

Christopher Gardner, FAHA, holds a PhD in Nutrition Science and is the Rehnorg Farquhar Professor of Medicine at Stanford. He is currently vice-chair of the AHA Nutrition Committee. For >25 years his research has examined what to eat and what to avoid for optimal health. This includes more than 20 nutrition intervention trials conducted with >2,000 participants. For the past 15 years his interests have shifted to include connections between food and the environment. He teaches several interdisciplinary classes at Stanford on this topic. Recent publications include an overview of dietary protein choices and their impact on the environment (Nutrition Reviews, 2019), and a 2021 review titled *Sustainable Diets for CVD Prevention and Management* (Curr Athero Reports). He is an active member of the Menus of Change and a founding member of the Menus of Change University Research Collaborative, both of which focus on the intersection of unapologetically delicious food, human health, and the health of the environment.