

Stanford



Matthew Landry

Postdoctoral Scholar, SCRDP/ Heart Disease Prevention

 Curriculum Vitae available Online

Bio

BIO

Current research focuses on identifying the optimal diet (or diets) for chronic disease prevention and addressing the challenges of designing, implementing and reporting clinical trials that test dietary patterns. Particularly interested behavioral interventions that promote plant-forward and plant-based diets. Passionate advocate for policies that address nutrition-related health inequalities particularly in low resource settings and/or with communities experiencing health inequalities related to food insecurity and structural disparities.

INSTITUTE AFFILIATIONS

- Member, Maternal & Child Health Research Institute (MCHRI)

HONORS AND AWARDS

- Recognized Young Dietitian of the Year, California Academy of Nutrition and Dietetics (2022)
- Nutrition Education and Behavioral Science Early Career Award, American Society for Nutrition (2021)
- Faculty Fellowship Award, Commission on Dietetic Registration (2020)
- Outstanding Student Award, Texas Academy of Nutrition and Dietetics (2020)
- Science Policy Fellow, American Society for Nutrition (2020)
- Excellence Award in Hunger and Environmental Nutrition, Hunger and Environmental Nutrition Dietetic Practice Group Excellence Award (2019)

BOARDS, ADVISORY COMMITTEES, PROFESSIONAL ORGANIZATIONS

- Committee on Advocacy and Science Policy, American Society for Nutrition (2021 - present)
- Legislative and Public Policy Committee, Academy of Nutrition and Dietetics (2021 - present)
- Spokesperson, The Obesity Society (2021 - present)
- Advisory Committee for Public Policy, Society for Nutrition Education and Behavior (2019 - present)

PROFESSIONAL EDUCATION

- BS, Louisiana State University , Nutrition and Food Sciences (2015)
- PhD, The University of Texas at Austin , Nutritional Science (2019)
- RDN, Commission on Dietetic Registration , Dietetics (2020)

STANFORD ADVISORS

- Christopher Gardner, Postdoctoral Faculty Sponsor
- Christopher Gardner, Postdoctoral Research Mentor

LINKS

- <https://www.theguyititian.com/>: <https://www.theguyititian.com/>

Publications

PUBLICATIONS

- **Perspective: Early Life Nutrition Research Supported by the U.S. National Institutes of Health from 2018-2020.** *Advances in nutrition (Bethesda, Md.)*
Landry, M. J., Ruiz, L. D., Gibbs, K., Radtke, M. D., Lerman, J., Vargas, A. J.
2022
- **Food Insecurity on College and University Campuses: A Context and Rationale for Solutions Comment** *JOURNAL OF THE ACADEMY OF NUTRITION AND DIETETICS*
Landry, M. J., Gundersen, C., Eicher-Miller, H. A.
2022; 122 (3): 519-524
- **Benefits of Low Carbohydrate Diets: a Settled Question or Still Controversial?** *Current obesity reports*
Landry, M. J., Crimarco, A., Gardner, C. D.
2021
- **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)
- **Nutrition Study Design Issues-Important Issues for Interpretation.** *American journal of health promotion : AJHP*
Gardner, C. D., Crimarco, A., Landry, M. J., Fielding-Singh, P.
2020; 34 (8): 951-54
- **Hunting-Based Food Donation Programs: Program Characteristics Across the US.** *Journal of nutrition education and behavior*
LeBleu, G., Landry, M. J.
2022
- **Distinct racial and ethnic metabolic syndrome characteristics: A comparative assessment in low-income children 7-10years of age.** *Pediatric obesity*
Jeans, M. R., Ghaddar, R., Vandyousefi, S., Landry, M. J., Gray, M. J., Leidy, H. J., Whittaker, T. A., Bray, M. S., Davis, J. N.
2022: e12925
- **The Impostor Phenomenon in the Nutrition and Dietetics Profession: An Online Cross-Sectional Survey.** *International journal of environmental research and public health*
Landry, M. J., Bailey, D. A., Lee, M., Van Gundy, S., Ervin, A.
2022; 19 (9)
- **Call for Evaluation and Reporting of the Equity Impact of Culturally Responsive Nutrition Interventions.** *Journal of nutrition education and behavior*
Landry, M. J., Alford, S., Singleton, C. R.
2022; 54 (2): 97-98
- **Changes in Ultra-Processed Food Consumption and Lifestyle Behaviors Following COVID-19 Shelter-in-Place: A Retrospective Study.** *Foods (Basel, Switzerland)*
Sobba, W., Landry, M. J., Cunanan, K. M., Marcone, A., Gardner, C. D.
2021; 10 (11)
- **Ultra-processed Foods, Weight Gain, and Co-morbidity Risk.** *Current obesity reports*
Crimarco, A., Landry, M. J., Gardner, C. D.
2021
- **Findings from Diet Comparison Difficult to Interpret in the Absence of Adherence Assessment. Comment on Trico et al. Effects of Low-Carbohydrate versus Mediterranean Diets on Weight Loss, Glucose Metabolism, Insulin Kinetics and beta-Cell Function in Morbidly Obese Individuals.** *Nutrients* 2021, 13, 1345. *Nutrients*
Landry, M. J., Crimarco, A., Gardner, C. D.
2021; 13 (11)

- **Comparison of School vs. Home Breakfast Consumption with Cardiometabolic and Dietary Parameters in Low-Income, Multi-Racial/Ethnic Elementary School-Aged Children.** *Journal of the Academy of Nutrition and Dietetics*
Jeans, M. R., Landry, M. J., Asigbee, F. M., Vandyousefi, S., Ghaddar, R., Bray, M. S., Leidy, H. J., Davis, J. N.
2021
- **Recommendations for the Use of the Veggie Meter for Spectroscopy-Based Skin Carotenoid Measurements in the Research Setting.** *Current developments in nutrition*
Radtke, M. D., Poe, M., Stookey, J., Jilcott Pitts, S., Moran, N. E., Landry, M. J., Rubin, L. P., Stage, V. C., Scherr, R. E.
2021; 5 (8): nzab104
- **Communicating Nutrition: The Authoritative Guide (Book Review)** *JOURNAL OF NUTRITION EDUCATION AND BEHAVIOR*
Book Review Authored by: Landry, M. J.
2021; 53 (6): 547
- **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
- **You Are Not an Impostor: The Registered Dietitian Nutritionist and Impostor Phenomenon.** *Journal of nutrition education and behavior*
Landry, M. J., Bailey, D. A., Ervin, A.
2021
- **School-based gardening, cooking and nutrition intervention increased vegetable intake but did not reduce BMI: Texas sprouts - a cluster randomized controlled trial.** *The international journal of behavioral nutrition and physical activity*
Davis, J. N., Perez, A., Asigbee, F. M., Landry, M. J., Vandyousefi, S., Ghaddar, R., Hoover, A., Jeans, M., Nikah, K., Fischer, B., Pont, S. J., Richards, D., Hoelscher, et al
2021; 18 (1): 18
- **Physical distancing physical inactivity.** *Translational behavioral medicine*
Meyer, S. M., Landry, M. J., Gustat, J., Lemon, S. C., Webster, C. A.
2021
- **USDA Special Supplemental Nutrition Program for Women, Infants and Children (WIC) Vendor Criteria: An Examination of US Administrative Agency Variations.** *International journal of environmental research and public health*
Landry, M. J., Phan, K. n., McGuiert, J. T., Ostrander, A. n., Ademu, L. n., Seibold, M. n., McCallops, K. n., Tracy, T. n., Fleischhacker, S. E., Karpyn, A. n.
2021; 18 (7)
- **Food Insecurity on College and University Campuses: A Context and Rationale for Solutions.** *Journal of the Academy of Nutrition and Dietetics*
Landry, M. J., Gundersen, C., Eicher-Miller, H. A.
2021
- **Impact of a School-Based Gardening, Cooking, Nutrition Intervention on Diet Intake and Quality: The TX Sprouts Randomized Controlled Trial.** *Nutrients*
Landry, M. J., van den Berg, A. E., Hoelscher, D. M., Asigbee, F. M., Vandyousefi, S., Ghaddar, R., Jeans, M. R., Waugh, L., Nikah, K., Sharma, S. V., Davis, J. N.
2021; 13 (9)
- **Digital Health Coaching for Type 2 Diabetes: Randomized Controlled Trial of Healthy at Home.** *Frontiers in digital health*
Azeltan, K. R., Crowley, A. P., Vence, N., Underwood, K., Morris, G., Kelly, J., Landry, M. J.
1800; 3: 764735
- **A School-Based Cluster Randomized Gardening, Nutrition, and Cooking Intervention: Effects on Lipids**
Davis, J., Ghaddar, R., Nikah, K., Asigbee, F., Landry, M., Vandyousefi, S., Jeans, M., van den Berg, A.
WILEY.2020: 44
- **Effect of a School-Based Gardening, Nutrition, and Cooking Cluster Randomized Trial on Diabetes Risk**
Ghaddar, R., Jeans, M., Asigbee, F., Landry, M., Vandyousefi, S., Davis, J.
WILEY.2020: 83
- **Effects of a School-Based Obesity Intervention on Knowledge & Preference Towards Fruit & Vegetables**
Landry, M., Asigbee, F., Jeans, M., Ghaddar, R., Vandyousefi, S., van den Berg, A., Perez, A., Fischer, B., Davis, J.

WILEY.2020: 88

- **Associations between Child and Parent Knowledge of Added Sugar Recommendations and Added Sugar Intake in Multiethnic Elementary-Aged Children.** *Current developments in nutrition*
Justiz, A. M., Landry, M. J., Asigbee, F. M., Ghaddar, R., Jeans, M. R., Davis, J. N.
2020; 4 (9): nzaa140
- **Faith in Fat: A Multisite Examination of University Students' Perceptions of Fat in the Diet.** *Nutrients*
Landry, M. J., Olvany, J. M., Mueller, M. P., Chen, T., Ikeda, D., Sinclair, D., Schatz, L. E., Connors, P., Valgenti, R. T., Amsler Challamel, G., Gardner, C. D., Policastro, P.
2020; 12 (9)
- **Breakfast Consumption in Low-Income Hispanic Elementary School-Aged Children: Associations with Anthropometric, Metabolic, and Dietary Parameters.** *Nutrients*
Jeans, M. R., Asigbee, F. M., Landry, M. J., Vandyousefi, S., Ghaddar, R., Leidy, H. J., Davis, J. N.
2020; 12 (7)
- **Barriers to Preparing and Cooking Vegetables Are Associated with Decreased Home Availability of Vegetables in Low-Income Households.** *Nutrients*
Landry, M. J., Burgermaster, M., van den Berg, A. E., Asigbee, F. M., Vandyousefi, S., Ghaddar, R., Jeans, M. R., Yau, A., Davis, J. N.
2020; 12 (6)
- **Food Waste in K-12 Schools: An Opportunity to Create More Equitable and Sustainable Food Systems** *JOURNAL OF NUTRITION EDUCATION AND BEHAVIOR*
Elnakib, S., Landry, M. J., Farris, A., Coombs, C.
2020; 52 (5): 463
- **The Association Between Child Cooking Involvement in Food Preparation and Fruit and Vegetable Intake in a Hispanic Youth Population.** *Current developments in nutrition*
Asigbee, F. M., Davis, J. N., Markowitz, A. K., Landry, M. J., Vandyousefi, S., Ghaddar, R., Ranjit, N., Warren, J., van den Berg, A.
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- **Design and participant characteristics of TX sprouts: A school-based cluster randomized gardening, nutrition, and cooking intervention (vol 85, 105834, 2019)** *CONTEMPORARY CLINICAL TRIALS*
Davis, J. N., Nikah, K., Asigbee, F. M., Landry, M. J., Vandyousefi, S., Ghaddar, R., Hoover, A., Jeans, M., Pont, S. J., Richards, D., Hoelscher, D. M., Van Den Berg, A. E., Bluestein, et al
2020; 88: 105906
- **Child Compared with Parent Perceptions of Child-Level Food Security** *CURRENT DEVELOPMENTS IN NUTRITION*
Landry, M. J., van den Berg, A. E., Asigbee, F. M., Vandyousefi, S., Ghaddar, R., Davis, J. N.
2019; 3 (10): nzz106
- **Design and participant characteristics of TX sprouts: A school-based cluster randomized gardening, nutrition, and cooking intervention** *CONTEMPORARY CLINICAL TRIALS*
Davis, J., Nikah, K., Asigbee, F. M., Landry, M. J., Vandyousefi, S., Ghaddar, R., Hoover, A., Jeans, M., Pont, S. J., Richards, D., Hoelscher, D. M., Van den Berg, A. E., Bluesteine, et al
2019; 85: 105834
- **Child-Report of Food Insecurity Is Associated with Diet Quality in Children** *NUTRIENTS*
Landry, M. J., van den Berg, A. E., Asigbee, F. M., Vandyousefi, S., Ghaddar, R., Davis, J. N.
2019; 11 (7)
- **Association of breastfeeding and gestational diabetes mellitus with the prevalence of prediabetes and the metabolic syndrome in offspring of Hispanic mothers** *PEDIATRIC OBESITY*
Vandyousefi, S., Goran, M. I., Gunderson, E. P., Khazaei, E., Landry, M. J., Ghaddar, R., Asigbee, F. M., Davis, J. N.
2019; 14 (7): e12515
- **Child and Parent Knowledge of Added Sugar Recommendations Is Associated with Decreased Added Sugar Intake in Multiethnic Elementary Aged Children (P16-021-19).** *Current developments in nutrition*
Landry, M., Justiz, A., Asigbee, F., Vandyousefi, S., Ghaddar, R., Jeans, M., Hoover, A., Davis, J.
2019; 3 (Suppl 1)

- **Association of Breastfeeding and Sugar-Sweetened Beverage Consumption with Obesity Prevalence in Offspring Born to Mothers with and Without Gestational Diabetes Mellitus (P11-098-19).** *Current developments in nutrition*
Vandyousefi, S., Whaley, S., Asigbee, F., Landry, M., Ghaddar, R., Davis, J.
2019; 3 (Suppl 1)
- **Food Insecurity Is Associated with Higher Added Sugar and Sugar-Sweetened Beverage Intake Among Low-Income Elementary Aged Children (P04-059-19).** *Current developments in nutrition*
Landry, M., Asigbee, F., Vandyousefi, S., Ghaddar, R., Hoover, M. J., Davis, J.
2019; 3 (Suppl 1)
- **The Relationship Between Beverage Consumption and Prediabetes in Predominantly Low-Income Hispanic Children (P11-110-19).** *Current developments in nutrition*
Ghaddar, R., Vandyousefi, S., Hoover, A., Landry, M., Asigbee, F., Jeans, M., Davis, J.
2019; 3 (Suppl 1)
- **Relationship Between Dark Green, Orange, and Yellow Vegetable Intake and Skin Carotenoids (P02-003-19).** *Current developments in nutrition*
Davis, J., Landry, M., Asigbee, F., Vandyousefi, S., Ghaddar, R., Jeans, M., Alexandra, V. D.
2019; 3 (Suppl 1)
- **The Relationship Between Dietary Intake and Parental Support with Child Cooking Involvement in a Youth Population (FS16-03-19).** *Current developments in nutrition*
Asigbee, F., Markowitz, A., Landry, M., Vandyousefi, S., Ghaddar, R., Ranjit, N., Warren, J., Davis, J., Alexandra, V. D.
2019; 3 (Suppl 1)
- **Diet Quality Is an Indicator of Disease Risk Factors in Hispanic College Freshmen** *JOURNAL OF THE ACADEMY OF NUTRITION AND DIETETICS*
Landry, M. J., Asigbee, F. M., Vandyousefi, S., Khazae, E., Ghaddar, R., Boisseau, J. B., House, B. T., Davis, J. N.
2019; 119 (5): 760–68
- **Cooking and Gardening Behaviors and Improvements in Dietary Intake in Hispanic/Latino Youth** *CHILDHOOD OBESITY*
Landry, M. J., Markowitz, A. K., Asigbee, F. M., Gatto, N. M., Spruijt-Metz, D., Davis, J. N.
2019; 15 (4): 262–70
- **Impact of food security on glycemic control among low-income primarily Hispanic/Latino children in Los Angeles, California: A cross-sectional study** *JOURNAL OF HUNGER & ENVIRONMENTAL NUTRITION*
Landry, M. J., Khazae, E., Markowitz, A. K., Vandyousefi, S., Ghaddar, R., Pilles, K., Asigbee, F. M., Gatto, N. M., Davis, J. N.
2019; 14 (5): 709–24