



Christopher Gardner

Rehnborg Farquhar Professor

Medicine - Stanford Prevention Research Center

 NIH Biosketch available Online

 Curriculum Vitae available Online

CONTACT INFORMATION

• Administrative Contact

Alyssa Giezzlee Sacro - Executive Assistant

Email asacro@stanford.edu

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, 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
- Faculty Fellow, Sarafan ChEM-H
- 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

- 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
- 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
- Effect of Fish Oil on Plasma Triglycerides in Adults, Not Recruiting
- Effects of an Educational Planetary Plate Graphic on Meat Consumption, 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
- Study to Intervene With Nutrition for Gastroparesis, Not Recruiting
- SWAP-MEAT: Study With Appetizing Plant Food - Meat Eating Alternatives Trial, Not Recruiting
- The RAMP Study - Rejuvenation of the Aging Microbiota With Prebiotics, Not Recruiting
- Weight Loss Diet Study: Low Carb vs Low Fat, Not Recruiting

Teaching

COURSES

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)

2021-22

- Healthy/Sustainable Food Systems: Maximum Sustainability across Health, Economics, and Environment: CHPR 113, HUMBIO 113S (Win)
- Human Nutrition: CHPR 130, HUMBIO 130 (Spr)
- Hunger & Food Insecurity: Challenges and Solution: CHPR 237 (Aut)
- Understanding Connections between Food and the Environment: HUMBIO 14 (Aut)

2020-21

- 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 (Aut, Spr)

STANFORD ADVISEES

Postdoctoral Faculty Sponsor

Katie Alegria, Molly Bowdring, Linda Koh, Corey Rovzar, Cate Ward, Astrid Zamora

Master's Program Advisor

Melinda Gong, Chloe Haydel Brown

Postdoctoral Research Mentor

Priya Fielding-Singh, Michael Royer, Astrid Zamora

Publications

PUBLICATIONS

- **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. 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-Vasquez, 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. A., Desai, M., King, A. C.
2018; 319 (7): 667–79
- **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
- **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.
2024; 11: 1381132
- **Diet Quality and Resilience through Adulthood: A Cross-Sectional Analysis of the WELL for Life Study.** *Nutrients*
Springfield-Trice, S., Joyce, C., Wu, Y. H., Hsing, A. W., Cunanan, K., Gardner, C.
2024; 16 (11)
- **Vida Sana y Completa: A randomized controlled trial to examine the effectiveness of diabetes prevention with and without medically supportive groceries among Latina women.** *Contemporary clinical trials*
Rosas, L. G., Perez, J. A., Chen, W. T., Xiao, L., Espinosa, P. R., Venditti, E. M., Lewis, M. A., Gardner, C. D., Marti, A., Martinez, E., Murthy, M., Hauser, M.
2024: 107582
- **Cardiovascular health and cancer risk associated with plant based diets: An umbrella review.** *PloS one*
Capodici, A., Mocciano, G., Gori, D., Landry, M. J., Masini, A., Sanmarchi, F., Fiore, M., Coa, A. A., Castagna, G., Gardner, C. D., Guaraldi, F.
2024; 19 (5): e0300711
- **Development of a screener to assess athlete risk behavior of not using third-party tested nutritional supplements.** *Frontiers in nutrition*
Wardenaar, F. C., Schott, K. D., Seltzer, R. G., Gardner, C. D.
2024; 11: 1381731
- **Effects of a personalized nutrition program on cardiometabolic health: a randomized controlled trial.** *Nature medicine*
Bermingham, K. M., Linenberg, I., Polidori, L., Asnicar, F., Arrè, A., Wolf, J., Badri, F., Bernard, H., Capdevila, J., Bulsiewicz, W. J., Gardner, C. D., Ordovas, J. M., Davies, et al

2024

- **Toward Heart-Healthy and Sustainable Cities: A Policy Statement From the American Heart Association** *CIRCULATION*
Rajagopalan, S., Ramaswami, A., Bhatnagar, A., Brook, R. D., Fenton, M., Gardner, C., Neff, R., Russell, A. G., Seto, K. C., Whitsel, L. P., Amer Heart Assoc Council Hyperten, Council Lifestyle Cardiometab Hlth, Council Peripheral Vasc Dis, Council Lifelong Congenital Heart, Council Cardiovasc Surg Anesthesia, et al
2024; 149 (15): e1067-e1089
- **Exploring Biases of the Healthy Eating Index and Alternative Healthy Eating Index when Scoring Low-Carbohydrate and Low-Fat Diets.** *Journal of the Academy of Nutrition and Dietetics*
Hauser, M. E., Hartle, J. C., Landry, M. J., Fielding-Singh, P., Shih, C. W., Qin, F., Rigdon, J., Gardner, C. D.
2024
- **Changes in Soluble LDL Receptor and Lipoprotein Fractions in Response to Diet in the DIETFITS Weight Loss Study.** *Journal of lipid research*
Krauss, R. M., Fisher, L. M., King, S. M., Gardner, C. D.
2024: 100503
- **Corrigendum: Weight, insulin resistance, blood lipids, and diet quality changes associated with ketogenic and ultra low-fat dietary patterns: a secondary analysis of the DIETFITS randomized clinical trial.** *Frontiers in nutrition*
Aronica, L., Landry, M. J., Rigdon, J., Gardner, C. D.
2023; 10: 1275498
- **Editorial: Achieving health equity: sustainability of plant-based diets for human and planetary health.** *Frontiers in public health*
Gardner, C. D., Policastro, P., Wang, M. C.
2023; 11: 1285161
- **Effects of an educational planetary plate graphic on meat consumption in aStanford University dining hall: a randomized controlled trial.** *BMC nutrition*
Marcone, A. L., Darmstadt, G. L., Challamel, G. A., Mathur, M. B., Gardner, C. D.
2023; 9 (1): 106
- **Weight, insulin resistance, blood lipids, and diet quality changes associated with ketogenic and ultra low-fat dietary patterns: a secondary analysis of the DIETFITS randomized clinical trial.** *Frontiers in nutrition*
Aronica, L., Landry, M. J., Rigdon, J., Gardner, C. D.
2023; 10: 1220020
- **Not All Ultra-Processed Foods Are Created Equal: A Case for Advancing Research and Policy That Balances Health and Nutrition Security.** *Diabetes care*
Vadiveloo, M. K., Gardner, C. D.
2023; 46 (7): 1327-1329
- **Challenging obesity and sex based differences in resting energy expenditure using allometric modeling, a sub-study of the DIETFITS clinical trial.** *Clinical nutrition ESPEN*
Haddad, F., Li, X., Perelman, D., Santana, E. J., Kuznetsova, T., Cauwenberghs, N., Busque, V., Contrepois, K., Snyder, M. P., Leonard, M. B., Gardner, C.
2023; 53: 43-52
- **Friend or Foe? The Role of Animal-Source Foods in Healthy and Environmentally Sustainable Diets.** *The Journal of nutrition*
Beal, T., Gardner, C. D., Herrero, M., Iannotti, L. L., Merbold, L., Nordhagen, S., Mottet, A.
2023; 153 (2): 409-425
- **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
- **Distinct factors associated with short-term and long-term weight loss induced by low-fat or low-carbohydrate diet intervention.** *Cell reports. Medicine*
Li, X., Perelman, D., Leong, A. K., Fragiadakis, G., Gardner, C. D., Snyder, M. P.
2022: 100870
- **Development and evaluation of a novel dietary bisphenol A (BPA) exposure risk tool.** *BMC nutrition*
Hartle, J. C., Zawadzki, R. S., Rigdon, J., Lam, J., Gardner, C. D.
2022; 8 (1): 143
- **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
- **Assessing the effects of alternative plant-based meats v. animal meats on biomarkers of inflammation: a secondary analysis of the SWAP-MEAT randomized crossover trial** *JOURNAL OF NUTRITIONAL SCIENCE*
Crimarco, A., Landry, M. J., Carter, M. M., Gardner, C. D.
2022; 11
 - **Reply to T Kalayjian and EC Westman.** *The American journal of clinical nutrition*
Gardner, C. D., Landry, M. J., Aronica, L., Cunanan, K. M., Kim, S. H.
2022
 - **The quest to advance assessment of dietary intake: metabolomic meat markers.** *The American journal of clinical nutrition*
Vadiveloo, M. K., Landry, M. J., Gardner, C. D.
2022
 - **Short-Term Dairy Product Elimination and Reintroduction Minimally Perturbs the Gut Microbiota in Self-Reported Lactose-Intolerant Adults.** *mBio*
Smith, C. J., Dethlefsen, L., Gardner, C., Nguyen, L., Feldman, M., Costello, E. K., Kolodny, O., Relman, D. A.
2022: e0105122
 - **Genetic Predictors of Change in Waist Circumference and Waist-to-Hip Ratio With Lifestyle Intervention: The Trans-NIH Consortium for Genetics of Weight Loss Response to Lifestyle Intervention** *DIABETES*
McCaffery, J. M., Jablonski, K. A., Pan, Q., Astrup, A., Christiansen, M., Corella, D., Corso, L. L., Florez, J. C., Franks, P. W., Gardner, C., Hansen, T., Kilpelainen, T. O., Knowler, et al
2022; 71 (4): 669-676
 - **Effectiveness of a Theory-Informed Documentary to Reduce Consumption of Meat and Animal Products: Three Randomized Controlled Experiments.** *Nutrients*
Mathur, M. B., Peacock, J. R., Robinson, T. N., Gardner, C. D.
1800; 13 (12)
 - **Diet and lifestyle behaviour disruption related to the pandemic was varied and bidirectional among US and UK adults participating in the ZOE COVID Study** *NATURE FOOD*
Mazidi, M., Leeming, E. R., Merino, J., Nguyen, L. H., Selvachandran, S., Pujal, J., Maher, T., Kade, K., Murray, B., Graham, M. S., Sudre, C. H., Wolf, J., Hu, et al
2021
 - **Diet and lifestyle behaviour disruption related to the pandemic was varied and bidirectional among US and UK adults participating in the ZOE COVID Study.** *Nature food*
Mazidi, M., Leeming, E. R., Merino, J., Nguyen, L. H., Selvachandran, S., Pujal, J. C., Maher, T., Kadé, K., Murray, B., Graham, M. S., Sudre, C. H., Wolf, J., Hu, et al
2021; 2 (12): 957-969
 - **Interaction of Diet/Lifestyle Intervention and TCF7L2 Genotype on Glycemic Control and Adiposity among Overweight or Obese Adults: Big Data from Seven Randomized Controlled Trials Worldwide.** *Health data science*
Huang, T., Zhuang, Z., Heianza, Y., Sun, D., Ma, W., Wang, W., Gao, M., Fang, Z., Ros, E., Del Gobbo, L. C., Salas-Salvadó, J., Martínez-González, M. A., Polak, et al
2021; 2021: 9897048
 - **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)

- **Changes in Quantity and Sources of Dietary Fiber from Adopting Healthy Low-Fat vs. Healthy Low-Carb Weight Loss Diets: Secondary Analysis of DIETFITS Weight Loss Diet Study.** *Nutrients*
Offringa, L. C., Hartle, J. C., Rigdon, J., Gardner, C. D.
2021; 13 (10)
- **Temporal changes in soluble angiotensin-converting enzyme 2 associated with metabolic health, body composition, and proteome dynamics during a weight loss diet intervention: a randomized trial with implications for the COVID-19 pandemic.** *The American journal of clinical nutrition*
Cauwenberghs, N., Prunicki, M., Sabovcic, F., Perelman, D., Contrepois, K., Li, X., Snyder, M. P., Nadeau, K. C., Kuznetsova, T., Haddad, F., Gardner, C. D.
2021
- **Benefits of Low Carbohydrate Diets: a Settled Question or Still Controversial?** *Current obesity reports*
Landry, M. J., Crimarco, A., Gardner, C. D.
2021
- **Three Factors That Need to be Addressed More Consistently in Nutrition Studies: "Instead of What?", "In What Context?", and "For What?"** *AMERICAN JOURNAL OF HEALTH PROMOTION*
Gardner, C. D., Mehta, T., Bernstein, A., Aronson, D.
2021; 35 (6): 881-882
- **Three Factors That Need to be Addressed More Consistently in Nutrition Studies: "Instead of What?", "In What Context?", and "For What?"** *American journal of health promotion : AJHP*
Gardner, C. D., Mehta, T., Bernstein, A., Aronson, D.
2021; 35 (6): 881-882
- **A Critical Review of the Study of Neuroprotective Diets to Reduce Cognitive Decline.** *Nutrients*
Duplantier, S. C., Gardner, C. D.
2021; 13 (7)
- **Associations of Changes in Blood Lipid Concentrations with Changes in Dietary Cholesterol Intake in the Context of a Healthy Low-Carbohydrate Weight Loss Diet: A Secondary Analysis of the DIETFITS Trial.** *Nutrients*
Vergara, M., Hauser, M. E., Aronica, L., Rigdon, J., Fielding-Singh, P., Shih, C. W., Gardner, C. D.
2021; 13 (6)
- **Interventions to Reduce Meat Consumption by Appealing to Animal Welfare: Meta-Analysis and Evidence-Based Recommendations.** *Appetite*
Mathur, M. B., Peacock, J., Reichling, D. B., Nadler, J., Bain, P. A., Gardner, C. D., Robinson, T. N.
2021: 105277
- **Therapeutic Implications of Diet in Inflammatory Bowel Disease and Related Immune-Mediated Inflammatory Diseases.** *Nutrients*
Jiang, Y., Jarr, K., Layton, C., Gardner, C. D., Ashouri, J. F., Abreu, M. T., Sinha, S. R.
2021; 13 (3)
- **"Instead of what," and repeated 4-year interval change regarding red meat and T2D: increasing causal inference in nutritional epidemiology through methodological advances.** *The American journal of clinical nutrition*
Gardner, C.
2021
- **Microbiome connections with host metabolism and habitual diet from 1,098 deeply phenotyped individuals.** *Nature medicine*
Asnicar, F., Berry, S. E., Valdes, A. M., Nguyen, L. H., Piccinno, G., Drew, D. A., Leeming, E., Gibson, R., Le Roy, C., Khatib, H. A., Francis, L., Mazidi, M., Mompeo, et al
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)
- **Isthmin-1 is an adipokine that promotes glucose uptake and improves glucose tolerance and hepatic steatosis.** *Cell metabolism*
Jiang, Z., Zhao, M., Voilquin, L., Jung, Y., Aikio, M. A., Sahai, T., Dou, F. Y., Roche, A. M., Carcamo-Orive, I., Knowles, J. W., Wabitsch, M., Appel, E. A., Maikawa, et al
2021

- **Examining differences between overweight women and men in 12-month weight loss study comparing healthy low-carbohydrate vs. low-fat diets.** *International journal of obesity (2005)*
Aronica, L., Rigdon, J., Offringa, L. C., Stefanick, M. L., Gardner, C. D.
2020
- **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
- **Impact of a Scalable, Multi-Campus "Foodprint" Seminar on College Students' Dietary Intake and Dietary Carbon Footprint.** *Nutrients*
Malan, H., Amsler Challamel, G., Silverstein, D., Hoffs, C., Spang, E., Pace, S. A., Malagueno, B. L., Gardner, C. D., Wang, M. C., Slusser, W., Jay, J. A.
2020; 12 (9)
- **Heterogeneity in the Effects of Food Vouchers on Nutrition Among Low-Income Adults: A Quantile Regression Analysis.** *American journal of health promotion : AJHP*
White, J. S., Vasconcelos, G., Harding, M., Carroll, M. M., Gardner, C. D., Basu, S., Seligman, H. K.
2020: 890117120952991
- **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)
- **The First, Comprehensive, Open-Source Culinary Medicine Curriculum for Health Professional Training Programs: A Global Reach.** *American journal of lifestyle medicine*
Hauser, M. E., Nordgren, J. R., Adam, M., Gardner, C. D., Rydel, T., Bever, A. M., Steinberg, E.
2020; 14 (4): 369-373
- **The First, Comprehensive, Open-Source Culinary Medicine Curriculum for Health Professional Training Programs: A Global Reach** *AMERICAN JOURNAL OF LIFESTYLE MEDICINE*
Hauser, M. E., Nordgren, J. R., Adam, M., Gardner, C. D., Rydel, T., Bever, A. M., Steinberg, E.
2020; 14 (4): 369–73
- **Author Correction: Gut microbiota plasticity is correlated with sustained weight loss on a low-carb or low-fat dietary intervention.** *Scientific reports*
Grembi, J. A., Nguyen, L. H., Haggerty, T. D., Gardner, C. D., Holmes, S. P., Parsonnet, J.
2020; 10 (1): 11095
- **High-Throughput Stool Metaproteomics: Method and Application to Human Specimens.** *mSystems*
Gonzalez, C. G., Wastyk, H. C., Topf, M., Gardner, C. D., Sonnenburg, J. L., Elias, J. E.
2020; 5 (3)
- **Human postprandial responses to food and potential for precision nutrition.** *Nature medicine*
Berry, S. E., Valdes, A. M., Drew, D. A., Asnicar, F., Mazidi, M., Wolf, J., Capdevila, J., Hadjiageorgiou, G., Davies, R., Al Khatib, H., Bonnett, C., Ganesh, S., Bakker, et al
2020
- **The WELL diet score correlates with the alternative healthy eating index-2010.** *Food science & nutrition*
Springfield, S., Cunanan, K., Heaney, C., Peng, K., Gardner, C.
2020; 8 (6): 2710-2718
- **Proteomic profiles before and during weight loss: Results from randomized trial of dietary intervention.** *Scientific reports*
Figarska, S. M., Rigdon, J., Ganna, A., Elmstahl, S., Lind, L., Gardner, C. D., Ingelsson, E.
2020; 10 (1): 7913
- **The WELL diet score correlates with the alternative healthy eating index-2010** *FOOD SCIENCE & NUTRITION*
Springfield, S., Cunanan, K., Heaney, C., Peng, K., Gardner, C.
2020
- **The COronavirus Pandemic Epidemiology (COPE) Consortium: A Call to Action.** *Cancer epidemiology, biomarkers & prevention : a publication of the American Association for Cancer Research, cosponsored by the American Society of Preventive Oncology*

- Chan, A. T., Drew, D. A., Nguyen, L. H., Joshi, A. D., Ma, W., Guo, C., Lo, C., Mehta, R. S., Kwon, S., Sikavi, D. R., Magicheva-Gupta, M. V., Fatehi, Z. S., Flynn, et al
2020
- **Reply to JG Dorea.** *Advances in nutrition (Bethesda, Md.)*
Katz, D. L., Gardner, C. D.
2020; 11 (3): 740
 - **Protein and amino acids adequacy in vegetarian diets** *CAHIERS DE NUTRITION ET DE DIETETIQUE*
Mariotti, F., Gardner, C. D.
2020; 55 (2): 66–81
 - **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
 - **Diet Quality And Resilience: Examining Age Differences In A Cross-sectional Analysis Of The Well For Life Study**
Springfield, S., Cunanan, K., Peng, K., Gardner, C. D.
LIPPINCOTT WILLIAMS & WILKINS.2020
 - **Reducing meat consumption by appealing to animal welfare: protocol for a meta-analysis and theoretical review.** *Systematic reviews*
Mathur, M. B., Robinson, T. N., Reichling, D. B., Gardner, C. D., Nadler, J., Bain, P. A., Peacock, J.
2020; 9 (1): 3
 - **Gut microbiota plasticity is correlated with sustained weight loss on a low-carb or low-fat dietary intervention** *Scientific Reports*
Grembi, J. A., Nguyen, L. H., Haggerty, T. D., Gardner, C. D., Holmes, S. P., Parsonnet, J.
2020; 10
 - **Challenges and opportunities for better nutrition science-an essay by Tim Spector and Christopher Gardner.** *BMJ (Clinical research ed.)*
Spector, T. D., Gardner, C. D.
2020; 369: m2470
 - **Dietary Protein and Amino Acids in Vegetarian Diets-A Review.** *Nutrients*
Mariotti, F., Gardner, C. D.
2019; 11 (11)
 - **Bacon rashers, statistics, and controversy.** *BMJ (Clinical research ed.)*
Spector, T., Gardner, C.
2019; 367: 15989
 - **Perspective: The Public Health Case for Modernizing the Definition of Protein Quality** *ADVANCES IN NUTRITION*
Katz, D. L., Doughty, K. N., Geagan, K., Jenkins, D. A., Gardner, C. D.
2019; 10 (5): 755–64
 - **Predicting the effects of supplemental EPA and DHA on the omega-3 index.** *The American journal of clinical nutrition*
Walker, R. E., Jackson, K. H., Tittle, N. L., Shearer, G. C., Bernasconi, A., Masson, S., Latini, R., Heydari, B., Kwong, R. Y., Flock, M., Kris-Etherton, P. M., Hedengran, A., Carney, et al
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*
Basu, S., Gardner, C. D., White, J. S., Rigdon, J., Carroll, M. M., Akers, M., Seligman, H. K.

2019; 38 (4): 577–84

- **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
- **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.
2019; 109 (2): 433–41
- **Perspective: The Public Health Case for Modernizing the Definition of Protein Quality.** *Advances in nutrition (Bethesda, Md.)*
Katz, D. L., Doughty, K. N., Geagan, K. n., Jenkins, D. A., Gardner, C. D.
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*
Quader, Z. S., Zhao, L. n., Harnack, L. J., Gardner, C. D., Shikany, J. M., Steffen, L. M., Gillespie, C. n., Moshfegh, A. n., Cogswell, M. E.
2019
- **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.
2019
- **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*
Gardner, C.
2018
- **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** *AMERICAN JOURNAL OF CLINICAL NUTRITION*
Gardner, C.
2018; 108 (2): 205-206
- **Low-Fat vs Low-Carbohydrate Diets and Weight Loss Reply** *JAMA-JOURNAL OF THE AMERICAN MEDICAL ASSOCIATION*
Gardner, C.
2018; 320 (2): 203-204
- **Antioxidants from diet or supplements do not alter inflammatory markers in adults with cardiovascular disease risk. A pilot randomized controlled trial** *NUTRITION RESEARCH*
Dewell, A., Tsao, P., Rigdon, J., Gardner, C. D.
2018; 50: 63–72
- **Low-Fat vs Low-Carbohydrate Diets and Weight Loss-Reply.** *JAMA*
Gardner, C.
2018; 320 (2): 203–4
- **Fruits and Vegetables Versus Vegetables and Fruits: Rhyme and Reason for Word Order in Health Messages.** *American journal of lifestyle medicine*
Offringa, L. C., Stanton, M. V., Hauser, M. E., Gardner, C. D.
2018; 13 (3): 224–34
- **Interdisciplinary food-related academic programs: A 2015 snapshot of the United States landscape.** *Journal of agriculture, food systems, and community development*
Hartle, J. C., Cole, S., Trepman, P., Chrisinger, B. W., Gardner, C. D.
2017; 7 (4): 35-50
- **Sources of Sodium in US Adults From 3 Geographic Regions** *CIRCULATION*
Harnack, L. J., Cogswell, M. E., Shikany, J. M., Gardner, C. D., Gillespie, C., Loria, C. M., Zhou, X., Yuan, K., Steffen, L. M.
2017; 135 (19): 1775-?

- **A systematic review of studies of DNA methylation in the context of a weight loss intervention** *EPIGENOMICS*
Aronica, L., Levine, A. J., Brennan, K., Mi, J., Gardner, C., Haile, R. W., Hitchins, M. P.
2017; 9 (5): 769-787
- **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
- **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*
Bälter, K., Sjörs, C., Sjölander, A., Gardner, C., Hedenus, F., Tillander, A.
2017; 75: 17-?
- **Food Revolution.** *American journal of lifestyle medicine*
Gardner, C. D., Hauser, M. E.
2017; 11 (5): 387-96
- **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. n., Robinson, T. N., Mathur, M. n., Farzinkhou, S. n., Sutton, S. n., Gardner, C. D.
2017; 14 (1): 125
- **IDEAS (Integrate, Design, Assess, and Share): A Framework and Toolkit of Strategies for the Development of More Effective Digital Interventions to Change Health Behavior** *JOURNAL OF MEDICAL INTERNET RESEARCH*
Mummah, S. A., Robinson, T. N., King, A. C., Gardner, C. D., Sutton, S.
2016; 18 (12): 205-218
- **Iterative development of Vegethon: a theory-based mobile app intervention to increase vegetable consumption** *INTERNATIONAL JOURNAL OF BEHAVIORAL NUTRITION AND PHYSICAL ACTIVITY*
Mummah, S. A., King, A. C., Gardner, C. D., Sutton, S.
2016; 13
- **Mobile Technology for Vegetable Consumption: A Randomized Controlled Pilot Study in Overweight Adults.** *JMIR mHealth and uHealth*
Mummah, S. A., Mathur, M., King, A. C., Gardner, C. D., Sutton, S.
2016; 4 (2)
- **Behavioral weight loss and physical activity intervention in obese adults with asthma. A randomized trial.** *Annals of the American Thoracic Society*
Ma, J., Strub, P., Xiao, L., Lavori, P. W., Camargo, C. A., Wilson, S. R., Gardner, C. D., Buist, A. S., Haskell, W. L., Lv, N.
2015; 12 (1): 1-11
- **Effect of Increasing Dietary Fiber on Plasma Levels of Colon-Derived Solutes in Hemodialysis Patients** *CLINICAL JOURNAL OF THE AMERICAN SOCIETY OF NEPHROLOGY*
Sirich, T. L., Plummer, N. S., Gardner, C. D., Hostetter, T. H., Meyer, T. W.
2014; 9 (9): 1603-1610
- **Food-and-beverage environment and procurement policies for healthier work environments** *NUTRITION REVIEWS*
Gardner, C. D., Whitsel, L. P., Thorndike, A. N., Marrow, M. W., Otten, J. J., Foster, G. D., Carson, J. A., Johnson, R. K.
2014; 72 (6): 390-410
- **Digesting Dietary Data** *SCIENTIST*
Gardner, C., Stanton, M.
2014; 28 (6): 30-31
- **Ending SNAP Subsidies For Sugar-Sweetened Beverages Could Reduce Obesity And Type 2 Diabetes** *HEALTH AFFAIRS*
Basu, S., Seligman, H. K., Gardner, C., Bhattacharya, J.
2014; 33 (6): 1032-1039
- **Effect of raw milk on lactose intolerance: a randomized controlled pilot study.** *Annals of family medicine*
Mummah, S., Oelrich, B., Hope, J., Vu, Q., Gardner, C. D.

2014; 12 (2): 134-141

- **Non-nutritive sweeteners: evidence for benefit vs. risk** *CURRENT OPINION IN LIPIDOLOGY*
Gardner, C.
2014; 25 (1): 80-84
- **Impact of San Francisco's toy ordinance on restaurants and children's food purchases, 2011-2012.** *Preventing chronic disease*
Otten, J. J., Saelens, B. E., Kapphahn, K. I., Hekler, E. B., Buman, M. P., Goldstein, B. A., Krukowski, R. A., O'Donohue, L. S., Gardner, C. D., King, A. C.
2014; 11: E122-?
- **Effect of fish oil supplementation on serum triglycerides, LDL cholesterol and LDL subfractions in hypertriglyceridemic adults** *NUTRITION METABOLISM AND CARDIOVASCULAR DISEASES*
Oelrich, B., Dewell, A., Gardner, C. D.
2013; 23 (4): 350-357
- **Incorporating Prototyping and Iteration Into Intervention Development: A Case Study of a Dining Hall-Based Intervention** *JOURNAL OF AMERICAN COLLEGE HEALTH*
McClain, A. D., Hekler, E. B., Gardner, C. D.
2013; 61 (2): 122-131
- **Adherence to a low-fat vs. low-carbohydrate diet differs by insulin resistance status** *DIABETES OBESITY & METABOLISM*
McClain, A. D., Otten, J. J., Hekler, E. B., Gardner, C. D.
2013; 15 (1): 87-90
- **Nonnutritive Sweeteners: Current Use and Health Perspectives. A Scientific Statement from the American Heart Association and the American Diabetes Association** *DIABETES CARE*
Gardner, C., Wylie-Rosett, J., Gidding, S. S., Steffen, L. M., Johnson, R. K., Reader, D., Lichtenstein, A. H.
2012; 35 (8): 1798-1808
- **Nonnutritive Sweeteners: Current Use and Health Perspectives A Scientific Statement From the American Heart Association and the American Diabetes Association** *CIRCULATION*
Gardner, C., Wylie-Rosett, J., Gidding, S. S., Johnson, R. K., Reader, D., Lichtenstein, A. H.
2012; 126 (4): 509-519
- **What We Don't Know: Unanswered Questions about Childhood Obesity** *CHILDHOOD OBESITY*
Katz, D. L., Daniels, S., Gardner, C. D., Goodman, E., Hassink, S., Sothorn, M.
2012; 8 (1): 7-12
- **Food Marketing to Children Through Toys Response of Restaurants to the First U.S. Toy Ordinance** *AMERICAN JOURNAL OF PREVENTIVE MEDICINE*
Otten, J. J., Hekler, E. B., Krukowski, R. A., Buman, M. P., Saelens, B. E., Gardner, C. D., King, A. C.
2012; 42 (1): 56-60
- **What we don't know: unanswered questions about childhood obesity** *Childhood Obesity*
Katz, D. L., Daniels, S., Gardner, C. D., Goodman, E., Hassink, S., Sothorn, M.
2012; 8 (1): 7-12
- **Low- and High-Dose Plant and Marine (n-3) Fatty Acids Do Not Affect Plasma Inflammatory Markers in Adults with Metabolic Syndrome** *JOURNAL OF NUTRITION*
Dewell, A., Marvasti, F. F., Harris, W. S., Tsao, P., Gardner, C. D.
2011; 141 (12): 2166-2171
- **Incorporation of whole, ancient grains into a modern Asian Indian diet to reduce the burden of chronic disease** *NUTRITION REVIEWS*
Dixit, A. A., Azar, K. M., Gardner, C. D., Palaniappan, L. P.
2011; 69 (8): 479-488
- **CHANGES AT FAST-FOOD RESTAURANTS IN RESPONSE TO THE 2010 SANTA CLARA COUNTY, CA TOY ORDINANCE**
Otten, J., Buman, M., Krukowski, R. A., Hekler, E., Saelens, B. E., Gardner, C., King, A.
SPRINGER.2011: S25
- **Outcome expectations and realizations as predictors of weight regain among dieters** *EATING BEHAVIORS*
Moore, S. D., King, A. C., Kiernan, M., Gardner, C. D.

2011; 12 (1): 60-63

- **No Beneficial Effects of Pine Bark Extract on Cardiovascular Disease Risk Factors** *ARCHIVES OF INTERNAL MEDICINE*
Drieling, R. L., Gardner, C. D., Ma, J., Ahn, D. K., Stafford, R. S.
2010; 170 (17): 1541-1547
- **Micronutrient quality of weight-loss diets that focus on macronutrients: results from the A TO Z study** *AMERICAN JOURNAL OF CLINICAL NUTRITION*
Gardner, C. D., Kim, S., Bersamin, A., Dopler-Nelson, M., Otten, J., Oelrich, B., Cherin, R.
2010; 92 (2): 304-312
- **Low-carbohydrate ketogenic diet and the combination of orlistat with a low-fat diet lead to comparable improvements in weight and blood lipids, but LCKD more beneficial for blood pressure.** *Evidence-based medicine*
Gardner, C. D.
2010; 15 (3): 91-92
- **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
- **OUTCOME EXPECTATIONS AND REALIZATIONS AS PREDICTORS OF WEIGHT LOSS AMONG WOMEN IN A RANDOMIZED TRIAL**
Moore, S. D., King, A., Kiernan, M., Gardner, C.
SPRINGER.2010: 210
- **Weight-Loss Diet Studies: Is the Most Rigorous Trial To Date Generalizable to Public Health?** *CURRENT CARDIOVASCULAR RISK REPORTS*
Nelson, M., Otten, J., Oelrich, B., Gardner, C.
2010; 4 (2): 86-88
- **The Breathe Easier through Weight Loss Lifestyle (BE WELL) Intervention: A randomized controlled trial** *BMC PULMONARY MEDICINE*
Ma, J., Strub, P., Camargo, C. A., Xiao, L., Ayala, E., Gardner, C. D., Buist, A. S., Haskell, W. L., Lavori, P. W., Wilson, S. R.
2010; 10
- **The Breathe Easier through Weight Loss Lifestyle (BE WELL) Intervention: a randomized controlled trial.** *BMC pulmonary medicine*
Ma, J., Strub, P., Camargo, C. A., Xiao, L., Ayala, E., Gardner, C. D., Buist, A. S., Haskell, W. L., Lavori, P. W., Wilson, S. R.
2010; 10: 16-?
- **Prostatic Soy Isoflavone Concentrations Exceed Serum Levels After Dietary Supplementation** *PROSTATE*
Gardner, C. D., Oelrich, B., Liu, J. P., Feldman, D., Franke, A. A., Brooks, J. D.
2009; 69 (7): 719-726
- **Inhibition of prostaglandin synthesis and actions by genistein in human prostate cancer cells and by soy isoflavones in prostate cancer patients** *INTERNATIONAL JOURNAL OF CANCER*
Swami, S., Krishnan, A. V., Moreno, J., Bhattacharya, R. S., Gardner, C., Brooks, J. D., Peehl, D. M., Feldman, D.
2009; 124 (9): 2050-2059
- **Effects of isoflavone supplements vs. soy foods on blood concentrations of genistein and daidzein in adults** *JOURNAL OF NUTRITIONAL BIOCHEMISTRY*
Gardner, C. D., Chatterjee, L. M., Franke, A. A.
2009; 20 (3): 227-234
- **Drinking Water Is Associated With Weight Loss in Overweight Dieting Women Independent of Diet and Activity** *OBESITY*
Stookey, J. D., Constant, F., Popkin, B. M., Gardner, C. D.
2008; 16 (11): 2481-2488
- **Effect of Ginkgo biloba (EGb 761) on treadmill walking time among adults with peripheral artery disease - A randomized clinical trial** *JOURNAL OF CARDIOPULMONARY REHABILITATION AND PREVENTION*
Gardner, C. D., Taylor-Piliae, R. E., Kiazand, A., Nicholus, J., Rigby, A. J., Farquhar, J. W.
2008; 28 (4): 258-265
- **Using hand-held computer technologies to improve dietary intake** *AMERICAN JOURNAL OF PREVENTIVE MEDICINE*
Atienza, A. A., King, A. C., Oliveira, B. M., Ahn, D. K., Gardner, C. D.
2008; 34 (6): 514-518

- **Dietary adherence and weight loss success among overweight women: results from the A TO Z weight loss study** *INTERNATIONAL JOURNAL OF OBESITY*
Alhassan, S., Kim, S., Bersamin, A., King, A. C., Gardner, C. D.
2008; 32 (6): 985-991
- **Micronutrient quality of weight loss diets that focus on macronutrients: results from the A TO Z study**
Gardner, C. D., Kim, S., Morris, J. L., Bersamin, A., Cherin, R.
FEDERATION AMER SOC EXP BIOL.2008
- **Increased water intake reduces metabolic syndrome over 12 mo in overweight dieting women, independent of diet composition, activity and weight loss**
Stookey, J., Gardner, C., Popkin, B.
FEDERATION AMER SOC EXP BIOL.2008
- **Promoting physical activity through hand-held computer technology** *AMERICAN JOURNAL OF PREVENTIVE MEDICINE*
King, A. C., Ahn, D. K., Oliveira, B. M., Atienza, A. A., Castro, C. M., Gardner, C. D.
2008; 34 (2): 138-142
- **Effects of garlic on cholesterol: Not down but not out either - Reply** *ARCHIVES OF INTERNAL MEDICINE*
Gardner, C., Lawson, L. D., Block, E.
2008; 168 (1): 112-113
- **Metabolic syndrome: do clinical criteria identify similar individuals among overweight premenopausal women?** *METABOLISM-CLINICAL AND EXPERIMENTAL*
Alhassan, S., Kiazand, A., Balise, R. R., King, A. C., Reaven, G. M., Gardner, C. D.
2008; 57 (1): 49-56
- **Replacing sweetened caloric beverages with drinking water is associated with lower energy intake** *OBESITY*
Stookey, J. D., Constant, F., Gardner, C. D., Popkin, B. M.
2007; 15 (12): 3013-3022
- **Effect of two types of soy milk and dairy milk on plasma lipids in hypercholesterolemic adults: A randomized trial** *6th International Symposium of Soy*
Gardner, C. D., Messina, M., Kiazand, A., Morris, J. L., Franke, A. A.
AMER COLLEGE NUTRITION.2007: 669-77
- **Effect of Ginkgo biloba (EGb 761) aggregation and platelet and aspirin on platelet analysis among older adults at risk of cardiovascular disease: a randomized clinical trial** *BLOOD COAGULATION & FIBRINOLYSIS*
Gardner, C. D., Zehnder, J. L., Rigby, A. J., Nicholus, J. R., Farquhar, J. W.
2007; 18 (8): 787-793
- **Comparison of weight-loss diets - Reply** *JAMA-JOURNAL OF THE AMERICAN MEDICAL ASSOCIATION*
Gardner, C. D., Stafford, R. S., King, A. C.
2007; 298 (2): 174-75
- **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*
Gardner, C. D., Kiazand, A., Alhassan, S., Kim, S., Stafford, R. S., Balise, R. R., Kraemer, H. C., King, A. C.
2007; 297 (9): 969-977
- **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*
Gardner, C. D., Lawson, L. D., Chatterjee, L. M., Kiazand, A., Balise, R. R., Kraemer, H. C.
2007; 167 (4): 346-353
- **A proposed method for assessing plasma hypertonicity in vivo** *EUROPEAN JOURNAL OF CLINICAL NUTRITION*
Stookey, J. D., Burg, M., Sellmeyer, D. E., Greenleaf, J. E., Arieff, A., Van Hove, L., Gardner, C., King, J. C.
2007; 61 (1): 143-146
- **Metabolic syndrome: Does definition determine prevalence?**
Alhassan, S., Kiazand, A., Balise, R. R., Stafford, R. S., King, A. C., Gardner, C. D.
LIPPINCOTT WILLIAMS & WILKINS.2006: 873

- **Modest 1-year changes in weight and percent body fat among overweight women assigned to Atkins, Zone, Ornish, or LEARN diets**
Gardner, C. D., Morris, J. L., Kim, S. W., Kiazand, A., Alhassan, S., King, A.
LIPPINCOTT WILLIAMS & WILKINS.2006: E305
- **Dietary antioxidant did not influence flow-mediated vasodilation in adults at risk of atherosclerosis**
Kiazand, A., Gardner, C. D., Fair, J. M., Mahboub, M. H.
LIPPINCOTT WILLIAMS & WILKINS.2006: E371-E372
- **No effect of 3 forms of garlic on plasma lipids: A randomized clinical trial**
Gardner, C. D., Lawson, L., Chatterjee, L. M., Kiazand, A., Block, E.
LIPPINCOTT WILLIAMS & WILKINS.2006: E373
- **Composition, stability, and bioavailability of garlic products used in a clinical trial** *JOURNAL OF AGRICULTURAL AND FOOD CHEMISTRY*
Lawson, L. D., Gardner, C. D.
2005; 53 (16): 6254-6261
- **The effect of a plant-based diet on plasma lipids in hypercholesterolemic adults - A randomized trial** *ANNALS OF INTERNAL MEDICINE*
Gardner, C. D., Coulston, A., Chatterjee, L., Rigby, A., Spiller, G., Farquhar, J. W.
2005; 142 (9): 725-733
- **Soy, garlic, and ginkgo biloba: their potential role in cardiovascular disease prevention and treatment.** *Current atherosclerosis reports*
Gardner, C. D., Messina, M., Lawson, L. D., Farquhar, J. W.
2003; 5 (6): 468-475
- **Efficacy and safety of low-carbohydrate diets - A systematic review** *JAMA-JOURNAL OF THE AMERICAN MEDICAL ASSOCIATION*
Bravata, D. M., Sanders, L., Huang, J., Krumholz, H. M., Olkin, I., Gardner, C. D., Bravata, D. M.
2003; 289 (14): 1837-1850
- **Plant-based food intake and cardiovascular disease (CVD) risk factor status in a national sample of ethnically diverse women (NHANES III)** *Experimental Biology 2003 Annual Meeting*
Carlson, J. J., Winkleby, M., Gardner, C., Ahn, D.
FEDERATION AMER SOC EXP BIOL.2003: A372-A372
- **Recent discoveries in inclusive food-based approaches and dietary patterns for reduction in risk for cardiovascular disease** *CURRENT OPINION IN LIPIDOLOGY*
Kris-Etherton, P. M., Etherton, T. D., Carlson, J., Gardner, C.
2002; 13 (4): 397-407
- **Low-carbohydrate diets: A systematic review of their safety and efficacy.**
Bravata, D. M., Sanders, L., Huang, J., Krumholz, H. M., Olkin, I., Gardner, C., Bravata, D.
SPRINGER.2002: 185-185
- **Plant-based food intake and nutrient and phytochemical status in a national sample of ethnically diverse women (NHANES III)**
Carlson, J., Ahn, D., Winkleby, M., Gardner, C.
FEDERATION AMER SOC EXP BIOL.2002: A228-A228
- **Gaining insight into the health effects of soy but a long way still to go: Commentary on the Fourth International Symposium on the Role of Soy in Preventing and Treating Chronic Disease** *4th International Symposium on the Role of Soy in Preventing and Treating Chronic Disease*
Messina, M., Gardner, C., Barnes, S.
AMER SOC NUTRITIONAL SCIENCE.2002: 547S-551S
- **The role of plant-based diets in the treatment and prevention of coronary artery disease** *CORONARY ARTERY DISEASE*
Gardner, C. D.
2001; 12 (7): 553-559
- **The effect of soy protein with or without isoflavones relative to milk protein on plasma lipids in hypercholesterolemic postmenopausal women** *AMERICAN JOURNAL OF CLINICAL NUTRITION*
Gardner, C. D., Newell, K. A., Cherin, R., Haskell, W. L.
2001; 73 (4): 728-735

- **Garlic shows promise for improving some cardiovascular risk factors** *Evidence-based Complementary Medicine Congress*
Ackermann, R. T., Mulrow, C. D., Ramirez, G., Gardner, C. D., Morbidoni, L., Lawrence, V. A.
AMER MEDICAL ASSOC.2001: 813-24
- **The effect of a garlic preparation on plasma lipid levels in moderately hypercholesterolemic adults** *ATHEROSCLEROSIS*
Gardner, C. D., Chatterjee, L. M., Carlson, J. J.
2001; 154 (1): 213-220
- **Population frequency distributions of HDL, HDL2, and HDL3 cholesterol and apolipoproteins A-I and B in healthy men and women and associations with age, gender, hormonal status, and sex hormone use: The Stanford Five City Project** *PREVENTIVE MEDICINE*
Gardner, C. D., Tribble, D. L., Young, D. R., Ahn, D., Fortmann, S. P.
2000; 31 (4): 335-345
- **Associations of HDL, HDL2, and HD3 cholesterol and apolipoproteins A-I and B with lifestyle factors in healthy women and men: The Stanford Five City Project** *PREVENTIVE MEDICINE*
Gardner, C. D., Tribble, D. L., Young, D. R., Ahn, D., Fortmann, S. P.
2000; 31 (4): 346-356
- **Population frequency distribution of non-high-density lipoprotein cholesterol (Third National Health and Nutrition Examination Survey [NHANES III], 1998-1994)** *AMERICAN JOURNAL OF CARDIOLOGY*
Gardner, C. D., Winkleby, M. A., Fortmann, S. P.
2000; 86 (3): 299-304
- **Effect of garlic supplementation on plasma lipids in hypercholesterolemic men and women**
Gardner, C. D., Chatterjee, L., Carlson, J.
LIPPINCOTT WILLIAMS & WILKINS.1999: 1123
- **Effect of soy protein and phytoestrogen intake on plasma lipids in hypercholesterolemic postmenopausal women**
Gardner, C. D., Newell, K. A., Haskell, W. L.
LIPPINCOTT WILLIAMS & WILKINS.1999: 1107
- **Clinical review 97 - Potential health benefits of dietary phytoestrogens: A review of the clinical, epidemiological, and mechanistic evidence** *JOURNAL OF CLINICAL ENDOCRINOLOGY & METABOLISM*
Tham, D. M., Gardner, C. D., Haskell, W. L.
1998; 83 (7): 2223-2235
- **Advantages of excluding underpowered studies in meta-analysis: Inclusionist versus exclusionist viewpoints** *PSYCHOLOGICAL METHODS*
Kraemer, H. C., Gardner, C., Brooks, J. O., Yesavage, J. A.
1998; 3 (1): 23-31
- **Association of small low-density lipoprotein particles with the incidence of coronary artery disease in men and women** *JAMA-JOURNAL OF THE AMERICAN MEDICAL ASSOCIATION*
Gardner, C. D., Fortmann, S. P., Krauss, R. M.
1996; 276 (11): 875-881
- **Influence of gender and socioeconomic factors on Hispanic/white differences in body mass index** *PREVENTIVE MEDICINE*
Winkleby, M. A., Gardner, C. D., Taylor, C. B.
1996; 25 (2): 203-211
- **MONOUNSATURATED VERSUS POLYUNSATURATED DIETARY-FAT AND SERUM-LIPIDS - A METAANALYSIS** *ARTERIOSCLEROSIS THROMBOSIS AND VASCULAR BIOLOGY*
Gardner, C. D., Kraemer, H. C.
1995; 15 (11): 1917-1927
- **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.
1995; 17 (3): 347-361