

**CURRICULUM VITAE**

**ANTONIS ZAMPELAS**

# CURRICULUM VITAE

## PERSONAL DETAILS

SURNAME: Zampelas  
FIRST NAME: Antonis  
QUALIFICATIONS: BSc (Athens, Greece), MSc (Reading, UK), PhD (Surrey, UK)  
SEX: Male  
DATE OF BIRTH: 16-07-1964  
PLACE OF BIRTH: Athens, Greece  
NATIONALITY: Greek  
MARITAL STATUS: Married with 2 children

OCCUPATION: *Professor in Human Nutrition*  
Department of Food Science and Human Nutrition  
Agricultural University of Athens  
Athens, Greece

## EDUCATION

1971-1982: Primary school and secondary school at "MINA AIDONOPOULOU SCHOOLS", Athens, Greece. Grade: 16<sup>11/12</sup>.  
1982-1987: BSc (Hons) in Food Science and Technology, Department of Food science and Technology, Agricultural University of Athens, Greece. Grade: 8 out of 10.  
1988-1989: Masters of Science (MSc), in Food Science, Department of Food Science and Technology, University of Reading, Reading, UK.  
1989-1993: PhD in Clinical Nutrition, Centre of Nutrition and Food Safety, School of Biological Sciences, University of Surrey, Guildford, Surrey, UK. Title of the thesis: "Effect of dietary fatty acid structure and composition on postprandial lipid metabolism".

## LANGUAGES

Fluent in Greek, English, good in French.

## **WORK EXPERIENCE**

1993 - 1996:

Research Fellow, School of Biological Sciences, University of Surrey (Guildford, UK). Field Project Manager in a research project funded by the European Union, collaborating with (i) Department of Clinical Medicine, Trinity College, Dublin, (ii) Medical School, University of Crete, (iii) Unilever Research, the Netherlands. The project looked at the beneficial nutritional properties of olive oil on lipoprotein metabolism. My duties included the co-ordination of the participating Universities and Research Centres, the design of research protocols, the supervision of the "Biochemical Analyses Team" and the preparation of the final report.

1997:

Senior Scientific Officer, Food and Veterinary Science Division, Chief Scientist Group, in the Ministry of Agriculture Fisheries and Food (London, UK), administrating, as project officer, the following research programmes: (i) Role of Dietary Lipids in the Development of Coronary Heart Disease, (ii) Role of Complex Carbohydrates in the Diet, (iii) Antioxidants in Food, (iv) Optimal Nutrient Status, (v) Dietary Surveys and Food Composition. My duties included the assessment of research proposals to the Ministry, the supervision of research programmes funded by the Ministry in the above areas, the preparation of workshops.

1998-1999:

Research Fellow in the Department of Nutrition and Dietetics, Harokopio University (Athens, Greece). My duties included the lecturing of the modules "Nutrition and Metabolism" and "Nutrition in the Life Cycle" and assisting in the administration of the Professional Training Year of the final year students in several collaborating General Hospitals and one Children's Hospital.

1999-2006:

Assistant Professor in the Department of Nutrition and Dietetics, Harokopio University (Athens, Greece).

January 2003-February 2003:

Invited Visiting Professor, Department of Nutrition, University of California at Davis.

October 2006 – September 2011:

Associate Professor in Human Nutrition, Agricultural University of Athens

February 2008-August 2008:

Vice President, Hellenic Food Authority

September 2008-March 2010:

President, Hellenic Food Authority

September 2011-now

Professor in Human Nutrition, Agricultural University of Athens

September 2011-now

Visiting Professor, Department of Nutrition, University of Nicosia, Cyprus

September 2011-October 2015

Chair, Department of Food Science and Human Nutrition, Agricultural University of Athens

September 2011-September 2014

Member of the Senate, Agricultural University of Athens

January 2017-June 2017

Visiting Professor in Human Nutrition, Department of Nutrition and Health, United Arab Emirates University

## **TEACHING EXPERIENCE**

Lectures in areas of Nutrition (Nutrition and bone health, polysaccharides) for the BSc degrees in Nutrition, Nutrition and Food Science, and Nutrition and Dietetics in the University of Surrey.

Lectures in aspects of lipoprotein metabolism for the MSc degree in Clinical Biochemistry in the University of Surrey.

Supervision of final year projects and MSc dissertations as well as contribution to the supervision of PhDs in the University of Surrey.

Lecturing the modules: Nutritional Metabolism (1997-2000), Clinical Nutrition I and II (1998-2006), Nutrition in the Life Cycle (1997-2006), Lipids, Nutrition and Metabolic Disorders (2000-2006) in the Department of Nutrition and Dietetics, Harokopio University.

Module Organiser and lecturing in: Advanced Clinical Nutrition, Clinical Practice, Paediatric Dietetics of the Postgraduate Programme in the Department of Nutrition and Dietetics, Harokopio University until 2006.

Module organiser and teacher of “Nutrition and metabolism” (2006-now), teaching “Introduction to Human Nutrition (2006-now) in the undergraduate students in the Agricultural University of Athens

Module organiser and teacher of “Clinical Nutrition” (2014-now), in the undergraduate students in the Agricultural University of Athens (degree BSc in Food Science and Nutrition)

Module organiser and teacher of “Nutrition and Life Cycle” (2012-now), in the graduate students in the Agricultural University of Athens (degree MSc in Nutrition, Public Health and Policies)

Module Organizer and teacher of “Nutrition in the Life Cycle” and “Clinical Nutrition and Chronic Diseases” in the BSc and MSc Programmes of the University of Nicosia

Teaching “Human Physiology” (January 2015-June 2016) for the BSc in Dietetics and BSc in Nutritional Sciences at United Arab Emirates University

Supervisor of 12 PhD students, and several MSc students in Department of Nutrition and Dietetics, Harokopio University, in the Agricultural University of Athens and in the United Arab Emirates University. Eight of them (main supervisor) have already completed their thesis (Dr George Paschos, Dr Grigoris Risvas, Dr Popi Karatzi, Dr Aimilia Papakotsantinou, Dr Dorina Sialvera, Dr Liana Poulia, Dr Paul Farajian, Dr Emmanouella Magriplis), I was external examiner in 9 PhD candidates, namely Dr Rena Kosti, Dr Antonis Koutelidakis, Dr Faidon Magkos, Dr Andrianna Kalliora, Dr Natalia Tzima, Dr Ioannis Tsekouras, Dr Fani Pehlivani, Dr Kostantina Papoutsaki, Dr Maria Yannakoulia

External PhD examiner, Department of Dietetics-Nutrition, Harokopio University, Athens, Greece

External PhD examiner, Department of Food and Nutritional Sciences, University of Reading, UK

External PhD examiner, Department of Nutrition, Wageningen University, the Netherlands

## RESEARCH AND ADMINISTRATION

1. University of Surrey, Nutrition and Food Safety Research Centre:
  - 1993-1996: Project Title: "The beneficial properties of olive oil". Research project funded by the European Union. Collaborating Centres: Trinity College (Ireland), University of Crete (Greece), The Laboratorium of Unilever Research (the Netherlands).
  - 1993-1996: Project Title: "The effects of dietary monounsaturated fatty acid intake on postprandial lipoproteins and hormones in normal subjects". Research Project funded by MAFF (the Ministry of Agriculture Fisheries and Food, London, UK).
  
2. Harokopio University, Department of Nutrition and Dietetics:
  - 1999-2001: Project Title: "Effect of the traditional Greek diet enriched with  $\alpha$ -linolenic acid on lipoprotein metabolism and parameters of the immune system in healthy volunteers, and hyperlipidaemic patients in primary and secondary prevention". Funding body: General Secretariat of Science and Technology. Position held: Deputy Director.
  - 2000-2002: Project Title: "Development of Nutrition Education Programme for pupils of the 6<sup>th</sup> grade in primary schools. Funding body: Kellogg's Hellas. Position held: Director.
  - 2002-2003: Project Title: "Development of an educational programme for the prevention and treatment of hyperlipidaemic children in Filiata, Greece, with the use of telemedicine". Funding body: Department of Health. Collaborating Centres: Harokopio University, Sismanoglio General Hospital, Filiata Health Centre. Position held: Principal Investigator.
  - 2004-2007: Project Title: "Needs assessment and development of a network for the improvement of healthy nutritional habits in children and adolescents in the community level". Funding Body: Department of Education. Position held: Principal Investigator.
  - 2005-2008: Project Title: "Effect of dietary intake of phytosterols and olive oil in factors for the development of coronary heart disease in metabolic syndrome patients". Funding Body: ELAIS Food Company. Position held: Principal Investigator.
  
  - 1997-1998: Project Title: "Preparation of curriculum for the development of educational material in Health Education for secondary schools". Funding

body: Department of Education. Collaborating Centres: Athens University Research Institute of Psychological Health (Co-ordinator), Athens Medical School, National School of Public Health, School of Dentistry, Department of Nutrition and Dietetics, Harokopio University. Position held: Manager of the team from Harokopio University responsible for the Nutrition Issues.

- 1998-1999: Member of the team from Harokopio University for the preparation of the Chapters in Nutrition in the Home Economics books for the 1<sup>st</sup> and 2<sup>nd</sup> grade in the secondary schools.
- 1999-2000: Editor and co-author of the book entitled: "Nutrition in the Life Cycle" for the students of the 5<sup>th</sup> grade in secondary schools (Technical Institutes).
- 1999-2000: Co-editor and co-author in two chapters ("Coronary Heart Disease and the Mediterranean Diet" and "Diabetes Mellitus, Obesity and the Mediterranean Diet") in the book entitled: "The Mediterranean Diet: Constituents and Health Promotion", CRC Press, USA.
- 2001-2006: Editor: Textbook of Clinical Nutrition. Pashalides Publ Co (in preparation) [Gr].
- 2001-2003: Editor: Nutrition in the Life Cycle. Pashalides Publ Co [Gr], 2003.
- 1999-2000: Deputy Director of the Professional Training Year of the final year students of the Department of Nutrition and Dietetics, Harokopio University.
- 2000-2006: Director of the Professional Training Year of the final year students of the Department of Nutrition and Dietetics, Harokopio University.
- 2000-2006: Chair of the Committee for the Continuous Development of the Undergraduate Curriculum of the Department of Nutrition and Dietetics.
- 2000-2006: Member of the Committee for the Continuous Development of the Postgraduate Curriculum (MSc in Human Nutrition) of the Department of Nutrition and Dietetics.

### 3. Agricultural University, Department of Food Science and Human Nutrition, Unit of Human Nutrition

- 2006-now: Needs assessment and development of a network for the advance of balanced nutritional habits in primary-school children. Principal Investigator. Collaborators: Harokopio University. Funding Bodies: Secretariat of Consumers, Ministry of Development, SEVT, Unilever Hellas, Cereal Partners Hellas, Nestle Hellas, FAGE, Coca-Cola, 3E, Kraft Hellas. Funding: 250000 euros

- 2008-2009: "Development of a program of nutrition education at Hatzikiakio Establishment. Co-ordinator. Funding Body: Unilever Hellas Funding: 20000 Euros
- 2012-2015: "National Nutrition and Health Survey". Funding Body: Ministry of Health, ESPA. Funding: 3000000 euros. Principal Investigator
- 2014-2015: "The effects of phytosterols: The ACT Project". Principal Investigator. Funding Body: Unilever, the Netherlands. Funding 120000 euros
- 2011-2015: Chair, Department of Food Science and Human Nutrition
- 2012-2014: Director, Laboratory of Food Chemistry and Human Nutrition, Department of Food Science and Human Nutrition
- 2011-2014: Chair of the Committee for the Continuous Development of the Undergraduate Curriculum
- 2012-2014: Co-ordinator of the Direction "Nutrition, Public Health and Policies" of the MSc Course, of the Department of Food Science and Human Nutrition
- 2011-2014: Member of the Senate, Agricultural University of Athens
- Co-Editor 2013-2015: and co-author in one chapter ("Antioxidant and Cardiovascular Diseases" in the book entitled: "Antioxidants in Health and Disease", CRC Press, USA

## MISCELLANEOUS

1997-1998

External Programme Adviser to MAFF (Ministry of Agriculture Fisheries and Food, UK) for the Research Programme: "Role of Dietary Lipids in the Development of Coronary Heart Disease". The Programme was funding 26 research projects, each of them lasting for 3 years, in various Universities in the UK.

1997

National expert for the CREST ad hoc working group (European Union) on Nutrition and Food Safety.

1998-1999

Member of the Organising Committee of the 71<sup>st</sup> Congress of the European Atherosclerosis Society (Greece 24<sup>th</sup> of May until the 1<sup>st</sup> of June 1999).

1999



Grader of abstracts submitted for the workshops: "Diet and cardiovascular Disease" and "Mediterranean Diet" in the 71<sup>st</sup> Congress of the European Atherosclerosis Society.

2000-2001

Consultant of "Nestle Hellas".

2000-2001

Member of the Organising Committee of the 6<sup>th</sup> International Symposium on Advances on Lipoproteins and Atherosclerosis, and the 3<sup>rd</sup> Physicians' Education Course on Clinical Management of Lipid Disorders (Athens, April 2001). Member of the Faculty of the 3<sup>rd</sup> Physicians' Education Course on Clinical Management of Lipid Disorders. The Faculty was organised by members of the American Heart Association Lipid Disorders Training Programme.

2001

Grader of abstracts submitted for 72nd Congress of the European Atherosclerosis Society (Glasgow, 2001).

2000-2001

Assistant Editor of "Atheroma", a quarterly published bulletin of the Hellenic Society of Lipidology and Atherosclerosis.

2002

Member of the Organizing Committee of the 1<sup>st</sup> National Meeting of the Working Groups of the Hellenic Society of Lipidology and Atherosclerosis with theme: *Advances in the prevention, diagnosis and treatment of dyslipidaemias and atherosclerosis* (Athens April 2002).

2000

Member of the Organizing Committee of the 2<sup>nd</sup> Congress of the European Chapter of the American College of Nutrition (Athens 2002).

2002

Member of the Executive Committee of the Hellenic Society of Lipidology and Atherosclerosis and the position held is *Secretary*.

2003

Member of the Organizing Committee of the 7<sup>th</sup> National Congress of the Hellenic Society of Lipidology and Atherosclerosis (Athens, April 2003).

2003-2004

Member of the National Dairy Council, and Chair of the Division of Nutrition and Health.

2003

Evaluator of research proposals in Nutrition for the “Hellenic General Secretariat of Research and Technology” and “Cypriot Institution for Research Promotion” (both of them are Government Bodies).

2004

Evaluator of Research Proposals in Nutrition for the European Union funded projects (FP6, FOOD-3-A).

2004-2006

Vice-Chairman of the Committee of National Drug Administration for the approval of Nutritional Supplements.

2004-2006

Member of the Scientific Council of the Hellenic Food Authority. Chair of the Standing Committee of Hellenic Food Authority for the nutritional hazards from dietary models, novel foods, fortified foods, allergens etc. External Adviser of the Directorate on National Nutritional Policy of the Hellenic Food Authority and Member of its following working groups: (i) for the preparation of a National Nutrition Survey, (ii) for the preparation of National Food Composition Tables, (iii) for the preparation of nutritional education material for school children, (iv) for the investigation of consumer attitudes regarding nutritional aspects.

2004-2007

Secretary of the Executive Committee of the Hellenic Society of Lipidology and Atherosclerosis.

2005

Member of the Committee on Nutritional Policy, Ministry of Health

2006-2008

Member of the Executive Committee of the European Atherosclerosis Society

2007-2009

President of the Hellenic Society of Lipidology and Atherosclerosis

2007-now

Member of the Editorial Board of the *Bulletin of the British Nutrition Foundation*

2007-2010

Member of the Editorial Board of the *Nutrition Metabolism and Cardiovascular Diseases*

2008-now

Associate Editor, *Atherosclerosis*

2008

President of the Organizing Committee of the 11<sup>th</sup> National Congress of the Hellenic Society of Lipidology Atherosclerosis and Vascular Diseases

2008-2010

Member of the Scientific Committee of the 79<sup>th</sup> Congress of the European Atherosclerosis Society which will take place in Hamburg in June 2010

2008-2011

Member of the Scientific Committee of the European Atherosclerosis Society

2009

Member of the Faculty of the Summer School of the European Atherosclerosis Society which was held in Hamburg in August 2009

2010-2012:

Member of the Committee on Nutritional Policy, Ministry of Health

2011-now:

Member of the Executive Committee, Hellenic Society of Lipidology and Atherosclerosis and Vascular Diseases

2012-now:

Member of the Executive Committee, Hellenic Society of Clinical Nutrition & Metabolism (GrESPEN)

2016

Grader of abstracts submitted for 72nd Congress of the European Atherosclerosis Society (Insburk, 2016).

### **Reviewer In International Scientific Journals**

European Journal of Clinical Nutrition, British Journal of Nutrition, Atherosclerosis Thrombosis and Vascular Biology, Atherosclerosis, Nutrition Metabolism and Cardiovascular Diseases, American Journal of Preventive Medicine, Journal of Human Nutrition and Dietetics, Journal of the American Dietetic Association, Clinical Nutrition, Diabetologia

### **National and International Meetings**

#### *Invited Speaker*

“Dyslipidaemias and Diet” – 1<sup>st</sup> National Congress of the Hellenic Society of Nutrition and Food (Athens, October 1994). Participation in a Round table Committee.

Med Campus Meeting (Medical School, University of Crete, October 1994). Talk entitled: “Postprandial lipaemia as a risk factor for developing coronary heart disease”.

Federation of the European Nutrition Societies. 7<sup>th</sup> European Nutrition Conference (Vienna, May 1995). Talk entitled: "Postprandial lipaemia: an overview".

"Nutritional aspects of dietary fatty acids" (Leatherhead Food Research Association, September 1995). Talk entitled: "Studies of the beneficial properties of olive oil".

10<sup>o</sup> Panpeloponisian Cardiological Meeting (Tripolis, Greece, June 1998). Talk entitled: "Dietary treatment of dyslipidaemias".

9<sup>o</sup> National Congress of the Society of Enteral and Parenteral Nutrition (Ioannina, Greece, November 2000). Talk entitled: "Postprandial lipaemia-Dietary factors affecting its magnitude".

6<sup>o</sup> National Congress of the Hellenic Dietetic Association. (Athens, November 2000). Talk entitled: "Nutrition and the elderly: Physiological and metabolic changes which affect dietary intake".

6<sup>th</sup> International Symposium on Advances on Lipoproteins and Atherosclerosis, and 3<sup>rd</sup> Physicians' Education Course on Clinical Management of Lipid Disorders (Athens, April 2001). Talk entitled: "Postprandial lipaemia and dietary fatty acid composition".

4<sup>th</sup> Cardiological Congress of Central Greece (Larissa, December 2001). Talk entitled: "The role of Mediterranean Diet in the prevention of coronary heart disease".

7<sup>th</sup> National Congress of Gerontological Society (Athens, February 2002). Talk entitled: "Nutrition and cardiovascular diseases: a major problem of public health".

1<sup>st</sup> National Meeting of the Working Groups of the Hellenic Society of Lipidology and Atherosclerosis. (Athens, April 2002). Talk entitled: "The social dimension of coronary heart disease: assessment of global risk beyond the traditional risk factors".

7<sup>th</sup> National Congress of the Hellenic Society of Lipidology and Atherosclerosis (Athens, April 2003). Talk entitled: "n-3 fatty acids: from fish to plants".

23<sup>rd</sup> National Congress of the Hellenic Society of Gastroenterology (Thessaloniki, October 2003). Talk entitled: "Dietary treatment of gastroesophageal reflux: an update".

7<sup>th</sup> National Congress of the Hellenic Dietetic Association (Athens November 2003). Talk entitled: "Phytosterols and phytostanols: effects on risk factors for coronary heart disease".

7<sup>th</sup> National Congress of the Hellenic Dietetic Association (Athens November 2003). Talk entitled: "Vitamin intake and chronic diseases: the results from epidemiological studies and clinical trials".

2<sup>nd</sup> Scientific Seminar of the Cypriot Cardiological Institute (Nicosia, November 2003). Talk entitled: "n-3 fatty acids: from fish to plants".

4<sup>th</sup> National Congress of the Hellenic Society of Preventive Medicine (Athens January 2004). Talk entitled: "Clinical trials for the prevention of coronary heart disease".

International Conference on traditional Mediterranean Diet: Past, Present and Future (Athens, April 2004). Talk entitled: "Postprandial lipemia, dietary fat and the Mediterranean Diet".

Meeting of the Hellenic Institute of Osteoporosis (Athens, September 2004). Talk entitled: "n-3 fatty acids and osteoporosis".

3<sup>rd</sup> International Congress of the Columbus Concept. The return of cholesterol and n-3/6 fatty acids in the diet (Brussels, October 2004). Talk entitled: "n-6/n-3 fatty acids ratio: from clinical trials to inflammatory markers of coronary heart disease".

8<sup>th</sup> International Symposium of Atherosclerosis and related risk factors (Athens, October 2004). Talk entitled: "n-6/n-3 fatty acids ratio: from clinical trials to inflammatory markers of coronary heart disease".

Meeting on metabolic Syndrome and cardiovascular system. Organized by Athens University, Cardiology Clinic, "Attiko" Hospital (Athens, December 2004). Talk entitled: "Nutrition and life style in patients with metabolic syndrome".

9<sup>th</sup> International Seminar of the Hellenic Institute of Osteoporosis (Athens, December 2004). Talk entitled: "Nutrition and physical activity in the osteoporotic patient with cardiovascular disease".

1<sup>th</sup> National Congress of the Hellenic Society of Atherosclerosis (Athens, December 2004). Talk entitled: "Clinical trial in Nutrition"

8<sup>th</sup> National Congress of the Hellenic Dietetic Association (Athens, December 2005). Talk entitled: "The role of saturated and trans fatty acids in inflammation".

2<sup>nd</sup> National Congress of the Society of Atherosclerosis of Northern Greece (Thessaloniki, February 2006). Talk entitled: "Dietary treatment of atherosclerosis".

European Congress of Cardiology (Barcelona, September 2006). Talk entitled: "Lipids and Diet: all the clinicians need to know".

28<sup>th</sup> Congress of the European Society of Clinical Nutrition and Metabolism (ESPEN) (Istanbul, October 2006). Talk entitled: "Fatty acids and cardiovascular diseases".

10<sup>th</sup> International Symposium of Risk Factors of Atherosclerosis (Athens, November 2006). Talk entitled: "The role of food industry in the progression of cardiovascular diseases in Europe".

22<sup>nd</sup> National Congress of the Turkish Cardiological Society (Antalya, November 2006). Talk entitled: "Dietary modification for the prevention of coronary heart disease: the science, the practice and the dilemmas".

2<sup>nd</sup> National Congress of the Hellenic Society of Atherosclerosis (Athens, November 2006). Talk entitled: "The effects of dietary fatty acids in the prevention of cardiovascular diseases".

4<sup>th</sup> International Conference of the Cyprus Dietetic Association and AODA Regional Conference (Nicosia December 2006). Talk entitled: "Mediterranean Diet and inflammatory markers".

Workshop on the Dietary Control of Cardiovascular Diseases organized by the British Royal Society of Medicine (London, March 2007). Talk entitled: "Components of the Mediterranean Diet"

76<sup>th</sup> Annual European Atherosclerosis Society Congress (Helsinki, June 2007). Talk entitled: "n-3 fatty acids in the prevention of coronary heart disease".

17<sup>th</sup> Annual Meeting of the European Childhood Obesity Group (Athens, July 2007). Talk entitled: "Whole grains in the prevention of cardiovascular diseases".

3<sup>rd</sup> Annual Meeting for Breastfeeding (Athens, December 2007). Talk entitled: "Current views and guidelines for the diet during pregnancy and lactation".

77<sup>th</sup> Annual European Atherosclerosis Society Congress (Istanbul, April 2008). Talk entitled: "The role of dietary modification on CHD prevention".

5<sup>th</sup> National Congress of the Hellenic Society of Hypertension (Athens, February 2008). Talk entitled: "Dietary treatment of hypertension – the current guidelines".

European Atherosclerosis Society and Turkish Atherosclerosis Society Meeting. "Atherosclerosis and its Complications in Clinical practice" (Cesme, September 2009). Talk entitled: "Mediterranean Diet".

12<sup>th</sup> National Congress of the Hellenic Society of Lipidology, Atherosclerosis and Vascular Diseases (Athens, October 2009). Talk entitled: "Trans fatty acids: should they be banned?"

13<sup>th</sup> International Symposium of Risk Factors of Atherosclerosis (Athens, November 2009). Talk entitled: "Hidden Salt in the diet".

Joint Congress of the European Food safety Authority and the Hellenic Food Authority (Athens, December 2009). Talk entitled: "Dietary Habits in Greece: "Past and Future".

2<sup>nd</sup> National Congress of Cypriot Association of Hygiene Inspectors (Larnaca, December 2009). Talk entitled: "From food safety to nutritional value – the experience of the Hellenic Food Authority".

Seminar of the Working Groups of the Hellenic Society of Cardiology (Thessaloniki, February 2010). Talk entitled: "Endorsements of food products from National Societies: What is the situation in Greece and Internationally?".

6<sup>nd</sup> National Congress of the Society of Atherosclerosis of Northern Greece (Thessaloniki, March 2010). Talk entitled: "Myths and truths in nutrition".

6<sup>nd</sup> National Congress of the Society of Atherosclerosis of Northern Greece (Thessaloniki, March 2010). Talk entitled: "Saturated and trans fatty acids".

25<sup>th</sup> International Congress in Clinical Cardiology (Athens, April 2010). Talk entitled: "Hidden salt – Clinical perspective".

6<sup>th</sup> Cyprus Dietetic and Nutrition Association Conference with International Participation (Nicosia September 2010). Invited lecture : "Truth and myths on nutrition facts: dietary fat, phytosterols and childhood obesity".

9<sup>th</sup> Workshop on Food Allergies. Invited talk entitled: "Breastfeeding: Can it be replaced?" (Kardista, November 2010).

National Seminars of the Working Groups of Hellenic Cardiological Society (Thessaloniki, February 2011). Invited talk entitled: "Nutrition and Hypertension".

14<sup>th</sup> Congress of the Hellenic Society of Lipidology, Atherosclerosis and Cardiovascular Diseases (Athens, October 2011). Invited talk entitled: "Nutraceuticals: a new way forward for the treatment of Dyslipidemias?"

14<sup>th</sup> Congress of the Hellenic Society of Lipidology, Atherosclerosis and Cardiovascular Diseases (Athens, October 2011). Invited talk entitled: "Dietary treatment of cardiovascular diseases: the new guidelines of the European Atherosclerosis Society".

14<sup>th</sup> Congress of the Hellenic Society of Lipidology, Atherosclerosis and Cardiovascular Diseases (Athens, October 2011). Invited talk entitled: "The effects of phytosterols on the risk factors of cardiovascular diseases. New data in metabolic syndrome patients".

11<sup>th</sup> National Congress of the Hellenic Dietetic Association (Athens, November 2011). Invited talk entitled: "Dietary treatment of dyslipidemias: the new guidelines of the European Society of Cardiology in collaboration with the European Atherosclerosis Society".

11<sup>th</sup> National Congress of the Hellenic Dietetic Association (Athens, November 2011). Invited talk entitled: "Nutraceuticals: an alternative for the treatment of dyslipidemias?"

National Seminars of the Working Groups of Hellenic Cardiological Society (Thessaloniki, February 2012). Invited talk entitled: "Nutrition behavior in the economic crisis."



Meeting of the Hellenic Diabetes Association (Athens, March 2012). Invited talk entitled: "Functional foods in the treatment of diabetes".

8<sup>th</sup> Congress of the Atherosclerosis Society of Northern Greece (Thessaloniki, March 2012). "Dietetic treatment of dyslipidemias: new guidelines and new considerations".

9<sup>th</sup> Congress of the Hellenic Medical Society of Obesity (Athens, March 2012). Invited talk entitled: "Functional foods and weight reduction".

1<sup>st</sup> International Conference on Familial Hypercholesterolemia in Children and Adolescents (Athens, June 2012). Invited talk entitled: "Nutritional approach and guidelines for FH paediatric population".

15<sup>th</sup> Congress of the Hellenic Society of Lipidology, Atherosclerosis and Cardiovascular Diseases (Athens, October 2012). Invited talk entitled: "The effects of phytosterols on different population groups".

7<sup>th</sup> Cyprus Dietetic and Nutrition Association Conference (Nicosia, November 2012). Invited talk entitled: "The latest on  $\omega$ -3 fatty acids: from cardiovascular diseases to mood disorders".

7<sup>th</sup> Cyprus Dietetic and Nutrition Association Conference (Nicosia, November 2012). Ομιλία με τίτλο: "Nutrition Policies for Obesity Prevention".

1<sup>st</sup> Clinical nutrition Congress of the Hellenic Society for Clinical Nutrition and Metabolism - International Conference on the Fight Against Malnutrition (Thessaloniki, April 2013). Invited talk entitled: "Dietary interventions in cardiovascular diseases: from facts to controversies".

9<sup>th</sup> Croatian Congress on Atherosclerosis (Rovinj, May 2013). Ομιλία με τίτλο: "Nutritional aspects in the prevention of cardiovascular diseases".

39<sup>th</sup> Congress of the Hellenic Medical Association (Athens, May 2013). Invited talk entitled: "Vitamins and dietary supplements".

39<sup>th</sup> Congress of the Hellenic Medical Association (Athens, May 2013). Invited talk entitled: "Hellenic Nutrition and Health Survey: Methodology".

31<sup>st</sup> International Symposium on Diabetes and Nutrition (Dubrovnik, June 2013). Invited talk entitled: "Can low calorie sweeteners be used as an effective tool for weight management by people with diabetes?"

16<sup>th</sup> Congress of the Hellenic Society of Lipidology, Atherosclerosis and Cardiovascular Diseases (Athens, October 2013). Invited talk entitled: "Hellenic Nutrition and Health Survey: Methodology".

16<sup>th</sup> Congress of the Hellenic Society of Lipidology, Atherosclerosis and Cardiovascular Diseases (Athens, October 2013). Invited talk entitled: "Effects of phytosterols and phytosteranols on risk factors of cardiovascular diseases. Conclusion of the Stressa II Meeting".

National Seminars of the Working Groups of Hellenic Cardiological Society (Thessaloniki, February 2014). Invited talk entitled: "Non-pharmacological treatment of dyslipidemias".

10<sup>th</sup> Congress of the Hellenic Medical Society of Obesity (Athens, February 2014). Invited talk entitled: "Dairy products: do they contribute to the weight management?"

10<sup>th</sup> Congress of the Hellenic Medical Society of Obesity (Athens, February 2014). Invited talk entitled: "Low glycemic index and low fat diet contributes to weight reduction".

8<sup>th</sup> European Federation of the Association of Dietitians Congress (October 2014, Athens, Greece. Speaker. Title of the talk: "Hellenic-National Health and Nutrition Examination Survey (H-NHANES): Aim and Design"

8<sup>th</sup> European Federation of the Association of Dietitians Congress (October 2014, Athens, Greece. Invited Speaker. Title of the talk: "Dietary fat and cardiovascular disease: emerging myths and reality".

8<sup>th</sup> International Conference of the Cyprus Dietetic and Nutrition Association (November 2014, Cyprus). Invited Speaker. Title of the talk: "The action of dietary fatty acids and risk of cardiovascular diseases: how complicated is the puzzle?"

37th European Society of Enteral and Parenteral Nutrition (ESPEN) Congress), (Lisbon, September 2015). Invited lecture: "Dietary fats and cardiovascular disease".

12th European Nutrition Conference (FENS), (Berlin 20-23 October 2015). Invited lecture: "Energy Balance and drinks contribution".

## AWARDS

Prize-winner at the “**Young Scientist of the Year**” competition (up to 36 years of age) by the British Nutrition Foundation of the year (1994) in the field “Nutrition and Chronic Diseases”. The award was presented by the Princess Royal on the 4th July 1994, and a 25 minute oral presentation was given in the Royal College of Physicians, London, on the 5th of July 1994 entitled: “Postprandial lipaemia, coronary heart disease and dietary fatty acid composition.”

Selected to be one of the thirty European Nutritionists who participated in the first *European Nutrition Leadership Programme*, which was organised by the European Union and took place in Luxembourg (12-19 March 1994).

## MEMBERSHIPS

1. Member of the Hellenic Society of Lipidology and Atherosclerosis.
2. Member of the European Atherosclerosis Society.

**Citation Index: 3939**

**h-Factor: 32**

## CONTRIBUTION TO THE COMMUNITY

Articles to newspapers and newspaper magazines:

1. Zampelas A. The social dimension of chronic diseases. *Kathimerini* (21/10/2001).
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Document Reviewers: Hellemans I, Altiner A, Bonora E, Durrington PN, Fagard R, Giampaoli S, Hemingway H, Hakansson J, Kjeldesn SE, Larsen ML, Mancina G, Manolis AJ, Orth-Gomer K, Pedersen T, Rayner M, Ryden L, Sannut M, Schneiderman N, Stalenhoef AF, Tokgozoglu L, Wiklund O, Zampelas A. European Guidelines on cardiovascular disease prevention in clinical practice: executive summary: Fourth Joint Task Force of the European Society of Cardiology and Other Societies on cardiovascular Disease Prevention in Clinical Practice. *Eur Heart J* 2007;28:2375-414 (IF 9.80)

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