



Christopher Gardner

Rehnborg Farquhar Professor

Medicine - Stanford Prevention Research Center

 NIH Biosketch available Online

 Curriculum Vitae available Online

CONTACT INFORMATION

- **Alternate Contact**

Sarah Marks - Administrative Associate

Email smarks1@stanford.edu

Tel 650-723-7822

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, 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 "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.

ACADEMIC APPOINTMENTS

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

ADMINISTRATIVE APPOINTMENTS

- Leadership Committee, Lifestyle Council, American Heart Association, (2019- present)
- Sessions Planning Committee, American Heart Association, (2018- present)
- Director, Clinical and Translational Core, Stanford Diabetes Research Center, (2017- present)
- The 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.

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CLINICAL TRIALS

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

- 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
- 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 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
- SWAP-MEAT: Study With Appetizing Plant Food - Meat Eating Alternatives Trial, Not Recruiting
- Weight Loss Diet Study: Low Carb vs Low Fat, Not Recruiting

Teaching

COURSES

2019-20

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

2018-19

- Food and Society: Exploring Eating Behaviors in Social, Environmental, and Policy Context: CHPR 166, HUMBIO 166 (Win)
- Human Nutrition: CHPR 130, HUMBIO 130 (Spr)
- Understanding Connections between Food and the Environment: HUMBIO 14 (Spr)

2017-18

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

2016-17

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

STANFORD ADVISEES

Doctoral Dissertation Reader (AC)

Anna Lee

Postdoctoral Faculty Sponsor

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

Undergraduate Major Advisor

Mariko Kelly

Postdoctoral Research Mentor

Anthony Crimarco, Priya Fielding-Singh

Publications

PUBLICATIONS

- **Bacon rashers, statistics, and controversy.** *BMJ (Clinical research ed.)*
Spector, T., Gardner, C.
2019; 367: 15989
- **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
- **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-?
- **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-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
- **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
- **Effects of a College Course About Food and Society on Students' Eating Behaviors** *AMERICAN JOURNAL OF PREVENTIVE MEDICINE*
Hekler, E. B., Gardner, C. D., Robinson, T. N.
2010; 38 (5): 543-547
- **Comparison of the Atkins, Zone, Ornish, and LEARN diets for change in weight and related risk factors among overweight premenopausal women** *JAMA-JOURNAL OF THE AMERICAN MEDICAL ASSOCIATION*
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
- **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., Tintle, 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., 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., Harnack, L. J., Gardner, C. D., Shikany, J. M., Steffen, L. M., Gillespie, C., Moshfegh, A., Cogswell, M. E.
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
- **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
- **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
- **Effect of a mobile app intervention on vegetable consumption in overweight adults: a randomized controlled trial.** *The international journal of behavioral nutrition and physical activity*
Mummah, S., Robinson, T. N., Mathur, M., Farzinkhou, S., Sutton, S., Gardner, C. D.
2017; 14 (1): 125
 - **Food Revolution.** *American journal of lifestyle medicine*
Gardner, C. D., Hauser, M. E.
2017; 11 (5): 387-96
 - **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
 - **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
 - **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
 - **Digesting Dietary Data** *SCIENTIST*
Gardner, C., Stanton, M.
2014; 28 (6): 30-31
 - **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
- **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
- **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
- **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
- **Promoting physical activity through hand-held computer technology** *AMERICAN JOURNAL OF PREVENTIVE MEDICINE*
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