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Christopher Gardner is a nutrition scientist and the Rehnborg Farquhar Professor of Medicine. For 26 years at Stanford, he has studied what to consume and to avoid for optimal health, and how best to motivate individuals to achieve healthy dietary behaviors.

He has served on many committees for national health organizations such as the American Heart Association and the American Diabetes Association, and has conducted and published dozens of human nutrition intervention trials. Current research interests including collaborating with chefs and dining operators as research partners in an effort to identify strategies to optimize the intersection of taste, health and environmental sustainability.

Professor Gardner has served on the Menus of Change Scientific Advisory Board since its inception, and is one of the founding members of the Menus of Change University Research Collaborative.