



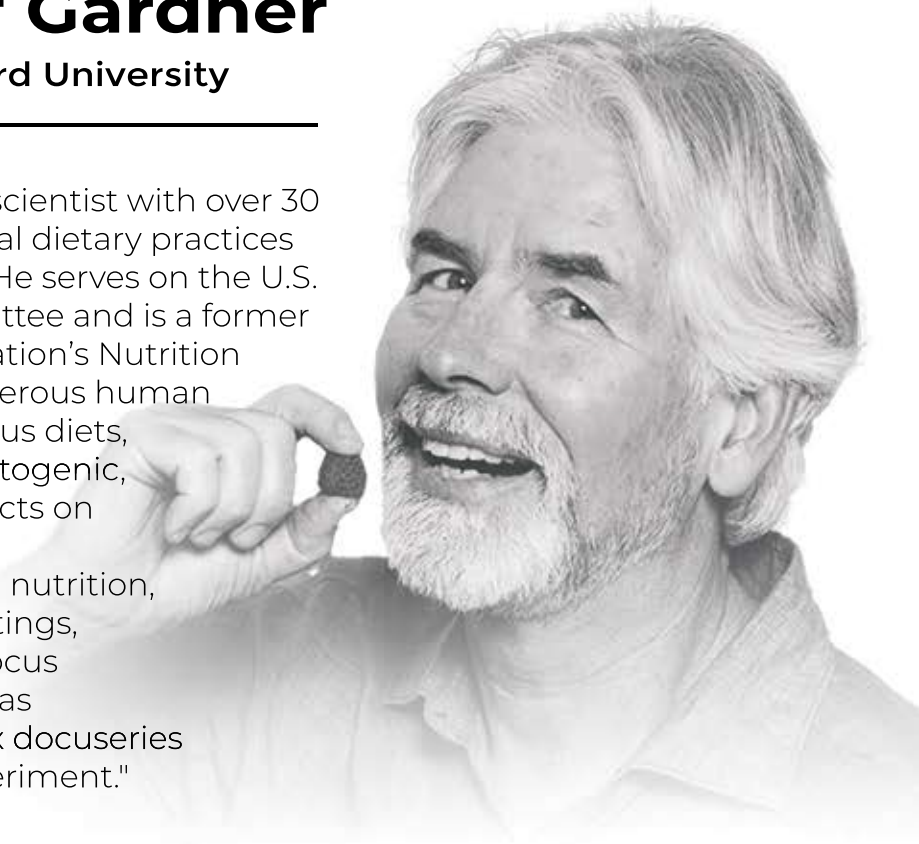
Symposium on Plant-Based Food and Nutrition: Innovations and Challenges

Speaker **Dr. Christopher Gardner**

Professor of Medicine, Stanford University

Christopher Gardner, is a nutrition scientist with over 30 years of experience studying optimal dietary practices and motivating healthy behaviors. He serves on the U.S. Dietary Guidelines Advisory Committee and is a former chair of the American Heart Association's Nutrition Committee. He has published numerous human nutrition intervention trials on various diets, including Mediterranean, vegan, ketogenic, low-fat, and low-carb, and their effects on cardiometabolic health.

His current interests include stealth nutrition, deliciousness, institutional food settings, and personalized nutrition with a focus on the gut microbiome. His work was featured in the January 2024 Netflix docuseries "You Are What You Eat: A Twin Experiment."



Nov. 14th 7:30 AM-5:00 PM
Nov. 15th 7:30 AM-12:00 PM

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Event Location

Cal Poly Pomona
Kellogg West Conference Center & Hotel, Building 76
3801 W Temple Ave. Pomona, CA 91768

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