

Building Trust Through Effective Communication

NATIONAL
ACADEMIES *Sciences
Engineering
Medicine*

Food Forum Workshop

December 5, 2026



@GardnerPhD



@cgardnerPhD

According to.....

Christopher Gardner, PhD

Rehnborg Farquhar Professor of Medicine

Stanford University

Stanford Prevention Research Center



STANFORD PREVENTION
RESEARCH CENTER
the science of healthy living

Disclosures for Christopher Gardner

AFFILIATION / FINANCIAL INTEREST	ENTITIES
Grants / Research Support	NIH, AHA, Foundations, Donors Past five years: Beyond Meat
Scientific Advisory Board / Consultant / Board of Directors	Zoe Precision Nutrition (unpaid)
Owner	N/A
Speakers Bureau	N/A
Employee	N/A
Other	N/A



...in Science

...is Under Attack

Outline

- **Dietary Guidelines Advisory Committee (DGAC)**
- **You Are What You Eat - JAMA / Netflix**
- **Seed Oils (as time permits)**



Dietary
Guidelines
for Americans

2025 Dietary Guidelines Advisory Committee



Chair
Sarah Booth, PhD
Tufts University



Vice Chair
Angela Odoms-Young, PhD
Cornell University



Steven Abrams
MD
Univ Texas at Austin



Cheryl Anderson
PhD, MPH
UC San Diego



Aline Andres
PhD, RD
U Arkansas Med Sci



Carol Byrd-Bredbenner
PhD, RD
Rutgers University



Andrea Deierlein
PhD, MPH
New York University



Heather Eicher-Miller
PhD
Purdue University



Jennifer Orlet Fisher
PhD
Temple University



Teresa Fung
ScD, RD
Simmons University



Christopher Gardner
PhD
Stanford University



Edward Giovannucci
MD, ScD
Harvard University



Deanna Hoelscher
PhD, RDN, LD, CNS
UT Houston



Valarie Blue Bird Jernigan
DrPH, MPH
Oklahoma State University



Cristina Palacios
PhD, MSc
Florida Int'l University



Hollie Raynor
PhD, RD, LDN
Univ Tennessee



Fatima Cody Stanford
MD, MPH, MPA, MBA
Harvard University



Sameera Talegawkar
PhD
George Washington U.



Chris Taylor,
PhD, RDN, LD
Ohio State Univ



Deirdre Tobias
ScD
Harvard University

From Conclusion Statements to Advice



Data Analysis



**Systematic
Reviews**



**Food Pattern
Modeling**



The Committee integrated all the conclusion statements – the totality of its scientific review – to develop overarching advice for HHS and USDA to consider as the departments develop the *Dietary Guidelines, 2025-2030*

Question Prioritization

~80 Questions to Consider



Priority ranking (by DGAC members)

High
Medium } ~ 60
Low

PICOT

Patient (population)

Intervention (exposure)

Comparison

Outcome

Time

Literature Search

<https://nesr.usda.gov/>



2025 Dietary Guidelines Advisory Committee Systematic Reviews

The 2025 Dietary Guidelines Advisory Committee conducted a series of systematic reviews and an evidence scan with support from USDA's [Nutrition Evidence Systematic Review \(NESR\)](#) team. The Committee's science-based review covered a range of scientific questions related to nutrition and health – from birth into older adulthood.

Data Extraction & Presentation to/for DGAC

Support Staff	
Meghan Adler	Brittany Kingshipp
Carolyn Chung	Shabnam Momin
Kevin <u>Bokay</u>	Julie Obbagy
Gisela Butera	Chinwe Obudulu
Emily Callahan	Elizabeth Rahavi
Natasha Cole	Nicole Reigh
Dana DeSilva	Nancy Terry
Amanda Fultz	Ali Webster
Molly Higgins	
Janet de Jesus (DFO)	Eve <u>Stoody</u> (DFO rep)

(Incomplete list)

- **Data Analysis**
- **Systematic Reviews**
- **Food Pattern Modeling**

Scientific Report of the 2025 Dietary Guidelines Advisory Committee



Department of Health and Human Services
200 Independence Avenue, SW
Washington, DC 20201



Department of Agriculture
1400 Independence Avenue, SW
Washington, DC 20250

Food Sources of Saturated Fat (one of the 60 questions addressed)



Deanna Hoelscher
PhD, RDN, LD, CNS
UT Houston

Co-Leads



Christopher Gardner
PhD
Stanford University

- Data Analysis
- Systematic Reviews
- Food Pattern Modeling

Scientific Report of the 2025 Dietary Guidelines Advisory Committee

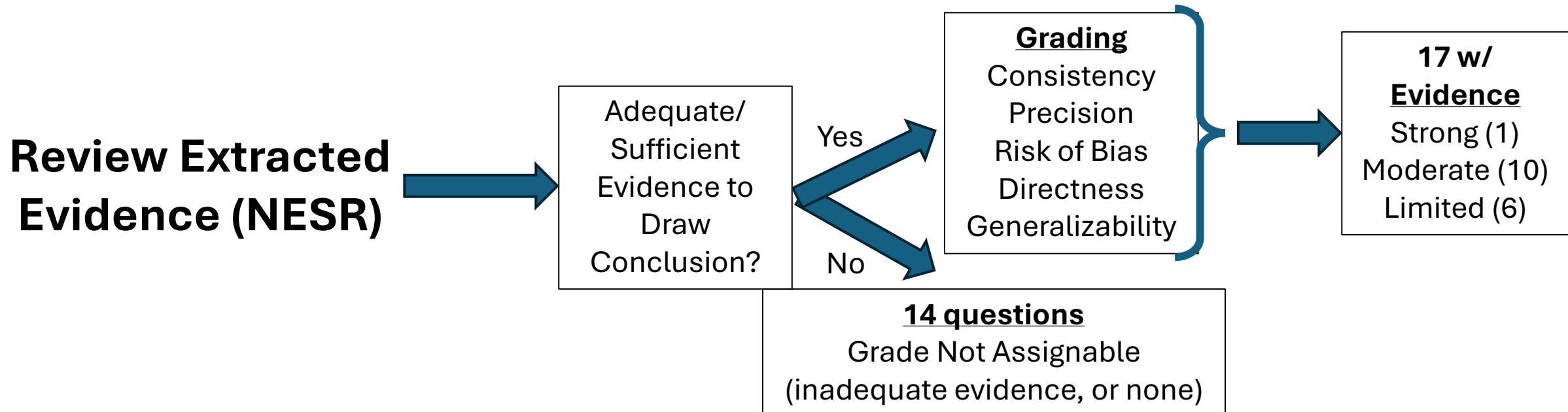


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Food Sources of Saturated Fat (one of the 60 questions addressed)



Grading Criteria

Consistency

Precision

Risk of Bias

Directness

Generalizability

Grading Criteria

Consistency

Precision

Risk of Bias

Directness

Generalizability

Separately for

Randomized Controlled Trials (RCT)
and Prospective Cohort Studies (PCS)

Scientific Report of the 2025 Dietary Guidelines Advisory Committee



**Department of Health and Human Services
200 Independence Avenue, SW
Washington, DC 20201**



**Department of Agriculture
1400 Independence Avenue, SW
Washington, DC 20250**

Released December 10, 2024

421 pages

Appendices and Supplementary Materials

1000+ Pages

Part F: Appendices

APPENDIX F-1: [Glossary of Terms and Abbreviations](#)

APPENDIX F-2: [Public Comments](#)

APPENDIX F-3: [Biographical Sketches of the 2025 Dietary Guidelines Advisory Committee](#)

APPENDIX F-4: [Membership of Dietary Guidelines Advisory Committee Subcommittees and Working Groups](#)

APPENDIX F-5: [Dietary Guidelines Advisory Committee Report Acknowledgements](#)

Supplementary Materials

Data analysis, food pattern modeling, and systematic review reports are noted throughout the Committee's report. See the Scientific Report for direct links to respective reports or browse the reports through the tabs below.

Data Analysis

Food Pattern Modeling

Systematic Reviews

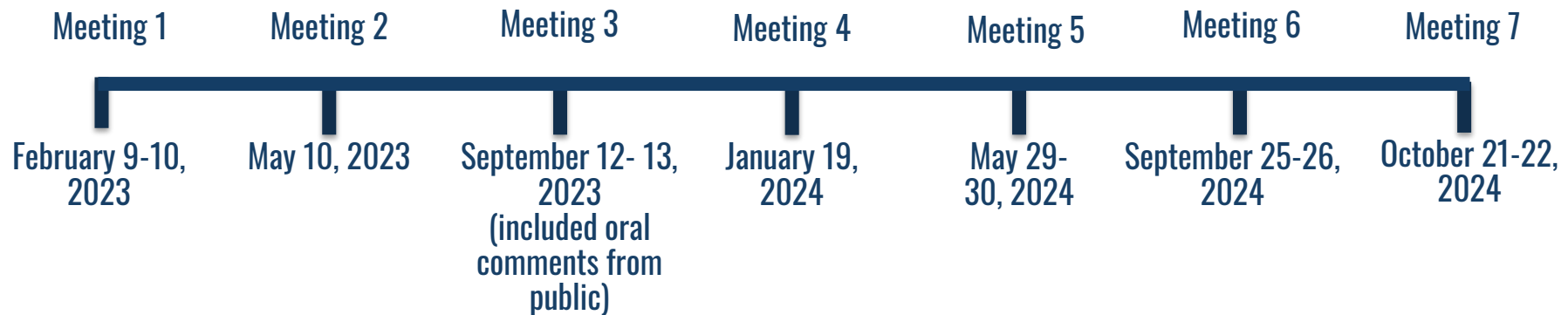
The background of the slide features a dark blue area on the left and bottom, decorated with white line-art icons of various food items including leafy greens, broccoli, carrots, bowls of food, fruits like oranges and pears, and a bottle. The right side of the slide is a solid light beige color.

Transparency in the Committee's Work

- Information was regularly posted to [DietaryGuidelines.gov](https://www.dietaryguidelines.gov) and [NESR.usda.gov](https://www.nesr.usda.gov)
 - Included protocols, data analysis plan, and any revisions to these documents
 - Public comments on protocols and the plan were encouraged
- The public was invited to attend livestreams of all Committee meetings
 - Recordings of Committee meetings, slides, and summaries were posted online
- Frequent email updates were sent to over 270,000 subscribers
- Request for public comments was open throughout the Committee's work

Opportunities for Public Engagement Throughout the Committee's Work

- The Committee met **seven** times to discuss its evidence review and draft conclusions, make plans for future work, and finalize its Scientific Report – **all meetings** were open to the public virtually:



- Public comments** were accepted throughout the Committee's work (January 19, 2023, to October 7, 2024)
 - Nearly 9,900 written public comments received – more than any previous Committee
 - All comments are available to the public on Regulations.gov and were considered by the Committee

Scientific Report of the 2025 Dietary Guidelines Advisory Committee



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200 Independence Avenue, SW
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Washington, DC 20250

This is a 5-Step Process

**Step 1: Identify the
Scientific Questions**

**Step 2: Appoint the
Advisory Committee**

**Step 3: Advisory Committee
Reviews Scientific Evidence**

**Step 4: Develop the
Dietary Guidelines**

**Step 5: Implement the
Dietary Guidelines**

Scientific Report of the 2025 Dietary Guidelines Advisory Committee



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Lack of Transparency

RFK Jr to urge Americans to eat more saturated fats, alarming health experts

Guidance from health and human services secretary contradicts decades of dietary recommendations



By Sarah Todd Nov. 12, 2025

Reporter, Commercial Determinants of Health

THE MAHA DIAGNOSIS

What Kennedy's saturated fat guidelines would mean for American health

Overriding the evidence on saturated fat would mean less healthy school lunches and more cardiovascular disease, say nutrition experts



STAT

Christopher Gardner is exuberant in his distress. Wearing a black sweatshirt emblazoned with the word "SCIENCE" in all caps one recent afternoon, the Stanford nutrition scientist threw his arms over his head and declared: "Science is under attack."

Abstracts Related to Dietary Guidelines Pulled From Meeting, Raising Concerns

— Government travel policy cited as reason for retractions

by [Rachael Robertson](#), Enterprise & Investigative Writer, MedPage Today

August 6, 2025 · 4 min read



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- **Dietary Guidelines Advisory Committee (DGAC)**
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- **Seed Oils (as time permits)**

Original Investigation | Nutrition, Obesity, and Exercise

Cardiometabolic Effects of Omnivorous vs Vegan Diets in Identical Twins

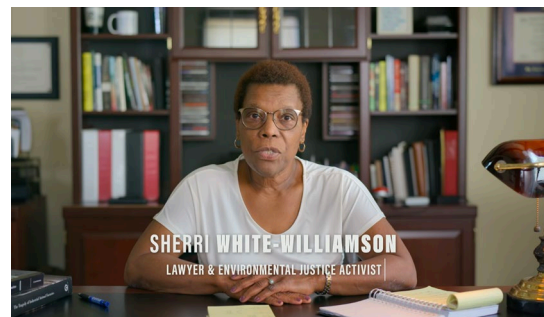
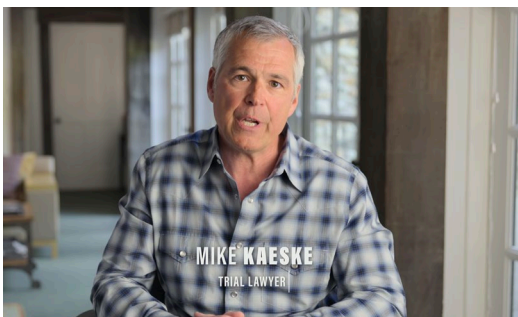
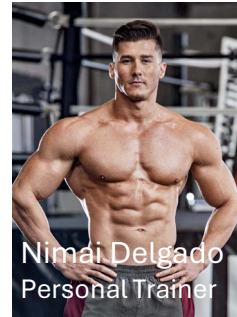
A Randomized Clinical Trial

Matthew J. Landry, PhD, RDN; Catherine P. Ward, PhD, RD; Kristen M. Cunanan, PhD; Lindsay R. Durand, MPH, RD; Dalia Perelman, MS, RDN; Jennifer L. Robinson, PhD; Tayler Hennings, MPH; Linda Koh, PhD, MS, RN; Christopher Dant, PhD; Amanda Zeitlin, MPH; Emily R. Ebel, PhD; Erica D. Sonnenburg, PhD; Justin L. Sonnenburg, PhD; Christopher D. Gardner, PhD









YOU ARE WHAT YOU EAT

A TWIN EXPERIMENT

NETFLIX



EMMY® AWARD
WINNER

October
2025





Debunking Netflix's Vegan Documentary Series: 'You Are What You Eat' with Luke Cook



Max Lugavere ✓
213K subscribers

Subscribe

👍 353



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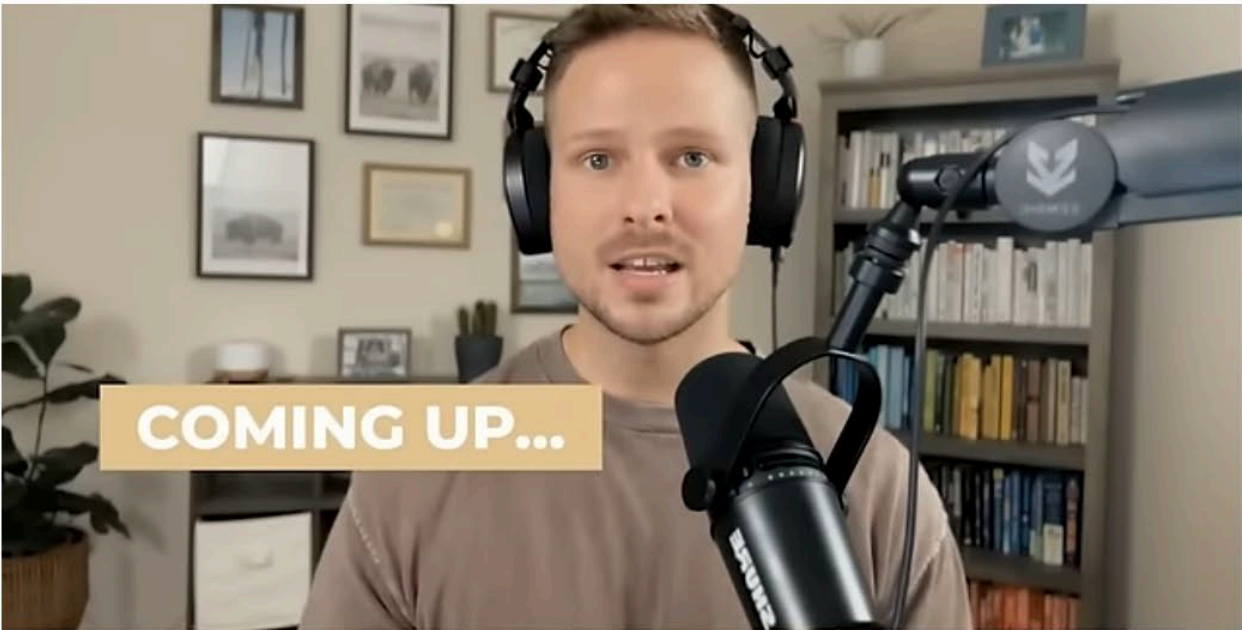
✂️ Clip

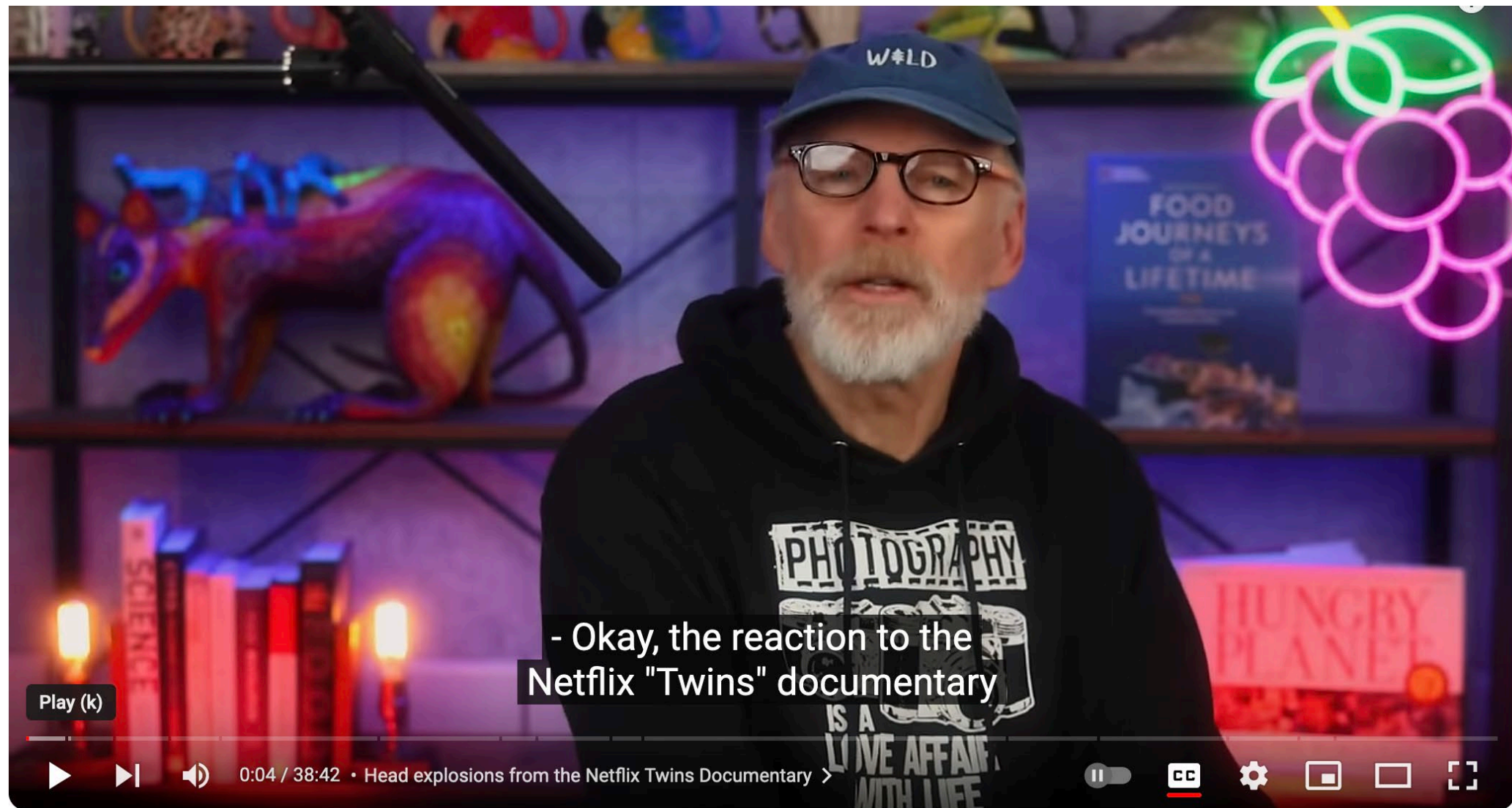
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10K views 1 year ago

ews





Unraveling the Controversy: Stanford Twin Study Explained



Plant Chompers ✓
110K subscribers

Subscribe

3.3K



Share

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64K views 1 year ago

Chris MacAskill Viva Longevity

Critique

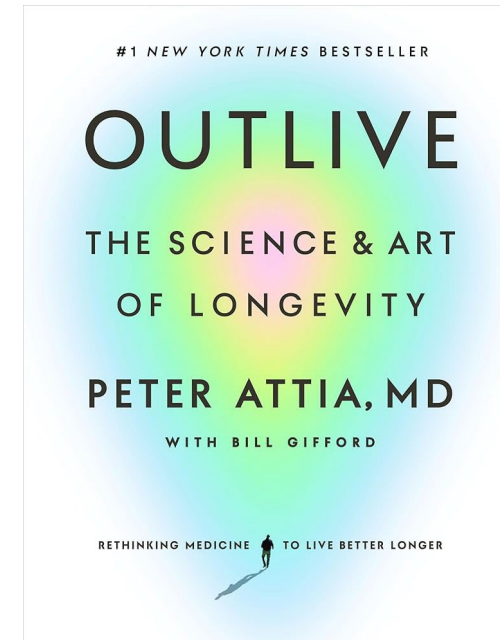
“categorical failure to isolate and test a specific independent variable”

“neither total calorie intake nor nutrient composition held constant”

“fat composition differed dramatically between groups”



Dr. Peter Attia





Vegan vs. Omnivore: Unpacking Twin Diet Stud...



Info



Watch later



Share

THE PROOF

TP



1:19 / 1:57:04 • Introduction and background on Christopher ...

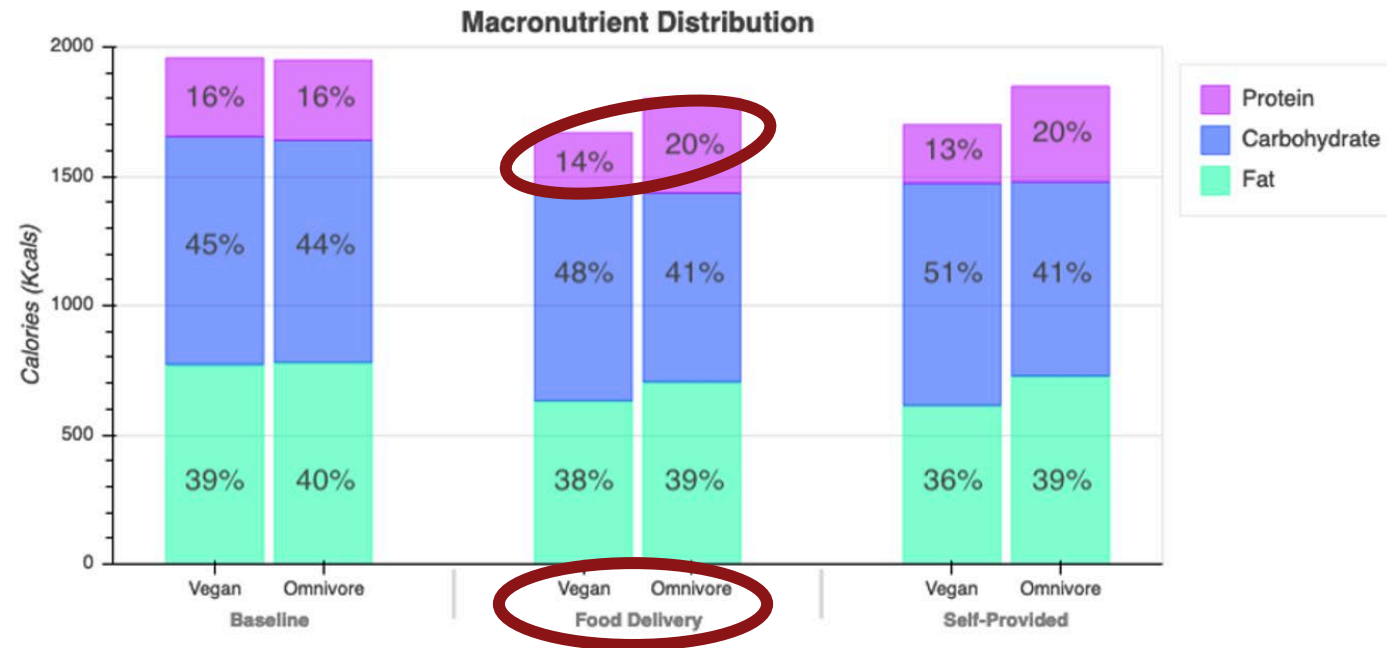


YouTube



Critique

“Vegans received fewer calories than Omnivores from Food Delivery Service, leading to weight loss, which explains (all of) the other reported differences between groups.”



Supplemental Figure 1. Macronutrient Distribution by Phase and Diet



Christopher Gardner

@GardnerPhD

...

Nutrition Research – Access your Inner Geek

Tweetorial

This is a great catch & observation by [@stathitriadis](#) who went into Supplemental materials to look at diet data.

Points out calorie intake for vegans was lower than omnivores & asked why not matched?

Nuanced 📖

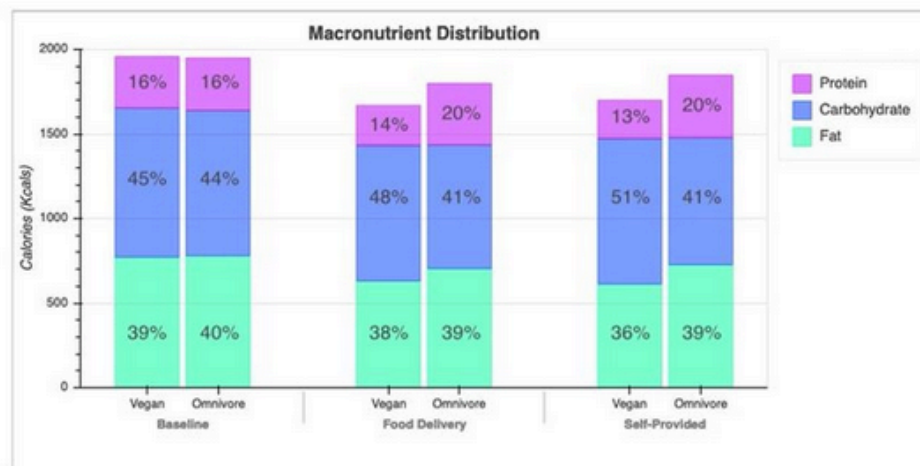
Read on...



Stathi @stathitriadis · Nov 30, 2023

Replying to @GardnerPhD @TheGuyititian and @catepward

Why weren't calories matched? Vegan arm had ~200 less calories per day.





Christopher Gardner
@GardnerPhD

Nutrition Research – Access your Inner Geek

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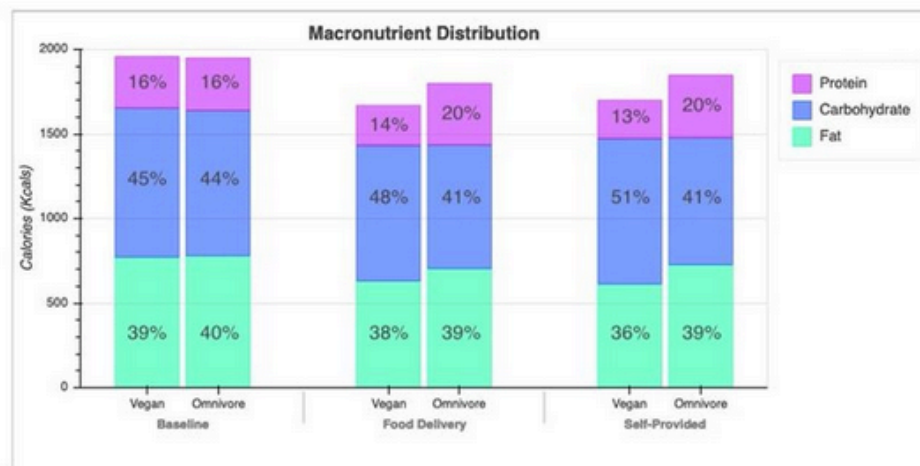
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DoctorTro @DoctorTro · 12/4/23

In this tweet thread, Gardner explains why the discrepancies in sugar, processed carbs, refined grains and calories were noted in the Vegan Twin Study

I appreciate his explanation and I apologize for my quick judgement on it.

On this specific matter I was wrong.
[x.com/GardnerPhD/sta...](#)





Christopher Gardner
@GardnerPhD

...

“I appreciate his explanation and I apologize for my quick judgement on it.

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[x.com/GardnerPhD/sta...](https://x.com/GardnerPhD/status/1721234567890123456)

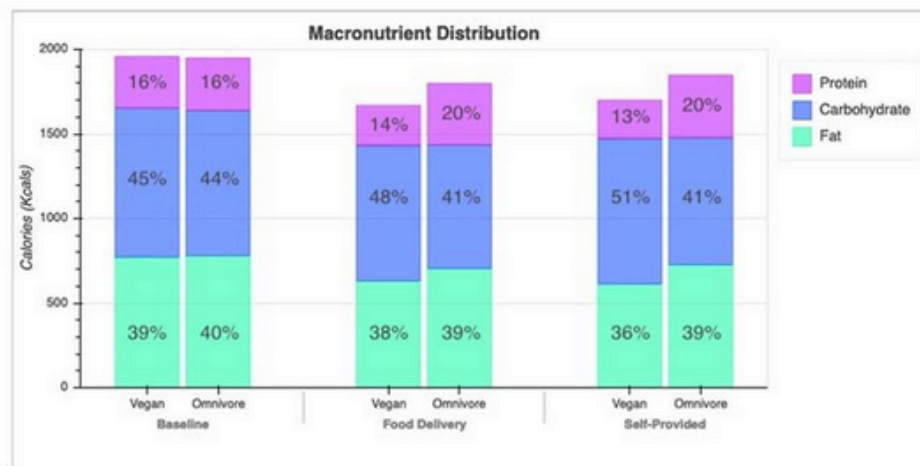
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KizzyPhD

@KizzyPhD



1/n) The Twin Experiment” on [@netflix](#) is probably one of the best pieces of sci-comm I’ve seen to date. You know what makes it so good? Most people have no idea they are watching science communication at work.

7:39 AM · Jan 28, 2024 · **100.2K** Views



KizzyPhD

@KizzyPhD



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7:39 AM · Jan 28, 2024 · **100.2K** Views

KizzyPhD

@KizzyPhD

Virologist. Vaccinologist. Science Communicator. — My tweets are my own. My science is the world's. — [@KizzyPhD_Lab](#) [@HarvardChanSPH](#) [@HHMINews](#) [@hwaspeakers](#)

📍 Boston, MA [linktr.ee/KizzyPhD](#) 📅 Joined January 2020

810 Following 153.6K Followers



KizzyPhD @KizzyPhD · Jan 28

2/n) They watch and they are entertained by following twins through a clinical trial comparing plant-based vs. omnivore diets.

💬 1 🔄 1 ❤️ 47 📊 5.2K 📌 ⬆



KizzyPhD @KizzyPhD · Jan 28

3/n) At the end, the results of the study are given by study professionals in a lecture hall, just like we give science talks at ... ummm... department seminars.

💬 1 🔄 1 ❤️ 45 📊 5.2K 📌 ⬆



KizzyPhD @KizzyPhD · Jan 28

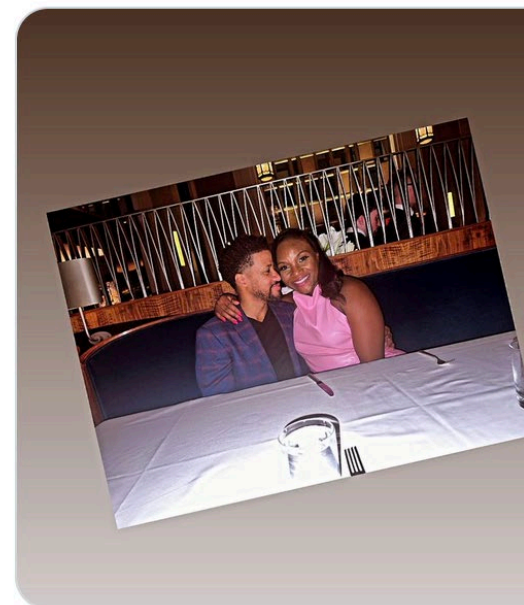
4/n) People are left with understanding of how the trial worked, result take-aways, and a few giggles along the way.

💬 1 🔄 1 ❤️ 45 📊 5K 📌 ⬆



KizzyPhD @KizzyPhD · Jan 28

5/n) My husband and I were so pleased, we went to the plant-based restaurant that was featured for my birthday dinner.



💬 2 🔄 1 ❤️ 72 📊 4.9K 📌 ⬆



KizzyPhD @KizzyPhD · Jan 28

6/n) I've been thinking a lot about how that kind of documentary (watching us and others work on the vaccine from day 1, watching results as they came out with digestible slides, following trial participants) would have really eased COVID vaccine inquisitiveness.

💬 1 🔄 4 ❤️ 129 📊 8.1K 📌 ⬆

View



KizzyPhD @KizzyPhD · Jan 28

7/n) More of this please. More sci-comm that's just plain entertainment.

💬 5 🔄 1 ❤️ 133 📊 7.5K 📌 ⬆


KizzyPhD

@KizzyPhD


Virologist. Vaccinologist. Science Communicator. — My tweets are my own. My science is the world's. — @KizzyPhD_Lab @HarvardChanSPH @HHMINEWS @hwaspeakers

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💬 1 🔄 1

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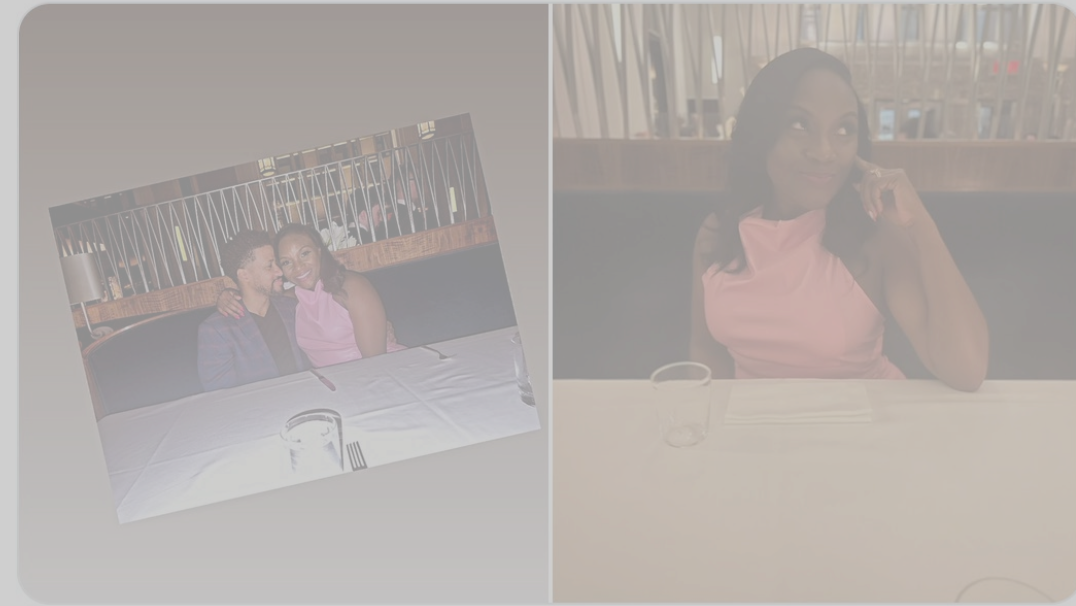
Dr. Kizzmekia Corbett, Harvard
(Moderna COVID vaccine)



KizzyPhD @KizzyPhD · Jan 28

7/n) More of this please. More sci-comm that's just plain entertainment.

View



💬 2 🔄 1 ❤️ 72 📺 4.9K 📌 ⬆

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- **Dietary Guidelines Advisory Committee (DGAC)**
- **You Are What You Eat - JAMA / Netflix**
- **Seed Oils (as time permits)**

Published: August 20, 2024

There's no reason to avoid seed oils and plenty of reasons to eat them

By Laura Williamson, American Heart Association News



(repinanatoly/iStock via Getty Images)

Related Articles



Healthy Cooking Oils



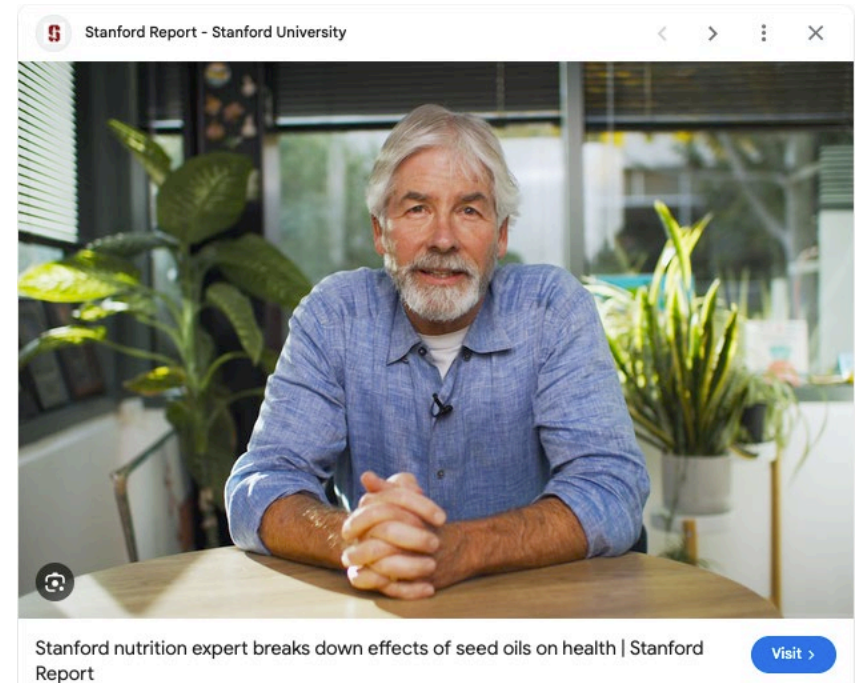
Herbed Veggie Skillet



The benefits of adding a drizzle of olive oil to your diet



**American
Heart
Association®**



Opinion

RFK Jr. thinks seed oils are poisoning you. Here's the truth.

I agree with Trump's HHS nominee on the dangers of ultraprocessed foods, but please don't replace all your seed oils with tallow — no matter what you hear at a congressional hearing.



Jan. 29, 2025, 6:00 AM EST

By Christopher Gardner

Sometime in the early 2020s the idea of evil seed oils took hold in the public consciousness. Social media influencers like [Joe Rogan](#) and [Dr. Mark Hyman](#) on the wellness front lines began advocating against what became known as [“the hateful eight”](#): soy, corn, rice bran, canola, sunflower, safflower, grapeseed and cottonseed oil. Another big booster of this claim? [Robert F. Kennedy Jr., President Donald Trump’s nominee](#) to lead the Department of Health and Human Services.



AHA PRESIDENTIAL ADVISORY

Dietary Fats and Cardiovascular Disease: A Presidential Advisory From the American Heart Association

Taking into consideration the totality of the scientific evidence, satisfying rigorous criteria for causality, we conclude strongly that lowering intake of saturated fat and replacing it with unsaturated fats, especially polyunsaturated fats, will lower the incidence of CVD.



**Harvard Health
Publishing**
HARVARD MEDICAL SCHOOL

No need to avoid healthy omega-6 fats

August 20, 2019

https://www.health.harvard.edu/newsletter_article/no-need-to-avoid-healthy-omega-6-fats

Recap

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NATIONAL
ACADEMIES *Sciences
Engineering
Medicine*

Food Forum Workshop

December 5, 2026



@GardnerPhD



@cgardnerPhD

Looking forward to our discussion, today and beyond

According to.....

Christopher Gardner, PhD

Rehnborg Farquhar Professor of Medicine

Stanford University

Stanford Prevention Research Center



STANFORD PREVENTION
RESEARCH CENTER
the science of healthy living