

Dr Benoît Lamarche has a degree in biochemistry (Université Laval). He has completed his MSc and PhD degrees in kinesiology and physiology respectively under the mentorship of Jean-Pierre Després (Université Laval) and has pursued his postdoctoral training in physiology in the laboratory of Gary Lewis (University of Toronto).

Benoît is Professor at the School of Nutrition at Université Laval since 1998, and Chair of Nutrition since 2004. He is one of the most cited researchers in Canada in the field of nutrition and cardiometabolic health, with more than 370 scientific publications to his credit and more than 28,000 citations. His work has been uninterruptedly funded by CIHR for more than 20 years. Among others, his lab has produced landmark papers in the area of cardiometabolic risk prediction based on non-traditional, emerging risk factors associated with metabolic syndrome. He has published numerous papers describing the impact of the Mediterranean diet and of several dietary fats on cardiometabolic health from clinical as well as a physiological perspective, using unique tracer techniques for the study of *in vivo* lipoprotein kinetics in humans. He has contributed to the development and validation of several dietary assessment tools, including web-based FFQ and 24h recall that are now used by more than 15 research teams in the country. Benoît has contributed the training of more than 60 MSc, PhD students and postdocs, many of whom have continued to pursue highly successful career research in academia. He has received numerous awards for his research, including awards from the Société Québécoise de lipidologie, nutrition et métabolisme (Prix des Fondateurs, 2013) and the Canadian Nutrition Society (Centrum New Investigator Award, 2011).

Benoît was Scientific Director of the Institute of Nutrition and Functional Foods (INAF) from its inception, and served as its Director from 2004-2007 and 2010-2011. It was under his leadership that INAF obtained its first Regroupement stratégique grant from the Fonds de recherche Québec - Nature et technologies (FRQNT) in 2004. INAF is now recognized as one of leading research facilities in Canada in the area of food, nutrition and health. Since 2017, Benoît is spearheading the development of PULSAR as Scientific Director. PULSAR is an unprecedented innovation platform dedicated to sustainable health research, bringing together more than 150 researchers and stakeholders from the Québec City metropolitan area. Benoît is also the Scientific Director of the Centre Nutrition, santé et société (NUTRISS), which has recently been successful in obtaining funding from the Fonds de recherche en santé du Québec (FRQS). NUTRISS is the new flagship of INAF for biomedical, clinical, behavioral, social and public health research, with more than 45 researchers from 12 different faculties at Laval University coming together to help solve the many societal issues that we are facing with regards to food and health.

On a more personal note, Benoît is a proud father of 3 beautiful and all grown up human beings. He has co-written two lay-public books with the acclaimed Chef Jean Souldard on the topics of nutrition, sport and health. He is an Olympian (1984, 1988) in long-track speed skating. And despite his father's influence, he refuses to wear a tie...