughterhouses). An example is a summer Food and Farm Camp run in collaboration with the Santa Clara Unified School District since 2011. Every year ~125 kids 5-14 years of age come for a 1-week summer camp 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 "unapologetically delicious" a term I borrow from Greg Drescher, a colleague and friend at the Culinary Institute of America (the other CIA). 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 ~70 universities that have agreed to use their dining halls as living laboratories to study ways to maximize the synergy of taste, health and environmental sustainability. If universities, worksites, hospitals and schools change the foods they order and serve, that kind of institutional demand can change agricultural practices - a systems-level approach to achieving healthier dietary behaviors.

The third area is diet and the microbiome. Our lab has now partnered with the world renowned lab of Drs. Justin and Erica Sonnenburg at Stanford to conduct multiple human nutrition intervention studies. The most impactful of these studies was the Fe-Fi-Fo study (Fermented and Fiber-rich Foods) study published in Cell in 2021. In that 10-week intervention, study participants consuming more fermented foods increased their microbial diversity and decreased blood levels of ~20 inflammatory markers. Our ongoing Maternal and Offspring Microbiome Study (MOMS) is examining the transfer of the maternal microbiome to the infant among 132 pregnant women randomized to increase fiber, or fermented food, or both, or neither for their 2nd and 3rd trimester; the infants will be tracked for 18 months.

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, Bio-X
- Member, Cardiovascular Institute
- Member, Wu Tsai Human Performance Alliance
- Member, Maternal & Child Health Research Institute (MCHRI)
- Member, Stanford Medicine Children's Health Center for IBD and Celiac Disease
- Member, Stanford Cancer Institute
- 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 Rehnberg 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)
- Nutrition Committee, American Heart Association, (2008-2012)

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)
- Regents Fellowship, Univ. Cal. Berkeley (1988)

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>
- Stanford Food Summit: <http://foodsummit.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. 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 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.

CLINICAL TRIALS

- Comparing Effects of 3 Sources of Garlic on Cholesterol Levels, Not Recruiting
- Comparison of Popular Weight Loss Diets, Not Recruiting
- Contrasting Ketogenic and Mediterranean Diets in Individuals With Type 2 Diabetes and Prediabetes: The Keto-Med Trial, Not Recruiting
- Designing Food Voucher Programs to Reduce Disparities in Healthy Diets, Not Recruiting
- DIETFITS Study (Diet Intervention Examining the Factors Interacting With Treatment Success, Not Recruiting
- Effects of an Educational Planetary Plate Graphic on Meat Consumption, Not Recruiting
- Effects of Soy Compounds on Breast Cancer, Prostate Cancer, and Bone Health, Not Recruiting
- Food Is Medicine for Patients With Heart Failure, Not Recruiting
- Fruit and Vegetable Vouchers With and Without an SSB Tax, Not Recruiting
- IGNITE Firefighters' Health, Not Recruiting
- SWAP-MEAT: Study With Appetizing Plant Food - Meat Eating Alternatives Trial, Not Recruiting
- Twins Nutrition Study (TwINS): Vegan vs. Omnivore, Not Recruiting

Teaching

COURSES

2025-26

- Healthy/Sustainable Food Systems: Maximum Sustainability across Health, Economics, and Environment: CHPR 113, HUMBIO 113S (Win)
- History of Nutrition Research: How our current guidelines came to fruition: CHPR 249 (Win)
- Human Nutrition: CHPR 130, HUMBIO 130 (Spr)
- Human and Planetary Health Action Labs: Turning Ideas Into Impact: SUSTAIN 123 (Spr)
- Hunger & Food Insecurity: Challenges and Solution: CHPR 237 (Aut)

2024-25

- Food and Society: Exploring Eating Behaviors in Social, Environmental, and Policy Context: CHPR 166, HUMBIO 166 (Win)
- History of Nutrition Research: How our current guidelines came to fruition: CHPR 249 (Aut)
- Human Nutrition: CHPR 130, HUMBIO 130 (Spr)
- Hunger & Food Insecurity: Challenges and Solution: CHPR 237 (Aut)

2023-24

- Healthy/Sustainable Food Systems: Maximum Sustainability across Health, Economics, and Environment: CHPR 113, HUMBIO 113S (Win)
- History of Nutrition Research: How our current guidelines came to fruition: CHPR 249 (Aut)
- Human Nutrition: CHPR 130, HUMBIO 130 (Spr)

2022-23

- Food and Society: Exploring Eating Behaviors in Social, Environmental, and Policy Context: CHPR 166, HUMBIO 166 (Win)

- Human Nutrition: CHPR 130, HUMBIO 130 (Spr)
- Hunger & Food Insecurity: Challenges and Solution: CHPR 237 (Aut)

STANFORD ADVISEES

Postdoctoral Faculty Sponsor

Andrea Krenek, Erin ODwyer

Postdoctoral Research Mentor

Priya Fielding-Singh, Eun-Hye (Grace) Lee, Vijaya Parameswaran, Michael Royer, Luka ojemaye

Publications

PUBLICATIONS

- **2026 Dietary Guidance to Improve Cardiovascular Health: A Scientific Statement From the American Heart Association** *CIRCULATION*
Lichtenstein, A. H., Khera, A., Anderson, C. A. M., Appel, L. J., DeSilva, D. M., Gardner, C., Hu, F. B., Jones, D. W., Petersen, K. S.
2026; 153 (18): e1285-e1295
- **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
- **Switching diets after 6-months does not result in renewed weight loss: a secondary analysis of a 12-month crossover randomized trial.** *Scientific reports*
Landry, M. J., Ward, C. P., Cunanan, K. M., Fielding-Singh, P., Crimarco, A., Gardner, C. D.
2024; 14 (1): 9865
- **Association of Dietary Adherence and Dietary Quality with Weight Loss Success among those Following Low-Carbohydrate and Low-Fat Diets: A Secondary Analysis of the DIETFITS Randomized Clinical Trial.** *The American journal of clinical nutrition*
Hauser, M. E., Hartle, J. C., Landry, M. J., Fielding-Singh, P., Shih, C. W., Qin, F., Rigdon, J., Gardner, C. D.
2023
- **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
- **Popular Dietary Patterns: Alignment With American Heart Association 2021 Dietary Guidance: A Scientific Statement From the American Heart Association** *CIRCULATION*
Gardner, C. K., Vadiveloo, M. S., Petersen, K., Anderson, C. A. M., Springfield, S., Van Horn, L., Khera, A., Lamendola, C., Mayo, S. M., Joseph, J. J., Amer Heart Assoc Council Lifestyle, Council Cardiovasc Stroke Nursing, Council Hypertension, Council Peripheral Vasc Dis
2023; 147 (22): 1715-1730
- **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
- **Sustainable Diets for Cardiovascular Disease Prevention and Management.** *Current atherosclerosis reports*
Mendoza-Vasconez, A. S., Landry, M. J., Crimarco, A., Bladier, C., Gardner, C. D.
2021; 23 (7): 31
- **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

- **Impact of Child Interaction With Food Preparation on Vegetable Preferences: A Farm-Based Education Approach.** *Journal of nutrition education and behavior*
Crary, I. L., Ardoin, N. M., Gardner, C.
2021
- **Nutrition Study Design Issues-Important Issues for Interpretation** *AMERICAN JOURNAL OF HEALTH PROMOTION*
Gardner, C. D., Crimarco, A., Landry, M. J., Fielding-Singh, P.
2020; 34 (8): 951–54
- **A randomized crossover trial on the effect of plant-based compared with animal-based meat on trimethylamine-N-oxide and cardiovascular disease risk factors in generally healthy adults: Study With Appetizing Plantfood-Meat Eating Alternative Trial (SWAP-MEAT).** *The American journal of clinical nutrition*
Crimarco, A. n., Springfield, S. n., Petlura, C. n., Streaty, T. n., Cunanan, K. n., Lee, J. n., Fielding-Singh, P. n., Carter, M. M., Topf, M. A., Wastyk, H. C., Sonnenburg, E. D., Sonnenburg, J. L., Gardner, et al
2020
- **Increasing Vegetable Intake by Emphasizing Tasty and Enjoyable Attributes: A Randomized Controlled Multisite Intervention for Taste-Focused Labeling.** *Psychological science*
Turnwald, B. P., Bertoldo, J. D., Perry, M. A., Policastro, P., Timmons, M., Bosso, C., Connors, P., Valgenti, R. T., Pine, L., Challamel, G., Gardner, C. D., Crum, A. J.
2019: 956797619872191
- **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
2019; 42 (5): 731–54
- **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*
Gardner, C. D., Hartle, J. C., Garrett, R. D., Offringa, L. C., Wasserman, A. S.
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*
Gardner, C. D., Trepanowski, J. F., Del Gobbo, L. C., Hauser, M. E., Rigdon, J., Ioannidis, J. P. A., Desai, M., King, A. C.
2018; 319 (7): 667–79
- **Generative artificial intelligence creates delicious, sustainable, and nutritious burgers.** *NPJ science of food*
Tac, V., Gardner, C. D., Kuhl, E.
2026; 10 (1)
- **What Diet Trials Can and Can't Tell Us - Mitigating Misinformation in Nutrition Science.** *American journal of health promotion : AJHP*
Gardner, C. D.
2026: 8901171261447136
- **Food is Medicine: Implementation Considerations to Optimize Medically Tailored Meal Programs.** *Circulation. Population health and outcomes*
Krenek, A., Gardner, C.
2026: e013379
- **INFANT NUTRITION AND GASTROINTESTINAL HABITS DURING FIRST YEAR OF LIFE AMONG PARTICIPANTS IN FEFIFO-MOMS: EFFECTS OF FERMENTED AND FIBER-RICH FOODS ON MATERNAL AND OFFSPRING MICROBIOME STUDY**
Krenek, A., Perelman, D., Gardner, C.
OXFORD UNIV PRESS INC.2026: S385
- **Longitudinal Changes in Diet Quality and Nutrient Intake During Pregnancy among Moms Participating in FeFiFo-MOMS: Effects of Fermented and Fiber-rich Foods on Maternal and Offspring Microbiome Study**
Krenek, A., Cooper, A., Perelman, D., Gardner, C.
LIPPINCOTT WILLIAMS & WILKINS.2026: WE507
- **Body composition changes after 6 and 12 months of dietary weight loss: insights from the DIETFITS trial.** *Journal of the Endocrine Society*
Kim, S. H., Heo, J. H., Cunanan, K., Gardner, C. D.

2026; 10 (3): bvag015

- **Diet-Based Weight Loss Intervention is Not Associated with Meaningful Change in Lean Soft Tissue.** *The American journal of clinical nutrition*
Roberts, A. K., Panyard, D. J., Hislop, B., Ward, C. P., Snyder, M. P., Gardner, C. D., Haddad, F.
2026: 101251
- **Plant-Based vs. Omnivore diets for athletic performance outcomes among recreational athletes in university dining halls: a randomized crossover study.** *Nutrition journal*
Raygoza, C., Roberts, A., Guidetti, A., Cai, O., Sangowdar, P., Muriuki, E. N., Laverick-Johnson, H., Sanguinetti, G., Smith, E., Fammartino, A., Robinson, J., Lee, E., Policastro, et al
2026
- **Evolution of Food Classification Systems and Assessing Diet Quality.** *Advances in nutrition (Bethesda, Md.)*
Krenek, A., Gardner, C.
2026: 100596
- **Eliminate the In Vivo Digestibility Requirement for Protein Content Claims in North America to Align Consumer Purchasing Behavior with Dietary Guidelines.** *Current developments in nutrition*
Manuppello, J., Gardner, C. D., Herby, A., Krul, E. S., Marinangeli, C. P., Sá, A. G., Song, M.
2026; 10 (2): 107627
- **Effect of low-carbohydrate vs low-fat diet intervention on visceral fat estimated from dual energy X-ray absorptiometry in a 12-month randomized controlled trial.** *International journal of obesity (2005)*
Follis, S., Landry, M. J., Cunanan, K. M., Stefanick, M. L., Ward, C. P., Gardner, C. D.
2025
- **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
- **Demographic and socioeconomic factors associated with self-reported diet and physical lifestyle patterns in United States women: an NHANES study.** *Nutrition journal*
Chan, C. M., Lai, S., Johnson, C. R., Caesar, M. A., Grewal, A. K., Tran, N., Chan, J. K., Kapp, D. S., Gardner, C.
2025; 24 (1): 150
- **Perspective: Nutrition Research & Programming in Multicultural Populations: The Fixed-Quality Variable-Type (FQVT) Dietary Intervention.** *Advances in nutrition (Bethesda, Md.)*
Katz, D. L., Gardner, C. D.
2025: 100505
- **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
- **A MIXED METHODS STUDY MEASURING THE IMPACT OF A DIGITAL WEIGHT LOSS INTERVENTION ON HEALTHRELATED QUALITY OF LIFE**
Lim, A., Zeitlin, A., King, A., Gardner, C., Patel, M.
OXFORD UNIV PRESS INC.2025: S528
- **Differential weight-loss responses of APOA2 genotype carriers to low-carbohydrate and low-fat diets: the DIETFITS trial.** *Obesity (Silver Spring, Md.)*
Lai, C. Q., Parnell, L. D., Das, S. K., Gardner, C. D., Ordovás, J. M.
2025
- **Unpacking food fermentation: Clinically relevant tools for fermented food identification and consumption.** *Advances in nutrition (Bethesda, Md.)*
Caffrey, E. B., Perelman, D., Ward, C. P., Sonnenburg, E. D., Gardner, C. D., Sonnenburg, J. L.
2025: 100412

- **Pretreatment predictors of weight loss in a 12-month behavioral obesity treatment: a signal detection analysis of DIETFITS.** *Obesity (Silver Spring, Md.)*
Patel, M. L., Landry, M. J., Zamora, A. N., Fielding-Singh, P., King, A. C., Gardner, C. D.
2025
- **Reference equations for peak oxygen uptake for treadmill cardiopulmonary exercise tests based on the NHANES lean body mass equations, a FRIEND registry study.** *European journal of preventive cardiology*
Santana, E. J., Kim, D. S., Christle, J. W., Cauwenberghs, N., Celestin, B. E., Tso, J. V., Wheeler, M. T., Ashley, E. A., Peterman, J. E., Gardner, C., Arena, R., Harber, M., Kaminsky, et al
2025
- **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
- **SBM supports permanent federal funding for Food is Medicine to address nutrition-related chronic conditions.** *Translational behavioral medicine*
Radtke, M. D., Rosas, L. G., Thomas, T., Adams, E., Bean, M. K., St George, S. M., Figueroa, R., Gardner, C.
2025; 15 (1)
- **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
- **Yes I can! Exploring the impact of self-efficacy in a digital weight loss intervention.** *Annals of behavioral medicine : a publication of the Society of Behavioral Medicine*
Cleare, A. E., Gardner, C. D., King, A. C., Patel, M. L.
2024
- **A generalized equation for predicting peak oxygen consumption during treadmill exercise testing: mitigating the bias from total body mass scaling.** *Frontiers in cardiovascular medicine*
Santana, E. J., Cauwenberghs, N., Celestin, B. E., Kuznetsova, T., Gardner, C., Arena, R., Kaminsky, L. A., Harber, M. P., Ashley, E., Christle, J. W., Myers, J., Haddad, F.
2024; 11: 1393363
- **Regarding: the impacts of partial replacement of red and processed meat with legumes or cereals on protein and amino acid intakes: a modelling study in the Finnish adult population.** *Annals of medicine*
Mariotti, F., Gardner, C., Fouillet, H., Huneau, J. F.
2024; 56 (1): 2341757
- **Longitudinal changes in lifestyle behaviours and cardiovascular health during the transition to fatherhood: the Dad Bod observational cohort study protocol.** *BMJ open*
Landry, M. J., Pineda, J. P., Lee, J. M., Hoyt, M. A., Edwards, K. L., Lindsay, K. L., Gardner, C. D., Wong, N. D.
2024; 14 (11): e095200
- **A β -hydroxybutyrate shunt pathway generates anti-obesity ketone metabolites.** *Cell*
Moya-Garzon, M. D., Wang, M., Li, V. L., Lyu, X., Wei, W., Tung, A. S., Raun, S. H., Zhao, M., Coassolo, L., Islam, H., Oliveira, B., Dai, Y., Spaas, et al
2024
- **Urinary Response to Consuming Plant-Based Meat Alternatives in Persons with Normal Kidney Function: The SWAP-MEAT Pilot Trial.** *Clinical journal of the American Society of Nephrology : CJASN*
Ward, C. P., Landry, M. J., Cunanan, K. M., Raphael, K. L., Dant, C. C., Gardner, C. D., Pao, A. C.
2024; 19 (11): 1417-1425
- **Training for transformation: examining food systems courses at US land-grant universities** *FRONTIERS IN SUSTAINABLE FOOD SYSTEMS*
Hoffs, C. T., Chharan, N., Landry, M. J., Ward, C. P., Oyewole, K. A., Wang, M. C., Egan, S., Bruce, J., Gardner, C.

2024; 8

- **High Ultra processed food (UPF) intake and low dietary quality are not synonymous - a case for limiting most but not all UPFs in plant-based diets.** *The Journal of nutrition*
Vadiveloo, M. K., Gardner, C. D.
2024
- **Longitudinal Changes in Lifestyle Behaviors and Cardiovascular Health During the Transition to Fatherhood: The Dad Bod Study Rationale and Design.** *medRxiv : the preprint server for health sciences*
Landry, M. J., Pineda, J. P., Lee, J. M., Hoyt, M. A., Edwards, K. L., Lindsay, K. L., Gardner, C. D., Wong, N. D.
2024
- **A secondary β -hydroxybutyrate metabolic pathway linked to energy balance.** *bioRxiv : the preprint server for biology*
Moya-Garzon, M. D., Wang, M., Li, V. L., Lyu, X., Wei, W., Tung, A. S., Raun, S. H., Zhao, M., Coassolo, L., Islam, H., Oliveira, B., Dai, Y., Spaas, et al
2024
- **Urinary Response to Consuming Plant-Based Meat Alternatives in Persons with Normal Kidney Function: The SWAP-MEAT Pilot Trial.** *Clinical journal of the American Society of Nephrology : CJASN*
Ward, C. P., Landry, M. J., Cunanan, K. M., Raphael, K. L., Dant, C. C., Gardner, C. D., Pao, A. C.
2024
- **Collegiate student-athletes use and knowledge of third-party tested nutritional supplements: An exploratory study.** *Journal of athletic training*
Schott, K. D., Seltzer, R. G., Zorn, S. P., Frakes, M., Price, M., Valient, M. W., Ritz, P., Gardner, C., Wardenaar, F. C.
2024
- **The knowledge, attitudes, and perceptions towards a plant-based dietary pattern: a survey of obstetrician-gynecologists.** *Frontiers in nutrition*
Landry, M. J., Ward, C. P., Koh, L. M., Gardner, C. D.
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