

Benjamin Allès, PhD  
Epidemiologist  
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## Research experience

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**Sept 2014–**     **Epidemiologist, INRA** (*Chargé de recherche*)

Nutritional epidemiology research team  
Université Paris 13, Centre de Recherche en Epidémiologie et Statistiques (CRESS),  
Inserm (U1153), Inra (U1125), Cnam, COMUE Sorbonne (ex. U557 Inserm)  
Head of the team : Pr. S. Hercberg  
France · Bobigny

Determinants of food behavior, vegetarianism and plant based diets, food sustainability,  
and other selective diets

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**Jan 2014–**  
**Aug 2014**

**PostDoc Position**

Laval University · Centre d'excellence sur le Vieillissement de Québec  
Canada · Québec  
Dietary patterns, lipids and cognitive function in older people

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**Sep 2010–**  
**Dec 2013**

**PhD Student**

Laval University · Faculty of Pharmacy · Centre d'excellence sur le Vieillissement de  
Québec  
Canada · Québec  
and Bordeaux School of Public Health · Nutritional Epidemiology  
France · Bordeaux

Co-directed PhD - Dietary patterns and cognitive decline in older people from France and  
Quebec

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**Jan 2010–**  
**Jun 2010**

**MSc. Student**

University of Bordeaux · Bordeaux School of Public Health · Epidemiology of occupational  
and environmental health  
France · Bordeaux  
MSc. internship - investigation of the relationship between diet and central nervous  
system neoplasms

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## Teaching experience

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**Jan 2015–**

**Lecturer**

University Paris 13 · Nutritional Epidemiology  
France · Bobigny

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**Jan 2011–**  
**Jun 2013**

**Lecturer**

University of Bordeaux · Epidemiology, Nutritional Epidemiology  
France · Bordeaux

## Education

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**Sep 2010–  
Dec 2013**      **University of Bordeaux and Laval University, co-directed**  
Nutritional Epidemiology · PhD  
France · Bordeaux, Canada · Québec

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**Sep 2008–  
Jun 2010**      **University of Bordeaux**  
Epidemiology · Master Degree in Public Health, MPH  
France · Bordeaux

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**Sep 2007–  
May 2008**      **Université of Montréal**  
Nutrition and dietetics · Bachelor (3<sup>rd</sup> year) - Exchange program  
Canada · Montréal

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**Sep 2005–  
Jun 2008**      **University of Bordeaux**  
Biology, Nutrition and dietetics · Bachelor (1<sup>st</sup> and 2<sup>nd</sup> year)  
France · Bordeaux

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## Awards & achievements

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**Dec 2013**      Grant: Laval University Research Chair in Geriatrics - PostDoc

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**Jan 2013**      Award: Frontenac - Consulat de France and Ministère du Québec - PhD

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**Jan 2011**      Grant: Faculty of Pharmacy - Laval University -PhD

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**Sep 2010**      Award: Jean-Walter Zellidja - Académie Française - PhD

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**Sep 2010**      Grant: Région Aquitaine - PhD

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## Scientific publications

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Seconda L, Baudry J, Allès B, et al. (2017) Assessment of the Sustainability of the Mediterranean Diet Combined with Organic Food Consumption: An Individual Behaviour Approach. *Nutrients* 9.

Julia C, Martinez L, Allès B, et al. (2017) Contribution of ultra-processed foods in the diet of adults from the French NutriNet-Santé study. *Public Health Nutr*, 1–11.

Fleury S, Rivière G, Allès B, et al. (2017) Exposure to contaminants and nutritional intakes in a French vegetarian population. *Food Chem. Toxicol.*

Ducrot P, Méjean C, Fassier P, et al. (2017) Associations between motives for dish choice during home-meal preparation and diet quality in French adults: findings from the NutriNet-Santé study. *Br. J. Nutr.* 117, 851–861.

Ducrot P, Méjean C, Aroumougame V, et al. (2017) Meal planning is associated with food variety, diet quality and body weight status in a large sample of French adults. *Int J Behav Nutr Phys Act* 14, 12.

Baudry J, Péneau S, Allès B, et al. (2017) Food Choice Motives When Purchasing in Organic and Conventional Consumer Clusters: Focus on Sustainable Concerns (The NutriNet-Santé Cohort Study). *Nutrients* 9, 88.

- Baudry J, Lelong H, Adriouch S, et al. (2017) Association between organic food consumption and metabolic syndrome: cross-sectional results from the NutriNet-Santé study. *Eur J Nutr*.
- Méjean C, Si Hassen W, Lecossais C, et al. (2016) Socio-economic indicators are independently associated with intake of animal foods in French adults. *Public Health Nutr* 19, 3146–3157.
- Kesse-Guyot E, Assmann K, Andreeva V, et al. (2016) Lessons Learned From Methodological Validation Research in E-Epidemiology. *JMIR Public Health Surveill* 2, e160.
- Julia C, Mejean C, Peneau S, et al. (2016) The 5-CNL Front-of-Pack Nutrition Label Appears an Effective Tool to Achieve Food Substitutions towards Healthier Diets across Dietary Profiles. *PLOS ONE* 11.
- Julia C, Blanchet O, Mejean C, et al. (2016) Impact of the front-of-pack 5-colour nutrition label (5-CNL) on the nutritional quality of purchases: an experimental study. *Int J Behav Nutr Phys Act* 13..
- Ducrot P, Fassier P, Mejean C, et al. (2016) Association between Motives for Dish Choices during Home Meal Preparation and Weight Status in the NutriNet-Sante Study. *NUTRIENTS* 8.
- Baudry J, Touvier M, Alles B, et al. (2016) Typology of eaters based on conventional and organic food consumption: results from the NutriNet-Sante cohort study. *British J Nutr* 116, 700–709.
- Baudry J, Allès B, Péneau S, et al. (2016) Dietary intakes and diet quality according to levels of organic food consumption by French adults: cross-sectional findings from the NutriNet-Santé Cohort Study. *Public Health Nutr*, 1–11.
- Andreeva VA, Allès B, Feron G, et al. (2016) Sex-Specific Sociodemographic Correlates of Dietary Patterns in a Large Sample of French Elderly Individuals. *Nutrients* 8.
- Alles B, Samieri C, Lorrain S, et al. (2016) Nutrient Patterns and Their Food Sources in Older Persons from France and Quebec: Dietary and Lifestyle Characteristics. *Nutrients* 8.
- Allès B, Pouchieu C, Gruber A, et al. (2016) Dietary and Alcohol Intake and Central Nervous System Tumors in Adults: Results of the CERENAT Multicenter Case-Control Study. *Neuroepidemiology* 47, 145–154.
- Ducrot P, Mejean C, Alles B, et al. (2015) Motives for dish choices during home meal preparation: results from a large sample of the NutriNet-Sante study. *Int J Behav Nutr Phys Act* 12.
- Baudry J, Mejean C, Alles B, et al. (2015) Contribution of Organic Food to the Diet in a Large Sample of French Adults (the NutriNet-Sante Cohort Study). *Nutrients* 7, 8615–8632.
- Samieri C, Coupez VG, Lorrain S, et al. (2013) Nutrient patterns and risk of fracture in older subjects: results from the Three-City Study. *Ost. Int.* 24, 1295–1305.
- Feart C, Samieri C, Alles B, et al. (2013) Potential benefits of adherence to the Mediterranean diet on cognitive health. *Proc Nutr Soc* 72, 140–152.
- Feart C, Alles B, Merle B, et al. (2012) Adherence to a Mediterranean diet and energy, macro-, and micronutrient intakes in older persons. *J Physiol Biochem* 68, 691–700.
- Alles B, Samieri C, Feart C, et al. (2012) Dietary patterns: a novel approach to examine the link between nutrition and cognitive function in older individuals. *Nutr Res Rev* 25, 207–222.