

Antonios (Antonis) Vlassopoulos, PhD, MSc (MedSci), BSc, RD, ANutr

Address: Ellispontou 35, Athens, 16232, Greece

Email: antonisvlass@nutr.teithe.gr

Education

March 2017-April 2017	Certificate in Nutritional Epidemiology UMC Utrecht/ Utrecht University
September 2010-March 2014	PhD Human Nutrition 'Drivers of redox status & protein glycation' University of Glasgow- School of Medicine
September 2009-August 2010	MSc (MedSci) Human Nutrition, Specialisation in Obesity & Weight Management (with Merit), University of Glasgow – School of Medicine
September 2005-June 2009	BSc Nutrition and Dietetics (1st), Harokopio University, Athens – Department of Nutrition & Dietetics (incl. 1 year of clinical internship)

Work Experience

March 2018-now	Research Fellow Food Science & Human Nutrition, Agricultural University of Athens <u>Responsibilities:</u> -Teaching of Postgraduate Module 'Food & Nutrition Policies' -Postdoctoral Researcher in Food Security & Food Policy -Scientific Support & Education in the 'New Agriculture for the New Generation' program (funded from the Stavros Niarchos Foundation)
May 2017-now	Honorary Research Associate Human Nutrition, School of Medicine, University of Glasgow <u>Responsibilities:</u> - Supervision of MSc student projects in Obesity & Nutrient Profiling
June 2014-July 2017	R&D Nutritionist/ Researcher Nutrient Profiling, Public Health Nutrition, Nestlé Research Center <u>Responsibilities:</u> -Validation of a nutrient profiling system for reformulation - Measure the impact of reformulation on diets and health, focus on energy density and socioeconomic inequalities -Creation and update of food composition databases (use for product development and public health research) - Coaching junior researchers in the area of Dietary Intake and Obesity - Development of research and publication strategy with external partners (A. Drewnowski, M. Gibney, E. Combet, F. Vieux) - Member of the Health Claims Board - Nutrition Expert Consultant in the Dairy Business Unit for the creation of healthier breakfast products - Budgeting, Project Management Skills
January 2014-June 2014	Researcher, University of Glasgow -'Adiposity and ageing: optimal markers and disease risk' Supervisors: Dr. Emilie Combet Aspray, Prof. MEJ Lean

Expert Roles

February 2017- January 2021	Expert member Obesity Committee , European Federation of the Association of Dietitians
May 2015-July 2016	Member of the Committee working on the Definition of Dietetic Practice, Hellenic Dietetic Association – Ministry of Health
March 2015- now	Project Leader/ Organiser FENS 2015 session ‘Consumer Perceptions on Food & Health’, ENLP Conference Group
January 2013- now	Reviewer for Obesity, the British Journal of Nutrition, the European Journal of Nutrition, Nutrients, BMC Cardiovascular Disorders and the International Journal of Food Science & Nutrition
June 2011-June 2014	Science Communication , Glasgow Science Festival/ University of Glasgow

Other training

9-17 April 2014	ENLP Essentials European Nutrition Leadership Platform
14-15 January 2013	Bioinformatics for nutritionists European Bioinformatics Institute/Nutrition Society, London
16-17 November 2012	Basic & Advanced Media Training University of Glasgow
11-12 July 2012	Good Clinical Practice University of Glasgow/NHS

Membership in Professional Societies

Hellenic Dietetic Association

European Federation of the Associations of Dietitians (EFAD)

The Obesity Society

Nutrition Society (Served as Student Representative & Member of the Scottish Section Committee)

Publication List

Peer Reviewed Journal Publications

1. Chatzivagia, E., Pepa, A., Vlassopoulos, A., Malisova, O., Filippou, K., Kapsokefalou, M. (2019) Nutrition Transition in the Post-Economic Crisis of Greece: Assessing the Nutritional Gap of Food-Insecure Individuals. A Cross-Sectional Study, **Nutrients**
2. Palma-Duran, SA., Kontogianni, MD., Vlassopoulos, A., Zhao, S., Margariti, A., Georgoulis, M., Papatheodoridis, G., Combet, E. (2017) Serum levels of advanced glycation end products (AGEs) and the decoy soluble receptor for AGEs (sRAGE) can discriminate non-alcoholic fatty liver disease in age-, sex- and BMI-matched normoglycemic adults, **Metabolism**
3. Potter, M., Vlassopoulos, A., Lehmann, U. (2017) Snacking Recommendations Worldwide: A Scoping Review, **Advances in Nutrition**
4. Lehmann, U., Rheiner Charles, V., Vlassopoulos, A., Masset, G., Spieldenner, J. (2017) Nutrient profiling for product reformulation: Public health impact and benefits for the consumer, **Proceedings of the Nutrition Society**
5. Gressier, M., Privet, L., Mathias, K.C., Vlassopoulos, A., Vieux, F. & Masset, G. (2017) Modeled dietary impact of industry-wide food and beverage reformulations in the United States and France, **American Journal of Clinical Nutrition**
6. Combet, E., Vlassopoulos, A., Mölenberg F., Gressier, M., Privet, L., Wratten, C., Sharif, S., Vieux, F., Lehmann, U., Masset, G. (2017) Testing the capacity of a multi-nutrient profiling system to guide food and beverage reformulation: results from five national food composition databases, **Nutrients**
7. Masset, G., Mathias, K., Vlassopoulos, A., Mölenberg, F., Lehmann, U., Gibney, M. & Drewnowski, A. (2017) Modeled dietary impact of pizza reformulations in the United States, **Plos One**
8. Vlassopoulos, A., Masset, G., Rheiner Charles, V., Hoover, C., Leroy, F., Lehmann, U., Spieldenner, J., Tee, ES., Gibney, M. & Drewnowski, A. (2016) A nutrient profiling system for the (re)formulation of a global food and beverage portfolio, **European Journal of Nutrition**
9. Vlassopoulos, A. & Lean, M.E. (2016) (*invited commentary*) Unravelling the effect of adiposity on health: the epidemiology paradoxes, **Obesity**
10. Tanamas, S., Lean, M., Vlassopoulos, A., Combet, E., Zimmet, P. & Peeters, A. (2015) Changing Guards: Time to move beyond Body Mass Index for population monitoring of excess adiposity, **QJM: An international Journal of Medicine**
11. Palma-Duran, SA., Vlassopoulos, A., Lean, M., Govan, L. & Combet E (2015) Nutritional intervention and impact of polyphenol on glycohaemoglobin (HbA1c) in non-diabetic and type 2 diabetic subjects: systematic review and meta-analysis, **Critical Reviews in Food Science and Nutrition**
12. Vlassopoulos, A., Combet, E., & Lean, M.E. (2014) Increased body size and adiposity into old age: a 15-year perspective, **International Journal of Obesity**
13. Vlassopoulos, A., Lean, M.E. & Combet, E (2014) (*invited*) Oxidative stress, protein glycation and nutrition-interactions relevant to health and disease throughout the lifecycle, **Proceedings of the Nutrition Society**
14. Vlassopoulos, A., Lean, M.E. & Combet, E (2014) Protein-phenolic interactions and inhibition of glycation-combining a systematic review and experimental models for enhanced physiological relevance, **Food & Function**
15. Vlassopoulos, A., Lean, M.E. & Combet, E. (2013) The role of oxidative stress on physiological glycation: a neglected link, **Free Radical Biology & Medicine**
16. Vlassopoulos, A., Lean, M.E. & Combet, E., (2013) Influence of smoking and diet on glycated hemoglobin and 'pre-diabetes', **BMC Public Health**
17. Kontogianni, M.D., Vlassopoulos, A., Gatzieva, A., Farmaki, AE., Katsiogiannis, S., Panagiotakos, D.B., Kalogeropoulos, N. & Skopouli, F.N. (2013) Flaxseed oil does not affect inflammatory markers and lipid profiles compared to olive oil, in young, healthy, normal weight adults, **Metabolism**

Peer reviewed published abstracts

1. Masset G., Vlassopoulos A., Gómez Alvarez P., Potter M., Lehmann U. (accepted) Developing the next generation of packaged foods: a framework to address multi-stakeholder requirements
2. Gressier, M., Vlassopoulos, A., Orengo, A., Masset, G. (accepted) Can we use national generic databases to assess product-level policies?
3. Gressier, M., Gomez Alvarez, P., Vlassopoulos, A., Orengo, A., Masset, G. (accepted) Calculating nutritional quality per 100g or per serve
4. Gressier, M., Orengo, A., Vlassopoulos, A., Masset, G., Lehmann, U. (accepted) Sugar content in soft drinks with or without a sugar content claim across Europe
5. Lehmann, U., Neubert, A., Schwalber, A., Vlassopoulos, A., Masset, G. (2017) Public health impact of product reformulation driven by nutrient profiling, **Aktuelle Ernährungsmedizin**
6. Vlassopoulos, A., Gressier, M., Masset, G. (2017) Setting reformulation targets per serving: a global system for sodium and sugar reduction and its applicability in the USA, **The FASEB Journal 31 (1 Supplement), 437.3**
7. Gressier, M., Vlassopoulos, A., Masset, G., Drewnowski, A. (2017) Are more nutritious products available in the US food supply, and are they consumed more frequently?, **The FASEB Journal 31 (1 Supplement), 314.2**
8. Gressier, M., Mathias, KC., Drewnowski, A. , Vlassopoulos, A., Masset, G. (2017) Modeled impact of food and beverage reformulations on added sugars intake and its social gradient in the US, **The FASEB Journal 31 (1 Supplement), 437.4**
9. Combet, E., Sharif, S., Wratten, C., Masset, G., Vlassopoulos, A. (2016) Are food composition databases ready to support food reformulation policies? **Proceedings of the Nutrition Society 75 (OCE3)**
10. Combet, E., Sharif, S., Wratten, C., Masset, G., Vlassopoulos, A. (2016) Could category specific voluntary reformulation standards improve the UK food supply beyond sodium? **Proceedings of the Nutrition Society 75 (OCE3)**
11. Mölenberg, F., Vlassopoulos, A., Masset, G., Lehmann, U. (2016) Improving the food supply by product reformulation: Using nutrient profiling to evaluate foods consumed in the USA, **The FASEB Journal 30 (1 Supplement), 681.7**
12. Masset, G., Vlassopoulos, A., Mölenberg, F., Lehmann, U. (2016) Portion size selection of pizza and modeled impact on nutritional intake in the US adult population, **The FASEB Journal 30 (1 Supplement)**
13. Masset, G., Vlassopoulos, A. & Lehmann, U. (2016) Nutrient profiling for the reformulation of pizza: Modelled impact on nutritional intake in the US adult population, **The FASEB Journal 30 (1 Supplement), 131.6-131.6**
14. Masset, G., Vlassopoulos, A., Potter, M. & Leroy, F. (2016) A Novel Nutrient Profiling Score to Drive Food Reformulation, **The FASEB Journal 29 (1 Supplement), 382.5**
15. Masset, G., Vlassopoulos, A., Potter, M., Leroy, F. & Vecchio, B.M. (2016) Improving the US Food Environment through Reformulation: A Comparison of Two Nutrient Profiling Models, **The FASEB Journal 29 (1 Supplement), 903.14**
16. Masset, G., Vlassopoulos, A., Potter, M., Leroy, F. & Spieldenner, J. (2016) Industry Approach to Nutrition-Based Product Development and Reformulation in Asia, **Journal of nutritional science and vitaminology 61 (Supplement), S187-S188**
17. Masset, G., Vlassopoulos, A., & Leroy, F. (2015) Reformulation of pizza products and modelled nutritional intake shifts, results from the NHANES 2011-12 survey, **Annals of Nutrition & Metabolism; 67(suppl 1), 149/1212**
18. Leroy, F., Vlassopoulos, A., Chesneau-Guillemont, C., Laurent-Langevin, B. & Masset, G. (2015) Product reformulation to lower sodium content via nutrient profiling; a case study on France (2000-2014), **Annals of Nutrition & Metabolism; 67(suppl 1), 149/1089**

19. Palma-Duran, S.A., Vlassopoulos, A., Govan, L., Lean, M.E.J. & Combet, E. (2015) Nutritional intervention and impact of polyphenol on glycohaemoglobin in type 2 diabetic subjects: systematic review and meta-analysis, **Proceedings of the Nutrition Society 74 (OCE2), E173**
20. Vlassopoulos, A., Combet, E., & Lean, M.E.J. (2013) Evidence for continuing body-fat accumulation into old age, **Obesity Facts 6 (Suppl 1), 223**
21. Vlassopoulos, A., Lean, M.E.J. & Combet, E. (2013) Role of oxidative stress in physiological albumin glycation: a neglected link, **Diabetic Medicine 30, E2-E2**
22. Combet, E., Vlassopoulos, A. & Lean, M.E.J. (2013) Influence of smoking and diet on glycated hemoglobin and 'pre-diabetes' categorization, **Diabetic Medicine 30, E6-E7**
23. Vlassopoulos, A., Lean, M.E.J. & Combet, E. (2012) The role of oxidative stress on protein glycation, **Proceedings of the Nutrition Society 71 (OCE2), E57**