


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

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Tel 650-724-6152

Bio

BIO

For the past 20 years most of my research has been focused on investigating the potential health benefits of various dietary components or food patterns using randomized controlled trials. The interventions have involved vegetarian diets, soy, garlic, omega-3 fats/fish oil/flax oil, antioxidants, Ginkgo biloba, and popular weight loss diets. These trials have studied outcomes that include weight, blood lipids and lipoproteins, inflammatory markers, glucose, insulin, and body composition. Most of these trials have been NIH-funded. The most impactful of these is an NIH-funded weight loss diet study - DIETFITS (Diet Intervention Examining The Factors Interacting with Treatment Success) that involved randomizing 609 generally healthy, overweight/obese adults for one year to either Healthy Low-Fat or Healthy Low-Carb diet (JAMA, 2018).

In the past few years the interests of my research group have shifted to include three additional areas of inquiry. One of these is Stealth Nutrition. The central hypothesis driving this is that in order for more effective and impactful dietary improvements to be realized, health professionals need to consider adding non-health related approaches to their toolbox of strategies. Examples would be connections between food and 1) global warming and climate change, 2) animal rights and welfare, and 3) human labor abuses (e.g., slaughterhouses). An example is a summer Food and Farm Camp run in collaboration with the Santa Clara Unified School District since 2011. Every year ~125 kids 5-14 years of age come for a 1-week summer camp to tend, harvest, chop, cook, and eat vegetables...and play because it is summer camp! The objective is to study the factors influencing the behaviors and preferences that lead to maximizing vegetable consumption in kids.

A second area of interest and inquiry is institutional food. Universities, worksites, hospitals, and schools order and serve a lot of food, every day. If the choices offered are healthier, the consumption behaviors will be healthier. A key factor to success in institutional food is to make the food options "unapologetically delicious" a term I borrow from Greg Drescher, a colleague and friend at the Culinary Institute of America (the other CIA). Chefs in institutional food settings can be part of the solution to improving eating behaviors. In 2015 I helped to initiate a Stanford-CIA collaboration that now involves ~70 universities that have agreed to use their dining halls as living laboratories to study ways to maximize the synergy of taste, health and environmental sustainability. If universities, worksites, hospitals and schools change the foods they order and serve, that kind of institutional demand can change agricultural practices - a systems-level approach to achieving healthier dietary behaviors.

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

My long-term vision in this area is to help create a world-class Stanford Food Systems Initiative and build on the idea that Stanford is uniquely positioned geographically, culturally, and academically, to address national and global crises in the areas of obesity and diabetes that are directly related to our broken food systems.

ACADEMIC APPOINTMENTS

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

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

- **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-Vasconez, A. S., Landry, M. J., Crimarco, A., Bladier, C., Gardner, C. D.
2021; 23 (7): 31
- **Gut-microbiota-targeted diets modulate human immune status.** *Cell*
Wastyk, H. C., Fragiadakis, G. K., Perelman, D., Dahan, D., Merrill, B. D., Yu, F. B., Topf, M., Gonzalez, C. G., Van Treuren, W., Han, S., Robinson, J. L., Elias, J. E., Sonnenburg, et al
2021
- **Impact of Child Interaction With Food Preparation on Vegetable Preferences: A Farm-Based Education Approach.** *Journal of nutrition education and behavior*
Crary, I. L., Ardoin, N. M., Gardner, C.
2021
- **Nutrition Study Design Issues-Important Issues for Interpretation** *AMERICAN JOURNAL OF HEALTH PROMOTION*
Gardner, C. D., Crimarco, A., Landry, M. J., Fielding-Singh, P.
2020; 34 (8): 951-54
- **A randomized crossover trial on the effect of plant-based compared with animal-based meat on trimethylamine-N-oxide and cardiovascular disease risk factors in generally healthy adults: Study With Appetizing Plantfood-Meat Eating Alternative Trial (SWAP-MEAT).** *The American journal of clinical nutrition*

Crimarco, A. n., Springfield, S. n., Petlura, C. n., Streaty, T. n., Cunanan, K. n., Lee, J. n., Fielding-Singh, P. n., Carter, M. M., Topf, M. A., Wastyk, H. C., Sonnenburg, E. D., Sonnenburg, J. L., Gardner, et al
2020

- **Increasing Vegetable Intake by Emphasizing Tasty and Enjoyable Attributes: A Randomized Controlled Multisite Intervention for Taste-Focused Labeling.** *Psychological science*
Turnwald, B. P., Bertoldo, J. D., Perry, M. A., Policastro, P., Timmons, M., Bosso, C., Connors, P., Valgenti, R. T., Pine, L., Challamel, G., Gardner, C. D., Crum, A. J.
2019; 956797619872191
- **Nutrition Therapy for Adults With Diabetes or Prediabetes: A Consensus Report** *DIABETES CARE*
Evert, A. B., Dennison, M., Gardner, C. D., Garvey, W., Lau, K., MacLeod, J., Mitri, J., Pereira, R. F., Rawlings, K., Robinson, S., Saslow, L., Uelmen, S., Urbanski, et al
2019; 42 (5): 731–54
- **Maximizing the intersection of human health and the health of the environment with regard to the amount and type of protein produced and consumed in the United States** *NUTRITION REVIEWS*
Gardner, C. D., Hartle, J. C., Garrett, R. D., Offringa, L. C., Wasserman, A. S.
2019; 77 (4): 197–215
- **Effect of Low-Fat vs Low-Carbohydrate Diet on 12-Month Weight Loss in Overweight Adults and the Association With Genotype Pattern or Insulin Secretion The DIETFITS Randomized Clinical Trial** *JAMA-JOURNAL OF THE AMERICAN MEDICAL ASSOCIATION*
Gardner, C. D., Trepanowski, J. F., Del Gobbo, L. C., Hauser, M. E., Rigdon, J., Ioannidis, J. A., Desai, M., King, A. C.
2018; 319 (7): 667–79
- **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., Sabovcik, F., Perelman, D., Contrepolis, 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 : AJHP*
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*
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.
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