

A NETFLIX DOCUMENTARY SERIES



YOU ARE
WHAT YOU EAT
A TWIN EXPERIMENT

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You Are What You Eat: A Twin Experiment

Putting the ultimate subjects to the test, *You Are What You Eat* follows eight identical twins through a Stanford nutrition study, comparing omnivore and plant-based diets.

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Synopsis

Directed by: **Louie Psihoyos**
Produced by: **Cassandra Jabola**



You Are What You Eat: A Twin Experiment is a health and wellness series that explores the benefits of a plant-based diet and the future of food. The backbone of the series is an identical twin diet study run by Stanford nutrition researchers. Over eight weeks, one twin eats a healthy plant-based diet, while the other eats a healthy omnivorous diet. Using cutting edge science, the researchers study changes to the twins' body composition, microbiome, biological clock, brain health, and myriad other detailed health markers. The results are groundbreaking.

Through the twins, the series explores other topics related to plant-based eating, like the impact of the meat industry on the environment, plant-rich eating among diverse cultures, food justice and access, and food quality in schools.

The Twins



Carolyn Sideco

A Sports Relationship Coach and founder of Coaching Kapwa Sports Consultants. She makes a daily ritual of crafting and emerging her Filipinx American identities through relationship-building with people and energies of this world.

Rosalyn Moorehouse

Having worked with adolescents in various ministry settings since college, Rosalyn has been on faculty in the Religious Studies department at a Catholic high school for over 20 years.



Pamela Drew

Born and raised in Durban, South Africa, Pam and Wendy are successful Bay Area chefs.

Wendy Drew

The Drews' interest in the Stanford study stemmed from their curiosity around the science of being identical twins. They felt this was an opportunity they couldn't miss, especially given their background as chefs and their similar eating habits.

The Twins



John Whittington III

John is a trauma step-down nurse from who enjoys music, exercise, and napping with his dachshund Prescott. In his personal time, John writes, records, and produces for JFW, an R&B/Rap duo he formed with his twin brother as a teenager.

Jevon Whittington

Jevon is an operating room nurse with an affinity for movies, fitness, and music. He decided to participate in the Stanford study because of the insight he believed it would provide him as an athlete, a nurse, and a human being.



Charlie Kalish

Charlie Kalish is a cheese expert, quality assurance professional and media personality. His passion for cheese led him to apprentice with artisan cheesemakers in France and Vermont.

Michael Kalish

Michael Kalish is a data scientist, cheese expert, media personality and co-founder of “Cheese Twins”, a media brand most remembered for its appearances on Food Network’s Chopped Finalist and Season 7 Winner of The Great Food Truck Race.

The Science

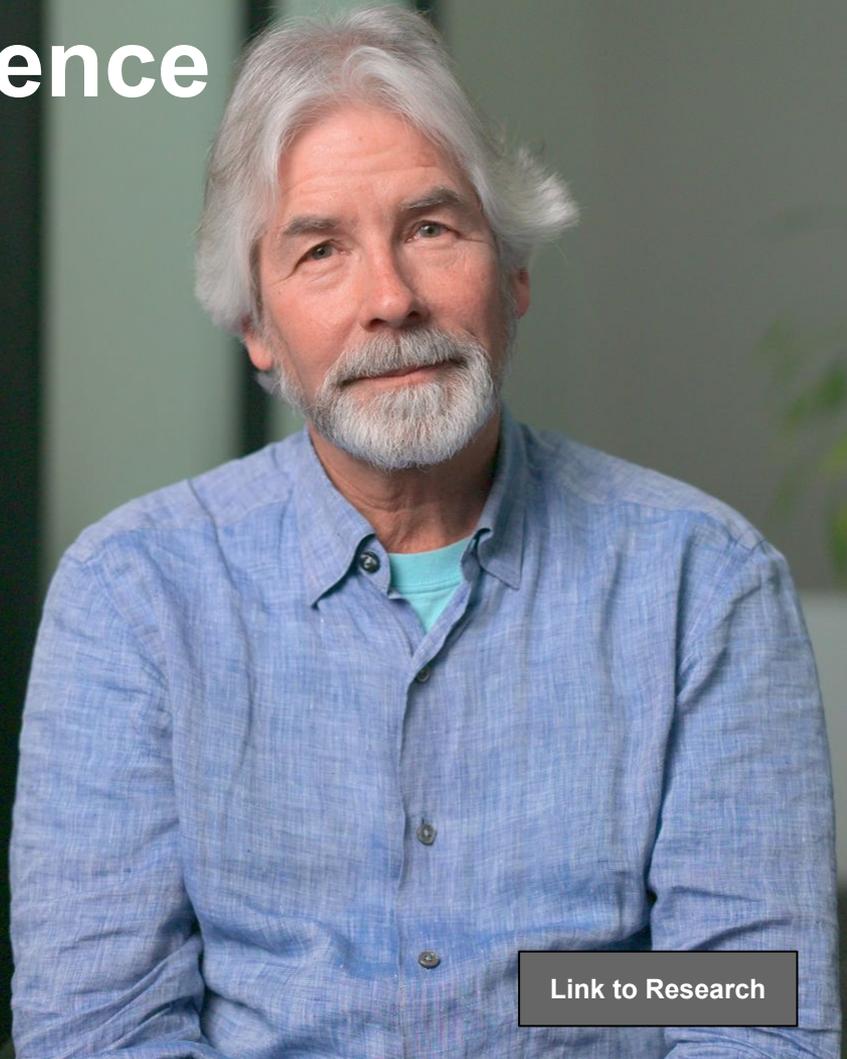
Dr. Christopher Gardner, PhD is the lead nutrition scientist and researcher for the TwiNs Stanford study. He assembled a team of microbiome researchers, epigenetics experts, and neurologists to study the twins.

The design of the study was unique, using identical twins to compare how two diets impacted people with the same DNA. The results were groundbreaking.

In just eight weeks, the two sets of twins saw scientifically relevant changes to their microbiome, epigenome (or biological clock), telomeres, and other health markers like LDL cholesterol, and TMAO.

The takeaway? A plant-based diet can lower cholesterol, lengthen telomeres, and increase biological age in just eight weeks.

Dr. Gardner published the first results of the study in the scientific journal *Jama Network Open*, and has received overwhelming interest from the press.



[Link to Research](#)



Key Cast

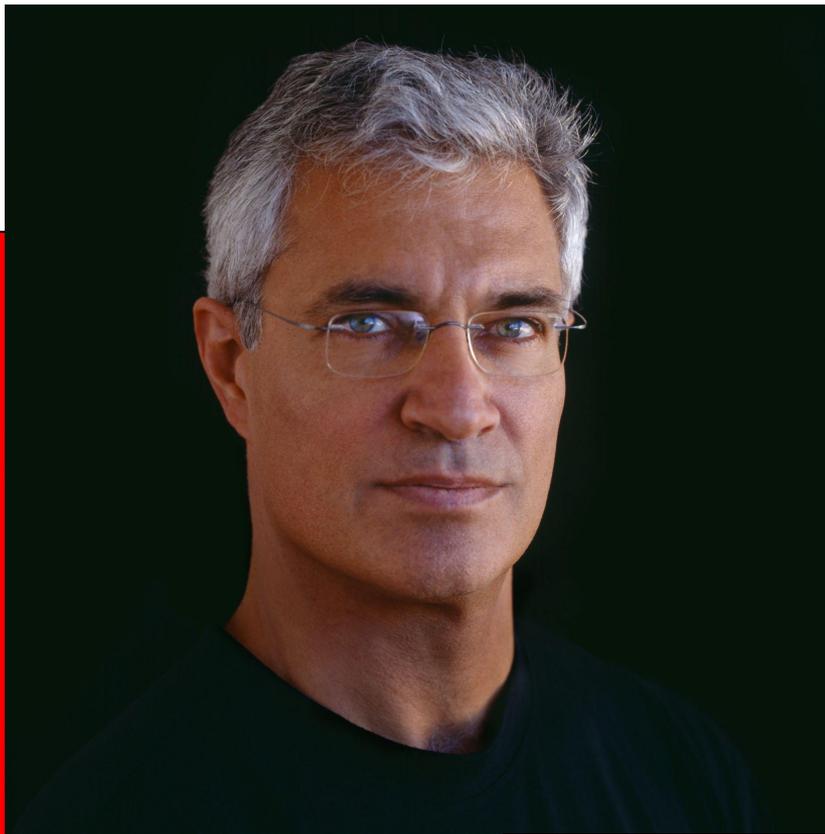
Christopher Gardner
Justin Sonnenburg
Erica Sonnenburg
Amy Kutch-Stanbery
Daniel Humm
Craig Watts
Ayesha Sherzai
Dean Sherzai
Lendora Farland
Sheri White-Williamson
Michael Greger
Don Staniford
Alexandra Morton
Thomas Locke
Eric Adams
Cory Booker

The Crew



Director

Louie Psihoyos



Louie Psihoyos is a former National Geographic photographer, whose filmmaking takes on large-scale environmental and social issues with the goal of creating a tipping point of cultural change. His first film, *The Cove*, won the Oscar for Best Documentary Film of 2009. His follow-up, *Racing Extinction*, was broadcast in 220 countries and territories. Psihoyos was the creative mind behind the unprecedented large-scale video projections of endangered species onto the United Nations Headquarters, Empire State Building, and the Vatican. Most recently, Louie directed the documentary, *The Game Changers*, a revolutionary new film about meat, protein and strength.

Cassandra Jabola

Cassandra Jabola is a Filipina-American documentary film and television producer. She has collaborated with HBO, Netflix, PBS, National Geographic, NBCUniversal, TLC, The Science Channel, The Travel Channel, A&E, and Investigation Discovery. She has produced feature documentaries that have screened at Sundance, Tribeca, SXSW, IDFA, Hot Docs, AFI DOCS, and DOC NYC, among others. Cassandra's work spans across science and technology, politics and history, art and music. She believes that audiovisual storytelling is a powerful tool for igniting change as it amplifies the voices of those who otherwise would not be heard. Thus, she devotes herself to cause-based social justice projects, and strives to cover issues confronting the environment and marginalized communities. Cassandra is experienced in leading feature documentary films, unscripted series, and short-form videos from research and development through production, post, and distribution - on set, in the field, and in the edit room; locally and internationally; on land, in the air, and underwater!

Series Producer



Co-Producer - Elly Schmidt Hopper

Elly Schmidt-Hopper is a documentary film producer, and former journalist. She has worked on documentaries and series for Netflix, HBO, PBS and The Discovery Channel. Elly's work involves deeply reporting and story producing across a breadth of topics, and bringing creativity and vision both in the development stage and in the field. Elly has an MA in journalism from UC Berkeley.



Director of Photography - Zachary Fink

Zachary Fink is an Emmy Award-winning documentary cinematographer and director. He shot, co-directed, and produced *The Rescue List* (PBS POV, ARTE), winner of the 2021 Emmy Award for Outstanding Social Issue Documentary. He recently lensed the Emmy Award-winning Netflix film, *A Trip to Infinity*, and an episode of HBO's *Generation Hustle*. Previously, he spent a month in Antarctica where he field directed and shot a series for PBS NOVA. He shot *State of Pride*, a 2019 YouTube Original documentary from Academy Award winning directors Rob Epstein and Jeffrey Friedman. In 2016, Zachary produced and shot *The Ride of Their Lives*, directed by Steve James, which is featured in Amazon Studio's docuseries *The New Yorker Presents* and premiered at Sundance. Zachary has an MA in cultural anthropology and an MFA in film production.



Supervising Editor - Greg O'Toole



Federico Rosenzvit
Editor Episode 1 & 4



Dave Henry
Editor Episode 2



Gina Leibrecht
Editor Episode 3



Fernanda Cardoso
Editor Episode 4

Press

Reviews

- [Decider](#) - January 1, 2023 - Stream It Or Skip It: 'You Are What You Eat: A Twin Experiment' On Netflix, A Docuseries Where Identical Twins On Different Diets Are Studied
- [Elle](#) (India)- January 5, 2024 - The New Netflix Docu-Series 'You Are What You Eat: A Twin Experiment' Makes You Rethink Your Food Choices
- [Martin Cid Magazine](#) - January 1, 2023 - You Are What You Eat: A Twin Experiment – Netflix Documentary: Educate without reprimanding, entertain naturally, and charm with enchantment
- [VegOut](#) - January 1, 2024 - 'You Are What You Eat: A Twin Experiment' Docuseries Premieres Today on Netflix
- [Leisure Byte](#) - January 1, 2024 - You Are What You Eat: A Twin Experiment Review: Shocking Docuseries is Entertaining and Informative
- [Reality Blurred](#) - January 5, 2024 - What Netflix didn't tell us about 'You Are What You Eat: A Twin Experiment'

Features

- [Today Show Online](#) - January 5, 2024 - Can a plant-based diet help you lose more weight? Netflix doc with twins offers answer
- [USA Today](#) - January 2, 2024 - 'You Are What You Eat': Meet the twins making changes to their diet in Netflix experiment
- [Time](#) - January 3, 2024 - Is Eating a Plant-Based Diet Better for You?
- [Cosmopolitan](#) (UK) - January 5, 2024 - Netflix's You Are What You Eat: Where are the twins now?
- [Tudum](#) - January 1, 2023 - Have the Twins from You Are What You Eat Stuck to Their Diets?
- [Women's Health](#) - January 2, 2024 - Meet The Cast Of Netflix's 'You Are What You Eat: A Twin Experiment'
- [Vox](#) - January 12, 2024 - When one twin goes vegan and the other doesn't
- [Vice](#) - January 10, 2024 - Eric Adams Promotes Vegan Diet Over Taking Prescribed Diabetes Meds in New Netflix Doc
- [SFGate](#) - January 7, 2023 - Netflix's most popular food show 'You Are What You Eat' is based on a Stanford experiment [Salon](#) - January 4, 2024 - To eat or not to eat vegan? The 8 biggest takeaways from Netflix's "You Are What You Eat" food doc
- [Vegan Food and Living](#) - January 4, 2024 - Vegans have better sex, live longer and are healthier – according to new Netflix documentary
- [Veg Out](#) - January 5, 2024 - Scientists Behind Netflix's 'You Are What You Eat: A Twin Experiment' Give Additional Context on Pro-Vegan Findings
- [Plant Based News](#) - January 4, 2024 - Netflix Documentary Tracking Identical Twins Inspires People To Ditch Meat

- [Green Queen](#) - January 2, 2024 - Netflix Series 'You Are What You Eat': Vegan Diet Benefits Includes Better Sex, Longer Life and a Healthier Heart
- [Green Matters](#) - January 2, 2024 - Netflix's 'You Are What You Eat' Put Identical Twins on Opposing Diets, and Veganism Came Out on Top
- [Business Insider](#) - December 28, 2023 - Yes, you really are high on cheese
- [NY Post](#) - January 10, 2024 - We're identical twins but one of us went vegan and it made one big health difference
- [Axios](#) - January 12, 2024 - New Netflix show chronicles Stanford study on vegan diets
- [The Messenger](#) - January 2, 2024 - 'You Are What You Eat: A Twin Experiment' Is Out Now on Netflix and Viewers Are Calling It 'Eye-Opening'
- [SportsKeeda](#) - January 4, 2024 - You Are What You Eat: A Twin Experiment review. Is the new docuseries worth your time?
- [SF Standard](#) - January 10, 2024 - These Identical Twins From San Francisco Ate Radically Different Diets For 2 Months. Here's What Happened
- [Radio Times](#) - January 3, 2024 - You Are What You Eat cast: Are the twins still vegan?
- [Movie Web](#) - January 8, 2024 - You Are What You Eat: What Happened to the Twins?
- [ComingSoon.net](#) - December 20, 2023 - You Are What You Eat Trailer Previews Netflix's Twin Experiment From The Game Changers Directors
- [High On Films](#) - December 30, 2023 - You Are What You Eat: A Twin Experiment: Release Date, What to Expect, Where to Watch, Trailer & Other Details
- [TV Insider](#) - January 1, 2024 - YOU ARE WHAT YOU EAT: A TWIN EXPERIMENT
- [Futon Critic](#) - December 20, 2023 - Video: "You Are What You Eat: A Twin Experiment" - Official Trailer - Netflix
- [Dextero](#) - January 3, 2024 - You Are What You Eat: A Twin Experiment accused of "bias"
- [The Sun](#) - January 8, 2024 - TWINNING STREAK Netflix fans 'rethinking their whole lives' after 'mind-boggling' twin documentary – complaining 'it's all so scary!'
- [The Mirror](#) (UK) - January 9, 2024 - Netflix fans threaten to 'cancel subscription' over 'mind-boggling' twin documentary
- [CBS News](#) January 22, 2024 - San Francisco twins from Netflix show "You Are What You Eat" talk about their journey
- [VegNews](#) January 15, 2024 8 of the Biggest Takeaways From Hit Netflix Documentary 'You Are What You Eat: A Twin Experiment'
- [Mirage News](#) January 16, 2024 Netflix's You Are What You Eat Exploits Twin Study for Science
- [The Conversation](#) January 15, 2024 Netflix's You Are What You Eat uses a twin study. Here's why studying twins is so important for science
- [Los Angeles Daily News](#) January 12, 2024 What you should know about healthy eating after watching 'You Are What You Eat'
- [Telegraph Herald](#) January 11 2024 You Are What You Eat: A Twin Experiment | Official Trailer | Netflix

- [Yahoo Entertainment](#) January 20 2024 You Are What You Eat Trailer Previews Netflix's Twin Experiment From The Game Changers Directors
- [Yahoo Life](#) January 12 2024 New Netflix show examines how a vegan diet can increase lifespan
- [Detroit Metro Times](#) January 4 2024 Detroit farmers and chefs drop gems on food access and 'land alchemy' in Netflix series
- [WKBW ABC Buffalo](#) January 4 2024 'I feel like we're representing': Twins from Buffalo star in Netflix docuseries
- [LAD Bible](#) January 7 2024 'Mind-bogglingly good' Netflix documentary experimenting on twins has people 'rethinking their whole life'
- [NBC Bay Area](#) January 17 2024 Stanford professor on his twin diet study
- [SF Chronicle](#) January 21 2024 Hit Netflix show 'You Are What You Eat' started with this groundbreaking Stanford study
- [Men's Health](#) January 29, 2024 '5 Red Flags to Look for in Nutrition Documentaries'

Mentions

- [Variety](#) - December 28, 2023 - What's Coming to Netflix in January 2024
 - Pickup: [AOL](#)
- [The Hollywood Reporter](#) - January 1, 2024 - Netflix's New Releases Coming in January 2024
- [The Wrap](#) - January 1, 2024 - Here's What's New on Netflix in January 2024
- [Vogue](#) - December 15, 2023 - Here's Everything Coming to Netflix in January 2024
- [Teen Vogue](#) - January 1, 2024 - New on Netflix January 2024: Griselda, Queer Eye Season 8, Good Grief, & More
- [Vulture](#) - December 31, 2023 - New on Netflix: January 2024
- [E! Online](#) - December 13, 2023 - Here's What's Coming to Netflix in January 2024: Queer Eye, Mamma Mia! and More
- [Entertainment Weekly](#) - January 1, 2024 - What's new on Netflix in January 2024: John Wick, Queer Eye, The Purge
- [Time](#) - December 31, 2023 - Here's Everything New on Netflix in January 2024
- [Tudum](#) - December 31, 2023 - New on Netflix in January 2024
- [TV Guide](#) - December 18, 2023 - New Netflix Shows and Movies in January 2024
- [TV Line](#) - December 31, 2023 - What's New on Netflix in January — Plus: Disney+, Hulu, Amazon and Others
- [Pop Culture](#) - January 1, 2024 - Every TV Show, Movie, and Original Coming to Netflix This Week (Jan. 1)
- [Men's Journal](#) - December 29, 2023 - What's New on Netflix in January 2024?
- [BroBible](#) - December 31, 2023 - New On Netflix In January: 'Lift, Bitconned, Griselda, Break Point' And More

- [Polygon](#) - January 1, 2024 - Every movie and show coming to Netflix in January
- [Tom's Guide](#) - December 31, 2023 - New on Netflix: 5 movies and shows to watch this week (Jan. 1-7)
- [Stanford Report](#) January 24 2024 Christopher Gardner on Netflix's 'You Are What You Eat'

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