



International Conference of Nutritional Sciences & Dietetics **Sustainable nutrition-Healthy people.**

1st International Conference of Nutritional Sciences and Dietetics (ICONSD 2022)

27-29 May 2022, Thessaloniki, Greece

Venue: Aristotle University Research Dissemination Centre (KEDEA)

Conference Programme

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PROGRAMME OVERVIEW

Time Zone: Eastern European Summer Time (EEST)

Friday, 27 May 2022 (Time zone EEST)			
Time	ROOM A	Time	ROOM B
08.00-09.00	Registration		
09.00-10.00	SESSION 1: Policies on sustainable diet	09.00-11.00	WORKSHOP 1: Feeding the food allergic child: considerations on proper growth, cross reactions, adequate diet
10.00-10.30	Plenary Lecture 1		
10.30-11.00	Plenary Lecture 2		
11.00-11.30	Coffee break		
11.30-12.30	SESSION 2: Nutrition Informatics		
12.30-13.30	SESSION 3: Developments in the relationship between Nutrition, Exercise and Health	12.30-14.00	Oral Presentations I
14.00-15.00	Lunch Break		
15.00-15.30	Plenary Lecture 3		
15.30-17.00	SESSION 4: Aquatic Foods	15.30-16.30	WORKSHOP 2: Dietary management of Type I Diabetes
17.00-17.30	Coffee break		
17.30-18.00	Plenary Lecture 4		
18.00-19.15	SESSION 5: Oxidative stress	18.00-19.00	WORKSHOP 3: Dietary Management in Kidney Disease
19.15-19.45	Opening Ceremony		
19.45-20.15	Plenary Lecture 5		
Saturday, 28 May 2022 (Time zone EEST)			
Time	ROOM A	Time	ROOM B
08.00-09.00	Registration		
09.00-10.00	SESSION 6: Exercise, Health and Quality of Life	09.00-10.00	WORKSHOP 4: Type II Diabetes: Genetics and Dietary Management
10.00-10.30	Plenary Lecture 6		
10.30-11.00	Coffee break		
11.00-11.30	Plenary Lecture 7		
11.30-12.30	SESSION 7: Immune function and diet	11.30-13.00	WORKSHOP 5: Nutritional assessment in Pediatrics
11.00-13.00	Room C: Sponsors Session		
12.30-13.00	Plenary Lecture 8		
13.00-14.00	Lunch break		
12.30-14.00	Side Event: Cooking without milk and egg		
14.00-14.30	Plenary Lecture 9	14.00-15.30	Oral Presentations II
14.30-15.30	SESSION 8: Obesity in adulthood		
15.30-16.00	Coffee break		
16.00-16.30	Plenary Lecture 10		
16.30-17.30	SESSION 9: Infant feeding: Breastfeeding and weaning	16.30-17.30	WORKSHOP 6: The role of hydration in health, disease and performance
17.30-18.30	SESSION 10: Childhood Obesity Surveillance Initiative (COSI) in Europe		
18.30-20.00	SESSION 11: GUT BRAIN AXIS: feeding your brain through your gut		

Sunday, 29 May 2022

(Time zone EEST)

Time	ROOM A	Time	ROOM B
08.00-09.00	Registration		
09.00-10.00	SESSION 12: Exercise in Chronic Disease Management	9.00-10.30	WORKSHOP 7: Eating behaviors: from healthy to disordered eating
10.00-10.30	Plenary Lecture 11		
10.30-11.00	Coffee break		
11.00-12.00	SESSION 13: Cardiovascular Health and Nutrition	11.00-12.00	WORKSHOP 8: Workload and Nutritional Monitoring in Sports
12.00-13.00	SESSION 14: Stress: the links with lifestyle and nutrition	12.00-14.00	Poster Session
13.00-14.00	SESSION 15: Diet, nutrition and cancer: what do we know and what is the way forward		
14.00-15.00	Lunch break		
15.00-15.30	Plenary Lecture 12		
15.30-16.45	SESSION 16: Plant-based (vegetarian) diets	15.30-16.30	WORKSHOP 9: Enteral-Parenteral Nutrition
16.45-17.45	SESSION 17: The -omics approach as a tool for Personalised Nutrition and Medicine	16.45-17.45	WORKSHOP 10: Gastrointestinal disorders requiring nutritional intervention
17.45-18.15	Coffee break		
18.15-19.15	SESSION 18: Nutrition as a tool for healthy aging	18.15-19.45	Oral Presentations III
19.15-20.15	SESSION 19: The role of gut microbes in health and disease		
20.15-20.45	Plenary Lecture 13		
20.45-21.45	Closing Ceremony: Awards to Best Oral Presentation/ Best Poster Presentation		

CONFERENCE PROGRAMME

Time Zone: Eastern European Summer Time (EEST)

Friday, 27 May 2022 (Time zone EEST)	
08.00-09.00	Registration
09.00-10.00	Room A <u>SESSION 1: Policies on sustainable diet</u> Chairs: Hassapidou Maria, <i>Professor, International Hellenic University, Greece</i> Risvas Grigoris, <i>Vice President, European Federation of the Associations of Dietitians, EU</i>
	Farm-to-Fork Strategy and other EU and WHO policies on sustainability
	Kontele Ioanna, <i>Ministry of Health, Department of Non-Communicable Diseases and Nutrition, Greece</i>
	Policies for healthy, sustainable diets: creating enabling food environments
	Pushkarev Nikolai, <i>European Public Health Alliance (EPHA), Belgium</i>
	Food-Based Dietary Guidelines (FBDGs) – How European FBDGs can promote sustainable dietary patterns?
	Risvas Grigoris, <i>Vice President, European Federation of the Associations of Dietitians, EU</i>
	Dietitian as a Key Professional to Facilitate Transition Towards Sustainable Food Systems
	Moñino Manuel, <i>European Specialist Dietetic Network on Public Health lead of the European Federation of Associations of Dietitians (EFAD), Spain</i>
	Q&A
09.00-11.00	Room B <u>WORKSHOP 1: Feeding the food allergic child: considerations on proper growth, cross reactions, adequate diet</u> Chairs: De Cosmi Valentina, <i>University of Milano, Italy</i> Jensen-Jarolim Erika, <i>Medical University of Vienna, Austria</i>
	The effect of industrial processing on the allergenicity of cow's milk allergens
	Jensen Sebastian Alexander, <i>University Clinics for Ear Nose and Throat, Medical University Vienna, Austria</i>
	The role of lipocalins in allergic sensitization and their novel role in symptom relief – two faces of one protein family
	Jensen-Jarolim Erika, <i>Medical University of Vienna, Austria</i>
	Q&A
	Feeding the food allergy child
	De Cosmi Valentina, <i>University of Milano, Italy</i> Mazzocchi Alessandra, <i>University of Milano, Italy</i>
	Q&A
10.00-10.30	Room A <u>Plenary Lecture 1:</u> Chair: Hassapidou Maria, <i>Professor, International Hellenic University, Greece</i>
	How to incorporate sustainability in Food-Based Dietary Guidelines
	Jonckheere Jolien, <i>EPHNA & Flemish Institute for Healthy Living, Belgium</i> Feunekes Gerda, <i>EPHNA & Netherlands Nutrition Centre, Netherlands</i>
	Q&A

10.30-11.00	Room A Plenary Lecture 2: Chairs: Hassapidou Maria, Professor, International Hellenic University, Greece Risvas Grigoris, Vice President, European Federation of the Associations of Dietitians, EU
	Mediterranean Diet as a sustainable diet model
	Agostoni Carlo, Professor, Fondazione IRCCS Ca' Granda - Ospedale Maggiore Policlinico, Italy
	Q&A
11.00-11.30	Coffee break
11.30-12.30	Room A SESSION 2: Nutrition Informatics Chair: Pagkalos Ioannis, Assistant Professor, International Hellenic University, Greece
	Social media and dietetics: opportunities, challenges and best practises
	Papalazarou Anastasios, Dietitian – Nutritionist, Scientific Associate of Harokopio University, Greece
	Artificial Intelligence and Machine Learning for Objective Intake Monitoring
	Diou Christos, Harokopio University of Athens, Greece
	mHealth nutrition apps in dietary assessment
	Vasiloglou Maria, Associate Specialist in Nutritional Epidemiology, Nestlé Research and Development, Switzerland
	An open Nutrition Informatics e-framework for education and research
	Pagkalos Ioannis, Assistant Professor, International Hellenic University, Greece
	Q&A
12.30-13.30	Room A SESSION 3: Developments in the relationship between Nutrition, Exercise and Health Chairs: Papadopoulou Sousana, Assistant Professor, International Hellenic University, Greece Grammatikopoulou Maria, Lecturer, International Hellenic University, Greece Feidantsis Konstantinos, Aristotle University of Thessaloniki, Greece
	Muscle tissue as an endocrine gland: Its role in health
	Methenitis Spyridon, Exercise Physiologist, National and Kapodistrian University of Athens, Greece
	Methodological issues in personalized sports nutrition: the case of antioxidant supplements
	Margaritelis Nikolaos, Assistant Professor, Aristotle University of Thessaloniki, Greece
	Nutritional assessment of athletes with disturbed eating behavior
	Koidou Eirini, Assistant Professor, Aristotle University of Thessaloniki, Greece
	Legal Ergogenic Dietary Supplements: Health Side Effects
	Koutlianos Nikos, Associate Professor, Aristotle University of Thessaloniki, Greece
	Q&A
12.30-14.00	Room B ORAL PRESENTATIONS I: Nutrition and health/General Chairs: Doulgeraki Stefania, International Hellenic University, Greece Vasiloglou Maria, Associate Specialist in Nutritional Epidemiology, Nestlé Research and Development, Switzerland
	ID 1: Bibliographic review of the genetics of food allergies and intolerances
	Chatzilazaridou Eleni¹, Doulgeraki Stefania¹
	¹ Department of Nutritional Sciences & Dietetics, International Hellenic University, Greece

	ID 2: Polycystic ovary syndrome: “dietary habits and the risk of eating disorders occurrence”
	Chyta Vasiliki¹, Manavi Anastasia¹, Kalogiannis Stavros¹ <i>¹Department of Nutritional Sciences & Dietetics, International Hellenic University, Greece</i>
	ID 4: Bone mineral density of martial arts’ elite athletes in Northern Greece: The effect of physical activity and nutritional indices and habits
	Dranitsa Christina¹, Kokkinopoulou Anna^{1,2}, Petropoulos Marios¹, Kyra Zacharenia³, Skepastianos Petros⁴, Hatzitolios Apostolos⁵, Hassapidou Maria¹, Papadopoulou Sousana¹ <i>¹Department of Nutritional Sciences and Dietetics, International Hellenic University, Greece, ²Department of Preventive Medicine and Nutrition Unit, School of Medicine, University of Crete, Greece, ³Department of Agriculture, Faculty of Agriculture, Forestry and Natural Environment, Aristotle University of Thessaloniki, Greece ⁴Department of Biomedical Sciences, Faculty of Health Sciences, International Hellenic University, Greece ⁵1st Department of Cardiology, AHEPA Hospital, Aristotle University of Thessaloniki, Greece</i>
	ID 5: Impact of social networking media on the eating habits of young Greek and foreign adults
	Eleftheriou Eleni¹, Rentaki Paraskevi¹, Karastogiannidou Kalliopi¹ <i>¹Department of Nutritional Sciences and Dietetics, International Hellenic University, Greece</i>
	ID 6: The effect of gut microbiota on development of obesity: knowledge and attitudes of nutritionists in Greece
	Grompanopoulou Annetta¹, Deliannidou Panagiota¹ and Doulgeraki Stefania¹ <i>¹Department of Nutritional Sciences and Dietetics, International Hellenic University, Greece</i>
	ID 7: Study on the influence of the ingredients in the packaging in consumers’ perceptions for processed food
	Kaloteraki Eirini¹, Karastogiannidou Kalliopi¹ <i>¹Department of Nutritional Sciences and Dietetics, International Hellenic University, Greece</i>
	ID 8: The role of MitoQ-a mitochondria-targeted antioxidant in insulin resistance of skeletal muscle fibers
	Kanta Dimitra¹ Carlos Henriquez-Olguin² <i>¹Department of Nutritional Sciences and Dietetics, International Hellenic University, Greece ²NEXS department, University of Copenhagen, Denmark</i>
	ID 25: Food content in children’s animated programmes: a review
	Milia Tzoutzou, Eirini Bathrellou and Antonia-Leda Matalas <i>Department of Nutrition and Dietetics, Laboratory of Nutrition and Clinical Dietetics, Harokopio University of Athens, Greece</i>
	ID 71: Ultrasound-assisted extraction coupled to HPLC-UV for the determination of quercitrin in different Rosa species genotypes and determination of their antioxidant capacity
	Mitsikaris Petros¹, Kalogiouri Natasa², Kioumourtzoglou Vera³, Giannakoudaki Anna¹, Papadopoulos Athanasios¹ <i>¹Department of Nutritional Sciences & Dietetics, IHU, Greece ²Department of Chemistry, AUTH, Greece ³Department of Aesthetics and Cosmetics Science, University of West Attica, Greece</i>
	Q&A
14.00-15.00	Lunch Break
15.00-15.30	Room A Plenary Lecture 3: Chair: Michaelidou Alexandra-Maria, Associate Professor, Aristotle University of Thessaloniki, Greece
	The Five Keys for Successful Management of Sarcopenic Obesity in Young Adults
	El Ghoch Marwan, Professor, Beirut Arab University, Lebanon, University of Modena and Reggio Emilia, Italy
	Q&A

15.30-17.00	Room A SESSION 4: Aquatic Foods Chairs: Kokokiris Lampros, Associate Professor, International Hellenic University, Greece Terzidis Michael, Assistant Professor, International Hellenic University, Greece
	Farmed versus wild fish fillets: what are the differences?
	Yavuzcan Yildiz Hijran, Ankara University, Turkey
	Insects: An alternative choice for fish and human nutrition
	Mente Elena, Professor, Aristotle University of Thessaloniki, Greece
	Edible land and sea snails as sources of protein and other important nutrients
	Matsakidou Anthia, Aristotle University of Thessaloniki, Greece
	Fish Allergy in children
	Feketea Gavriella, Department of Pediatrics, Pediatric Allergy Outpatient Clinic, "Karamandaneio" Children's Hospital of Patra, Greece
	Essential fatty acids: from fish to human nutrition
	Karalazos Vasileios, Senior Researcher, BioMar Global R&D, Greece
	Q&A
15.30-16.30	Room B WORKSHOP 2: Dietary management of Type I Diabetes Chair: Pappa Konstantina, International Hellenic University, Greece Tsironis Vasileios, Dietitian-Nutritionist, President of HADN, Greece
	Dietary management of Type I Diabetes
	Giannoulaki Parthena, Clinical Dietitian-Nutritionist, Head of Department of Dietetics & Nutrition University General Hospital AHEPA of Thessaloniki, Greece
	Q&A
17.00-17.30	Coffee break
17.30-18.00	Room A Plenary Lecture 4: Chairs: Karathanos Vaios, Harokopio University, Greece Kyranas Efstratios, Professor, International Hellenic University, Greece Kallitsis Theodoros, Veterinarian, American Farm School of Thessaloniki, Greece
	Food Systems in the Era of the Covid Pandemic
	Fragkiadakis Georgios, Professor, Hellenic Mediterranean University, Greece
	Q&A
18.00-19.15	Room A SESSION 5: Oxidative stress, Antioxidant Diet and Food Supplements Chairs: Tsatsakis Aristidis, Professor, University of Crete, Greece Pritsa Agathi, Assistant Professor, International Hellenic University, Greece
	DEBATE: The Pros and Cons of Food Supplements
	Pros: Xenos Constantinos, Clinical Dietitian - Nutritionist, Athens Euroclinic Hospital, Greece Cons: Zoumpaneas Evaggelos, Dietitian - Nutritionist, NCFED, Greece
	Nutritional compounds: Antioxidants with putative prooxidant action
	Veskoukis Aris, University of Thessaly, Greece
	Q&A

18.00-19.00	Room B <u>WORKSHOP 3: Dietary Management in Kidney Disease</u> Chair: Andreou Eleni, Associate Professor, University of Nicosia, Cyprus
	Dietary Management in Kidney Disease
	Poulia Kalliopi Anna, Assistant Professor, Agricultural University of Athens, Greece
	Q&A
19.15-19.45	Room A <u>Opening Ceremony</u> Vassilopoulou Emilia, Assistant Professor, International Hellenic University, Greece Plevris Thanos, Minister of Health Patoulidou Paraskevi, vice-regional governor of Central Macedonia, President of Thessaloniki Tourism Organization Dimitriadis Sokratis, Deputy Mayor of Thessaloniki at Municipality of Thessaloniki Vardaka Elisabeth, Professor, International Hellenic University, Greece Tsironis Vasileios, Dietitian-Nutritionist, President of HADN, Greece
	Athanasios Papadopoulos Acknowledgement and appreciation to the deceased colleague Professor Petros Kefalas
19.45-20.15	Room A Plenary Lecture 5: Chairs: Vassilopoulou Emilia, Assistant Professor, International Hellenic University, Greece Papadopoulos Athanasios, Professor, International Hellenic University, Greece
	Stylianidis Stratos, Vice Rector for Research and Lifelong Learning, Professor, Aristotle University of Thessaloniki, Greece
Saturday, 28 May 2022 (Time zone EEST)	
08.00-09.00	Registration
09.00-10.00	Room A <u>SESSION 6: Exercise, Health and Quality of Life (co-organised with the Department of Physical Education and Sport Science (UoA))</u> Chairs: Sakkas George, Assistant Professor, University of Thessaly, Greece Evangelinou Christina, Professor, Aristotle University of Thessaloniki, Greece
	Impact of covid-19 lockdown on physical activity in a sample of Greek adults
	Zacharakis Emmanouil, Associate Professor, National and Kapodistrian University of Athens, Greece
	Exercise, health and quality of life: an evolutionary perspective
	Koutedakis Yiannis, Professor Emeritus, University of Thessaly, Greece, President, "Exercise is Medicine-Greece"
	The vision "Exercise for All"
	Maridaki Maria, Professor, National and Kapodistrian University of Athens, Greece
	The vision "Exercise is Medicine"
	Philippou Anastassios, National and Kapodistrian University of Athens, Greece
	Q&A

09.00-10.00	Room B WORKSHOP 4: Type II Diabetes: Genetics and Dietary Management Chair: Giannoulaki Parthena, Clinical Dietitian-Nutritionist, Head of Department of Dietetics & Nutrition University General Hospital AHEPA of Thessaloniki, Greece
	Applications of Genetics in Prevention and Management of Type 2 Diabetes
	Gkouskou Kalliopi, Assistant Professor, National and Kapodistrian University of Athens, Greece
	Dietary management of Type II Diabetes
	Dimosthenopoulos Charilaos, Chief Dietitian-Dietetic Dept of General Hospital of Athens "Laiko", Greece, Board Member of Hellenic Diabetes Association & Empakan, Board Member of Diabetes Nutrition Sturdy Group (DNSG)
	Q&A
10.00-10.30	Room A Plenary Lecture 6: Chair: Pitsios Constantinos, University of Cyprus, Cyprus
	Nutritional Modulation of Immune Function: Analysis of Evidence, Mechanisms, and Clinical Relevance
	Venter Carina, Associate Professor, University of Colorado, Children's Hospital Colorado, USA
	Q&A
10.30-11.00	Coffee break
11.00-11.30	Room A Plenary Lecture 7: Chairs: Konstantinou George, Head, Department of Allergy and Clinical Immunology, 424 General Military Training Hospital, Greece Cassimos Dimitrios, Assistant Professor, Democritus University of Thrace, Greece
	Food allergy across Europe: diagnostic, environmental and nutritional implications
	Van Ree Ronald, Professor, Amsterdam University Medical Centers, The Netherlands
	Q&A
11.30-12.30	Room A SESSION 7: Immune function and diet Chairs: Konstantinou George, Head, Department of Allergy and Clinical Immunology, 424 General Military Training Hospital, Greece Cassimos Dimitrios, Assistant Professor, Democritus University of Thrace, Greece
	Dietary factors affecting respiratory health: the COVID paradigm
	Boscan Corina, "Iuliu Hațieganu" University of Medicine and Pharmacy, Romania
	Electrolyte disorders in acutely ill children: pediatricians, mothers or climate change, who is to blame?
	Milani Gregorio Paolo, Research Fellow, University of Milan, Italy
	Immunology of eosinophilic esophagitis; clues to the solution of a mystery
	Pitsios Costantinos, University of Cyprus, Cyprus
	Q&A

11.30-13.00	Room B <u>WORKSHOP 5: Nutritional assessment in Pediatrics</u> Chair: Gioxari Aristeia, Assistant Professor, University of Peloponnese, Greece
	Nutrition screening tools in pediatrics: practical implementation
	Daskalou Efstratia, Clinical Dietitian & Nutritionist, G. Gennimatas General Hospital, Greece Ntorzi Nikoleta, PhD candidate, University of Nicosia, Cyprus
	Q&A
11.00-13.00	Room C <u>SPONSORS SESSION</u>
	SCIENCE TECHNOLOGIES: Recent developments in body composition with the three-control - component model. Analysis of body composition with bioelectric impedance
	Giannis Galanis, CEO of Science Technologies Organisation
	QUEST: Dietary supplements: their role in cognition and brain health
	Ioanna Antoniadou, Biologist, MS
	ERGOGENIC: InBody analysis in sarcopenia
	Martina Caccavale, Biomedical Engineer, InBody Europe
	AMINO ANIMO: Protein supplement of vegetable sources: their role in our diet
	Dr Anastasios Vamvakis, Clinical -Sports Nutritionist-Dietitian, RD, PhD, ISAK Certified Anthropometrist Level II
	ATHLISIS: Common challenges and barriers in the everyday dietary practice
	Vasileios Katsilas, Dietitian-Nutritionist, PhDc, CEO of Athlisis
	BETTER YOU: The effectiveness of vitamins in the form of mouth spray in the repair of significant micronutrient deficiencies
	Ioannis Soupios, Dietitian - Nutritionist, Master Practitioner in Eating Disorders & Obesity
	BIOIATRIKI: Nutrition consultation for diabetes and CVD cases
	Ioanna Adamidou, MS, RD Dietitian - Nutritionist & Biologist, Director of Bioiatriki + Nutrition & Scientific Associate of BioClinic Thessaloniki
	SERINTH: New technologies in the Contemporary Diet Office
	Katerina Dimaki, Chemist MSc, Key Account Manager, Serinth
12.30-13.00	Room A <u>Plenary Lecture 8:</u> Chair: Marangos Markos, Vice-Rector for Student Affairs, Professor, University of Patras, Greece
	Fighting food allergy by inducing oral tolerance
	Papadopoulos Nikos, Professor, National and Kapodistrian University of Athens, Greece
	Q&A
13.00-14.00	Lunch break
12.30-14.00	Side Event: Cooking without milk and egg-Theochari Athanasia
14.00-14.30	Room A <u>Plenary Lecture 9:</u> Chairs: Vardaka Elisabeth, Professor, International Hellenic University, Greece Doulgeraki Stefania, International Hellenic University, Greece
	Personalised Nutrition through DNA analysis
	Dedoussis George, Vice Rector of Academic of Affairs and Quality Assurance, Professor, Harokopio University, Greece
	Q&A

14.00-15.30	<p>Room B</p> <p>ORAL PRESENTATIONS II: Nutrition and health</p> <p>Chairs: Gioxari Aristeia, Assistant Professor, University of Peloponnese, Greece</p> <p>Pagkalos Ioannis, Assistant Professor, International Hellenic University, Greece</p>
	<p>ID 10: Long term metabolic and inflammatory effects of second-generation antipsychotics: a study in mentally disordered offenders</p>
	<p>Vassilopoulou Emilia¹, Efthymiou Dimitris², Papatriantafyllou Evangelia¹, Markopoulou Maria³, Sakellariou Efthymia-Maria⁴ and Codruta Popescu Alina⁵</p> <p>¹Department of Nutritional Sciences and Dietetics, International Hellenic University, Greece</p> <p>²Department of Psychiatry, Division of Neurosciences, School of Medicine, Aristotle University of Thessaloniki, Greece</p> <p>³Department of Forensic Psychiatry, Psychiatric Hospital of Thessaloniki, Greece</p> <p>⁴Psychiatric Clinic, General University Hospital, Greece</p> <p>⁵Department of Abilities Human Sciences, Iuliu Hatieganu University of Medicine and Pharmacy, Romania</p>
	<p>ID 11: Effects of long-term second generation antipsychotics use in liver and kidney function</p>
	<p>Papatriantafyllou Evangelia¹, Efthymiou Dimitris², Markopoulou Maria³, Sakellariou Efthymia-Maria⁴, Vassilopoulou Emilia¹</p> <p>¹Department of Nutritional Sciences and Dietetics, International Hellenic University, Greece</p> <p>²Department of Psychiatry, Division of Neurosciences, School of Medicine, Aristotle University of Thessaloniki, Greece</p> <p>³Department of Forensic Psychiatry, Psychiatric Hospital of Thessaloniki, Greece</p> <p>⁴Psychiatric Clinic, General University Hospital, Greece</p>
	<p>ID 12: Development and in vitro digestion analysis of kefir fortified with by-product extracts: prediction of total antioxidant and phenolic compounds bioavailability</p>
	<p>Potsaki Panagiota¹, Kandyliari Aikaterini¹, Moutsou Andreani¹, Kaloteraki Chrysoula¹, Bousdouni Panoraia¹, Koutelidakis Antonios E.¹</p> <p>¹Unit of Human Nutrition, Department of Food Science and Nutrition, University of the Aegean, Greece</p>
	<p>ID 13: Exploring the impact of the Mediterranean diet on the gut microbiome of individuals with Multiple Sclerosis</p>
	<p>Rouskas Konstantinos¹, Sintila Stilianiki-Angeliki², Pantoura Marianna¹, Gouela Mary¹, Kyritsi Maria¹, Mouchtaropoulou Evangelia¹, Kesidou Evangelia², Bakirtzis Christos², Konstantinidou Natalia², Theotokis Paschalis², Grigoriadis Nikolaos², Argiriou Anagnostis^{1,3}, Boziki Marina Kleopatra²</p> <p>¹Centre for Research and Technology Hellas, Institute of Applied Biosciences, Greece</p> <p>²Multiple Sclerosis Center, 2nd Neurological University Department, Aristotle University of Thessaloniki, American Hellenic Educational and Progressive Association (AHEPA) General Hospital, Greece</p> <p>³Department of Food Science and Nutrition, University of the Aegean, Greece</p>
	<p>ID 14: Evaluation of adherence to the MIND diet against cognitive decline in elderly Greek population</p>
	<p>Sotiriadis Panagiotis-Marios¹, Tsolaki Magda^{2,3}, Koumbi Lemonica¹, Pop Claudia Felicia⁴, Vassilopoulou Emilia¹,</p> <p>¹Department of Nutritional Sciences and Dietetics, International Hellenic University, Greece</p> <p>²1st Department of Neurology, Aristotle University of Thessaloniki, AHEPA University Hospital, Greece</p> <p>³Greek Alzheimer Association and Related Disorders, Greece</p> <p>⁴Department of Nursing "Iuliu Hatieganu", Department of Medicine and Pharmacy, University of Medicine and Pharmacy, Romania</p>
	<p>ID 15: Phenolic analysis and in vitro biological activity of red wine, pomace and grape seeds oil derived from <i>vitis vinifera</i> L. Cv. montepulciano d'Abruzzo</p>
	<p>Azzurra Stefanucci¹ and Adriano Mollica¹</p> <p>¹Department of Pharmacy, G. d'Annunzio University of Chieti-Pescara, Italy</p>
	<p>ID 16: Nutritional prevention of cognitive impairment through dietary patterns and its correlation with Sarcopenia</p>
	<p>Tsoumana Despoina¹, Oikonomou Maria¹, Theocharis Platonas¹, Perdikouri Maria¹, Voulgaridou Gavriela¹, Mourelatos Christos¹, Kokkinos Nikolaos¹, Tsolaki Magda^{2,3}, Papadopoulou Sousana¹</p> <p>¹Department of Nutritional Sciences and Dietetics, International Hellenic University, Greece; ²1st Department of Neurology, School of Medicine, Faculty of Health Sciences, Aristotle University of Thessaloniki, Greece</p> <p>³Greek Association of Alzheimer's Disease and Related Disorders, Greece</p>

	ID 17: Mindful eating: a values-based approach on eating behavior
	Zervos Konstantinos <i>Center For Health Services Research, Department Of Hygiene, Epidemiology & Medical Statistics Medical School, National and Kapodistrian University Of Athens, Greece</i>
	ID 3: Mediterranean Diet, Ketogenic Diet or MIND Diet For Aging Populations With Cognitive Decline: A Systematic Review
	Devranis Paschalis^a, Vassilopoulou Emilia^b, Tsironis Vasileios^b, Sotiriadis Panagiotis-Marios^b, Chourdakis Michail^c, Aivaliotis Michalis^d, Koumbi Lemonica^{a,b}, Tsolaki Magdalini^a <i>^a1st Department of Neurology, School of Medicine, Faculty of Health Sciences, Aristotle University of Thessaloniki, AHEPA University Hospital, Greece: ^bDepartment of Nutritional Sciences and Dietetics, International Hellenic University, Greece: ^cLaboratory of Hygiene, Social & Preventive Medicine and Medical Statistics, School of Medicine, Faculty of Health Sciences, Aristotle University of Thessaloniki, Greece: ^dBasic and Translational Research Unit, Special Unit for Biomedical Research and Education, School of Medicine, Aristotle University of Thessaloniki, Greece: ^eGreek Alzheimer Association and Related Disorders, Greece</i>
	Q&A
14.30-15.30	Room A SESSION 8: Obesity in adulthood Chair: Michaelidou Alexandra-Maria, Associate Professor, Aristotle University of Thessaloniki, Greece
	Mediterranean Diet and Weight loss maintenance
	Yannakoulia Mary, Professor, Harokopio University, Greece
	Public health actions that appear promising to halt obesity
	Mouratidou Theodora, Associate Professor, Hellenic Mediterranean University, Greece
	The effects of weight loss on the metabolic complications of obesity
	Magkos Faidon, Associate Professor, University of Copenhagen, Denmark
	Q&A
15.30-16.00	Coffee break
16.00-16.30	Room A Plenary Lecture 10: Chairs: Tragiannidis Athanasios Associate Professor, Aristotle University of Thessaloniki, Greece Yiannakouris Nikolaos, Associate Professor, Harokopio University, Greece
	The first 1000 days - The role of nutrition during pregnancy and infancy in the prevention of Cardiovascular disease
	Manco Melania, Professor, Bambino Gesù Children's Hospital, Italy
	Q&A
16.30-17.30	Room A SESSION 9: Infant feeding: Breastfeeding and weaning Chairs: Diamanti Elisavet, Professor, Aristotle University of Thessaloniki, Greece Karagiozoglou-Lampoudi Thomai, Pediatrician-Pediatric Gastroenterologist, Professor Emeritus, International Hellenic University, Greece
	Can we halt obesity with Breasfeeding?
	Lithoxopoulou Maria, 2nd Neonatology Clinic and NICU of Aristotle University of Thessaloniki General Hospital "Papageorgiou" Greece
	Breastfeeding and allergy
	Cassimos Dimitrios, Assistant Professor, Democritus University of Thrace, Greece
	Complementary feeding in Greece. The 2019 update of recommendations
	Karagiozoglou-Lampoudi Thomai, Pediatrician-Pediatric Gastroenterologist, Professor Emeritus, International Hellenic University, Greece
	Q&A

16.30-17.30	Room B WORKSHOP 6: The role of hydration in health, disease and performance Chairs: Panagopoulou Eirini, <i>Postdoctoral Researcher, Harokopio University, Greece</i> Gavrieli Anna, <i>Nutritionist-Dietitian, Greece</i>
	The role of hydration in health, disease and performance
	Arnaoutis Giannis, <i>Elected Assistant Professor, Harokopio University, Greece</i>
	Q&A
17.30-18.30	Room A SESSION 10: Childhood Obesity Surveillance Initiative (COSI) in Europe Chair: Hassapidou Maria, <i>Professor, International Hellenic University, Greece</i>
	WHO Europe Childhood Obesity Surveillance Initiative – a 15 years study in 45 European Countries
	Rito Anna, <i>WHO Collaborating Centre for Nutrition and Childhood Obesity National Institute of Health Doutor Ricardo Jorge, Portugal</i>
	COSI in Cyprus. Results of the last two rounds
	Markidou Eliza, <i>Ministry of Health, Cyprus</i>
	Prevalence of Childhood Obesity in Greece: Results from WHO Childhood Obesity Surveillance Initiative 2010-2020
	Hassapidou Maria, <i>Professor, International Hellenic University, Greece</i>
	Q&A
18.30-20.00	Room A SESSION 11: GUT BRAIN AXIS: feeding your brain through your gut Chair: Boziki Marina Kleopatra, <i>Assistant Professor, Aristotle University of Thessaloniki, Greece</i>
	Immunity cognition and diet
	Bettocchi Silvia, <i>Fondazione IRCCS Ca' Granda Ospedale Maggiore Policlinico, Italy</i>
	GUT BRAIN AXIS: feeding your brain through your gut- the link with stress and depression
	Floros George, <i>Aristotle University of Thessaloniki, Greece</i>
	Dietary patterns to slow cognitive decline
	Philippou Elena, <i>University of Nicosia, Cyprus</i>
	Natural Products Against Neurodegenerative Disease Progression
	Devranis Paschalis, <i>1st Department of Neurology, Aristotle University of Thessaloniki, AHEPA University Hospital, Greece</i>
	Q&A
Sunday, 29 May 2022 (Time zone EEST)	
08.00-09.00	Registration
09.00-10.00	Room A SESSION 12: Exercise in Chronic Disease Management (<i>co-organised with the Department of Physical Education and Sport Science (UoA)</i>) Chairs: Koutedakis Yiannis, <i>Professor Emeritus, University of Thessaly, Greece, President, "Exercise is Medicine-Greece"</i> Didangelos Triantafyllos, <i>Associate Professor, Aristotle University of Thessaloniki, Greece</i>
	Exercise and cancer
	Philippou Anastassios, <i>Associate Professor, National and Kapodistrian University of Athens, Greece</i>

	Exercise and diabetes
	Chryssanthopoulos Costas , <i>Special Educational Staff, National and Kapodistrian University of Athens, Greece</i>
	Exercise and chronic kidney disease
	Sakkas George , <i>Assistant Professor, University of Thessaly, Greece</i>
	Q&A
9.00-10.30	Room B WORKSHOP 7: Eating behaviors: from healthy to disordered eating Chair: Tsioudas Athanasios , <i>Treasurer of HADN, Dietitian-Nutritionist, Greece</i>
	The role of mindfulness, mindful eating and intuitive eating in changing eating behaviours: effectiveness and associated potential mechanisms
	Andreou Eleni , <i>Associate Professor, University of Nicosia, Cyprus</i>
	Mindful eating behavior and lifestyle habits for wellness and prevention
	Adamidou Ioanna , <i>Dietitian-Nutritionist & Biologist, Bioiatriki Healthcare Group, Greece</i>
	Q&A
10.00-10.30	Room A Plenary Lecture 11: Chair: Karastogiannidou Kalliopi , <i>Assistant Professor, International Hellenic University, Greece</i>
	Challenges of nutrition policy in the frame of F2F European Strategy
	Gamvros Rodios , <i>Chairman of scientific committee to Hellenic food Industry federation (SEVT), Greece</i>
	Q&A
10.30-11.00	Coffee break
11.00-12.00	Room A SESSION 13: Cardiovascular Health and Nutrition Chair: Karatzi Kalliopi , <i>Assistant Professor, Agricultural University of Athens, Greece</i>
	Sustainability of dietary standards recommended for the prevention and treatment of cardiovascular disease
	Magriplis Emmanuella , <i>Assistant Professor, Agricultural University of Athens, Greece</i>
	How effective are counselling interventions in the treatment of cardiovascular diseases?
	Karatzi Kalliopi , <i>Assistant Professor, Agricultural University of Athens, Greece</i>
	Personalized Nutrition for the Prevention of Cardiovascular diseases
	Kalea Anastasia , <i>University College London, UK</i>
	Q&A
11.00-12.00	Room B WORKSHOP 8: Workload and Nutritional Monitoring in Sports Chair: Papadopoulou Sousana , <i>Assistant Professor, International Hellenic University, Greece</i>
	Models of internal and external load monitoring in competitive sports
	Panayiotou George , <i>Assistant Professor, Department of Life Sciences, School of Sciences, European University Cyprus, Cyprus</i>
	Energy demands and nutritional management during high workloads in competitive sports
	Papadopoulou Sousana , <i>Assistant Professor, International Hellenic University, Greece</i>
	Q&A

12.00-13.00	<p>Room A SESSION 14: Stress: the links with lifestyle and nutrition (co-organised with the Hellenic College of Lifestyle Medicine) Chair: Papageorgiou Anna, Nutritionist & Clinical Dietitian, University Research Institute of Maternal And Child Health & Precision Medicine, Greece</p>
	Stress and Chronic Diseases
	Chrousos George, Professor Emeritus, National and Kapodistrian University of Athens, Greece
	How does lifestyle impact incidence of cancer: preventive, measures to consider
	Droufakou Stauroula, Medical Oncologist, 3rd Dep Of Medical Oncology, Metropolitan Hospital, Greece
	How stress affect eating behavior
	Papageorgiou Anna, Nutritionist & Clinical Dietitian, University Research Institute of Maternal And Child Health & Precision Medicine, Greece
	Q&A
12.00-14.00	<p>Basement -1 Poster Session: Accessibility/Biodiversity, Environment, Climate/Nutrition and health/ Social values of foods and nutrition/General Chairs: Panagopoulou Eirini, Postdoctoral Researcher, Harokopio University, Greece Kokkinopoulou Anna, International Hellenic University, Greece</p>
	ID 26: Rheological and Physicochemical Properties of Doughs and Bread Enriched with Bioactive Microconstituents from Corinthian Raisin (Vitis vinifera L., var. Apyrena)
	Evgenia N. Nikolaou¹, Evangelia D. Karvela¹, Eirini Panagopoulou¹, Antonia Chiou¹ Vaios T. Karathanos¹ ¹ Department of Nutrition and Dietetics, Harokopio University, Greece
	ID 27: Mediterranean diet and environment: A reciprocal symbiotic relationship
	Antasouras Georgios¹, Gialeli Maria¹, Vasios Georgios¹, Troumbis Andreas², Kavantzias Nikolaos³, Giaginis Constantinos¹ ¹ Department of Food Science and Nutrition, School of the Environment, University of the Aegean, Greece ² Department of the Environment, School of the Environment, University of the Aegean, Greece ³ Department of Pathology, School of Medicine, University of Athens, Greece
	ID 28: Sustainability and its role in human well-being, a bibliometric analysis
	Zaragkali Flora¹, Gialeli Maria¹, Troumbis Y. Andreas², Antasouras Georgios¹, Giaginis Constantinos¹, Vasios K. Georgios¹ ¹ Department of Food Science and Nutrition, School of the Environment, University of the Aegean, Greece ² Department of Environment, School of the Environment, University of the Aegean, Greece
	ID 29: Sensory evaluation and consumer response of fillets from seabream fed with lipids extracted from olive oil by-products
	Martsikalis Petros V.¹, Anagnostopoulos Dimitrios A.¹, Syropoulou Faidra¹, Barkas Dimitrios², Papaharisis Leonidas², Antonopoulou Smaragdi³ and Boziaris Ioannis S.^{1*} ¹ Laboratory of Marketing and Technology of Aquatic Products and Foods, Dept of Ichthyology and Aquatic Environment, University of Thessaly, Greece ² AVRAMAR Aquaculture SA, Greece ³ Department of Nutrition and Dietetics, School of Health Science and Education, Harokopio University, Greece
	ID 30: Greek Translation of the International Dysphagia Diet Standardisation Initiative (IDDSI) whole framework and testing methods
	Bardis Panagiotis, Detopoulou Paraskevi, Kozyrakis Leonidas IDDSI Greek reference group, Greece
	ID 31: The evaluation of anti-aging cosmetics
	Giannakoudaki Anna¹, Ainatzi Polyxeni¹, Pydaraki-Bouridou Christina¹, Iliadou Elissavet-Maria¹, Papadopoulos Iordanis¹ ¹ Department of Nutritional Sciences and Dietetics and ex department of Aesthetics and Cosmetology, International Hellenic University, Greece

	ID 32: Administration of Mediterranean fruit leads to detection of polar phenols in rat brain tissue
	Vasilakopoulou Paraskevi B.¹, Fanarioti Eleni², Tsarouchi Martha², Dermon Catherine R.², Karathanos Vaios³ T., Chiou Antonia¹ <i>¹Laboratory of Chemistry-Biochemistry-Physical Chemistry of Foods, Department of Dietetics and Nutrition, Harokopio University, Greece</i> <i>²Laboratory of human and animal physiology, Department of Biology, University of Patras, Greece</i> <i>³Laboratory of Chemistry-Biochemistry-Physical Chemistry of Foods, Department of Dietetics and Nutrition, Harokopio University, Greece; Research and Development Department, Agricultural Cooperatives' Union of Aeghion, Greece</i>
	ID 33: Characterization of the microbial composition in Greek sourdoughs through amplicon sequencing
	Tsoureki Antiopi¹, Michailidou Sofia¹, Syrokou Maria², Paramythiotis Spyridon², Bosnea Loulouda³, Drosinos Eleftherios², Mataragas Marios³, Argiriou Anagnostis^{1,4} <i>¹Institute of Applied Biosciences, Centre for Research and Technology Hellas, Greece</i> <i>²Department of Food Science and Human Nutrition, Agricultural University of Athens, Greece</i> <i>³ELGO-DIMITRA, Institution of Technology of Agricultural Products, Dairy Research Department, Greece</i> <i>⁴Department of Food Science and Nutrition, University of the Aegean, Greece</i>
	ID 34: Characterization of the microbial activity and functions in Greek sourdoughs through the use of metatranscriptomics
	Tsoureki Antiopi¹, Mouchtaropoulou Evangelia¹, Kyritsi Maria¹, Michailidou Sofia¹, Syrokou Maria², Bosnea Loulouda³, Paramythiotis Spyridon², Drosinos Eleftherios², Mataragas Marios³, Argiriou Anagnostis^{1,4} <i>¹Institute of Applied Biosciences, Centre for Research and Technology Hellas, Greece,</i> <i>²Department of Food Science and Human Nutrition, Agricultural University of Athens, Greece,</i> <i>³ELGO-DIMITRA, Institution of Technology of Agricultural Products, Dairy Research Department, Greece</i> <i>⁴Department of Food Science and Nutrition, University of the Aegean, Greece</i>
	ID 35: Correlation between Peptide Hormones and Weight and Glucose Homeostasis among Obese and Normal Weight Eastern Mediterranean Individuals
	Abou-Samra Murielle¹, Karavetian Mirey², Venema Koen³, Ayoub Moubareck Carole⁴ <i>¹School of Nutrition and Translational Research in Metabolism (NUTRIM), Faculty of Health, Medicine and Life Sciences, Maastricht University, The Netherlands</i> <i>²Department of Food and Nutrition, Ryerson University, Canada</i> <i>³Centre for Healthy Eating & Food Innovation, Faculty of Science & Engineering, Campus Venlo, Maastricht University, The Netherlands</i> <i>⁴College of Natural and Health Sciences, Zayed University, United Arab Emirates</i>
	ID 36: Changes in nutrition of children/adolescents and their parents during the first COVID-19 lockdown in Greece. COVEAT-study
	Demertzi Niki¹, Perperidi Maria², Georgiou Christos², Kapsoritakis A³, Potamianos Spyridon³, Androutsos Odysseas² <i>¹Postgraduate Studies Program Nutrition in Health and Disease, Faculty of Medicine, School of Health Sciences, University of Thessaly, Greece</i> <i>²Lab of Clinical Nutrition and Dietetics, Department of Nutrition and Dietetics, School of Physical Education, Sport Science and Dietetics, University of Thessaly, Greece</i> <i>³Department of Gastroenterology, University Hospital of Larissa, Greece</i>
	ID 37: The Mediterranean diet as a feeding protocol for hospitalized patients with COVID-19
	Antasouras Georgios¹, Gialeli Maria¹, Vasios Georgios¹, Troumbis Andreas², Kavantzias Nikolaos³, Giaginis Constantinos¹ <i>¹Department of Food Science and Nutrition, School of the Environment, University of the Aegean, Greece</i> <i>²Department of the Environment, School of the Environment, University of the Aegean. Greece</i> <i>³Department of Pathology, School of Medicine, University of Athens, Greece</i>
	ID 38: Investigating the changes in the dietary habits and the quality of life among patients with Inflammatory Bowel Disease during the COVID-19 pandemic
	Ballas Konstantinos¹, Gialama Marilena², Manolakis Anastasios³ <i>¹University of Thessaly, Greece</i> <i>²Local Health Unit of Nea Ionia Volos, Greece</i> <i>³University of Thessaly Department of Medicine, Greece</i>

	ID 39: Bone mineral density of amateur soccer players and the influence of their blood tests
	Botsifaras Ilias¹, Isaakidis Akritas¹, Kyrana Zacharenia², Voulgaridou Gavriela¹, Dranitsa Christina¹, Skepastianos Petros³, Kaprara Athina⁴, Mourouglakis Alexandros⁵, Chatzitoliou Apostolos⁶, Papadopoulou Sousana¹ <i>¹Department of Nutritional Sciences and Dietetics, School of Health Sciences, International Hellenic University, Greece;²Department of Agriculture, Faculty of Agriculture, Forestry and Natural Environment, Aristotle University of Thessaloniki, Greece;³Department of Medical Laboratory Studies, International Hellenic University, Greece;⁴Laboratory of Sports Medicine, School of Physical Education and Sports Science, Aristotle University of Thessaloniki, Greece;⁵School of Medicine, Aristotle University of Thessaloniki, Greece;⁶1st Department of Cardiology, AHEPA Hospital, Aristotle University of Thessaloniki, Greece</i>
	ID 40: Investigation of the functional capacity of lyophilisate of Black Sea mussels in fructose-induced obesity
	Bratoeva Kameliya¹, Chivchibashi-Pavlova Dariya¹, Kyuchukova Diyana¹, Panayotova Veselina², Dobрева Diana², Merdzhanova Albena² <i>¹Pathophysiology Department, Medical University of Varna, Bulgaria ²Department of Chemistry, Faculty of Pharmacy, Medical University of Varna, Bulgaria</i>
	ID 41: Nutritional status of athletes in Northern Greece
	Kokkinopoulou Anna^{1,2}, Charitou Dimitra¹, Serafeim Evi¹, Dranitsa Christina¹, Beltsiou Antonia¹, Tasoula Persephoni¹, Papadomichelaki Eirini¹, Papadopoulou Sousana¹ <i>¹Department of Nutritional Sciences and Dietetics, International Hellenic University, Greece ²Department of Preventive Medicine and Nutrition Unit, School of Medicine, University of Crete, Greece</i>
	ID 42: Aortic wall changes in fructose-induced obesity rat model
	Chivchibashi-Pavlova Dariya¹, Kyuchukova Diyana¹, Bratoeva Kameliya¹ <i>¹Pathophysiology Department, Medical University of Varna, Bulgaria</i>
	ID 43: A pattern rich in legumes, fruits and whole grains in the previous three months is associated with reduced length of hospital stay in women
	Detopoulou Paraskevi^{1,2}, Tsigkas Alexandros-Pantelis³, Kalonarchi Garyfallia¹, Tsouma Christina¹, Papamikos Vassilios¹, Kontogianni Meropi³ <i>¹Department of Clinical Nutrition, General Hospital Korgialenio Benakio, Greece ²Department of Nutritional Sciences & Dietetics, University of Peloponnese, Greece ³Department of Nutrition & Dietetics, Harokopio University, Greece</i>
	ID 44: Assessment of nutritional status using objective and subjective methods in Greek cancer patients
	Evangelou Iliana¹, Vamvakari Konstantina^{1*}, Kalafati Ioanna-Panagiota^{1,2}, Kipouros Mihalis¹, Kasti Arezina³, Androutsos Odysseas¹ <i>¹Lab of Clinical Nutrition-Dietetics, Department of Nutrition-Dietetics, University of Thessaly, Greece ²Department of Nutrition & Dietetics, School of Health & Education, Harokopio University Greece ³Attikon University General Hospital, Greece</i>
	ID 45: Food insecurity, nutritional behaviour and chronic disease morbidity in the Cypriot population
	Kantilafti Maria¹, Giannakou Konstantinos¹, Chrysostomou Stavri¹ <i>¹European University Cyprus, Cyprus</i>
	ID 46: The use of phytochemicals in the design and production of functional foods and nutraceuticals
	Kokonozi Zacharoula¹, Giaginis Constantinos¹, Vasios Georgios¹, Sakarikou Christina¹ <i>¹Department of Food Science and Nutrition, School of the Environment, University of the Aegean, Greece</i>
	ID 47: Self-reported life style factors and their relation with BMI in Turkish college students
	Kolay Ezgi¹, Guney Coskun Merve², Yigit Asli³, Kepoglu Zeynep² <i>¹Poznan University of Life Sciences, Department of Human Nutrition and Dietetics, Poland ²Istanbul Medipol University, Faculty of Health Sciences, Nutrition and Dietetic Department, Turkey ³Suleyman Demiral University, Department of Nutrition and Dietetics, Turkey</i>
	ID 48: Investigation of the adherence to mediterranean diet in patients with bronchial asthma
	Kontopoulou Lamprini¹, Kotsiou Ourania¹, Malli Fotini¹, Pantazopoulos Ioannis², Vasara Eleni³, Karpetas Georgios², Tourlakopoulos Konstantinos², Mavrovounis Georgios², Gourgouliannis Konstantinos² <i>¹Nursing Department, University of Thessaly, Greece; ²Medicine Department, University of Thessaly, Greece ³School of Biology, Aristotle University of Thessaloniki, Greece</i>

	ID 49: Nutrition labelling use and adherence to Mediterranean Diet and physical activity guidelines
	Kougioumtzoglou Theodora¹, Kokkinopoulou Anna^{1,2}, Papadopoulou Sousana¹ <i>¹Department of Nutritional Sciences and Dietetics, International Hellenic University, Greece</i> <i>²Department of Preventive Medicine and Nutrition Unit, School of Medicine, University of Crete, Greece</i>
	ID 50: Evaluate the information of people with type 2 diabetes about their disease and investigate their information about the nutritional recommendations required
	Leounaki Evanthia <i>Hellenic Open University, Greece</i>
	ID 51: Quercetin: a molecule with great biochemical, clinical and nutritional value
	Michala Aikaterini-Spyridoula¹, Pritsa Agathi¹ <i>¹International Hellenic University, Greece</i>
	ID 52: Nutritional assessment using image annotation: evaluation of snack eating habits in school age children in Northern Greece
	Montorfano Azzurra¹, Kokkinopoulou Anna^{2,3}, Hassapidou Maria², Riso Patrizia¹, Pagkalos Ioannis² <i>¹Facoltà di Scienze agrarie e alimentari, Interfacoltà con Medicina e Chirurgia, Università degli Studi di Milano, Italy</i> <i>²Department of Nutritional Sciences and Dietetics, International Hellenic University, Greece</i> <i>³Department of Preventive Medicine and Nutrition Unit, School of Medicine, University of Crete, Greece</i>
	ID 53: Rice Bran Oil Protects from Endoplasmic Reticulum Stress Under a High Fat Diet in Rats
	Navratilova Hana Fitria¹, Damayanthi Evy¹, Thenawidjaja Maggy² <i>¹Department of Community Nutrition, Faculty of Human Ecology, IPB University, Indonesia</i> <i>²Department of Food Technology, Faculty of Agricultural Technology, IPB University, Indonesia</i>
	ID 54: Towards a framework for the evaluation of Automatic Image-Based Dietary Assessment smartphone applications
	Nestoridi Irini¹, Pagkalos Ioannis¹ <i>¹Nutrition Information Systems Laboratory, Department of Nutritional Sciences & Dietetics, International Hellenic University, Greece</i>
	ID 55: Clinical application of the Food Compass Score: Relation to Mediterranean Diet Score, Health Rating Star System, food groups consumption and meal patterns in students enrolled at the University of the Peloponnese
	Detopoulou Paraskevi^{1,2}, Syka Dimitra¹, Koumi Konstantina², Dedes Vassileios¹, Tzirogiannis Konstantinos³, Panoutsopoulos I Georgios*¹ <i>¹Department of Nutritional Science and Dietetics, Faculty of Health Sciences, University of Peloponnese, Greece</i> <i>²Department of Clinical Nutrition, General Hospital Korgialenio Benakio, Greece</i> <i>³Inter al Medicine Department, Mediterraneo Hospital, Greece</i>
	ID 56: Nutritional biomarkers as prognostic factors of sarcopenia and their role in disease progression
	Papadopoulou K. Sousana¹, Voulgaridou Gavriela¹, Kondyli S. Foivi¹, Drakaki Mariella¹, Rodopaios Nikolaos², Pritsa Agathi¹ <i>¹Department of Nutritional Sciences and Dietetics, International Hellenic University, Greece</i> <i>²Department of Social Medicine, Preventive Medicine and Nutrition Clinic, School of Medicine, University of Crete, Greece</i>
	ID 57: Defining the ideal characteristics of effective interventions for the weight management in breast cancer survivors
	Perperidi Maria¹, Huybrechts Inge², Saliari Dimitra¹, Christakis Christos¹, Kontou Niki¹, Saloustris Emmanouil³, Theodorakis Yannis⁴, Androustos Odysseas¹ <i>¹Lab of Nutrition and Clinical Dietetics (CND-lab), Department of Nutrition and Dietetics, School of Physical Education, Sport Science and Dietetics, University of Thessaly, Greece</i> <i>²International Agency for Research on Cancer, World Health Organization</i> <i>³Department of Oncology, Medical School, University Hospital of Larissa, Greece</i> <i>⁴Department of Physical Education and Sport Science, School of Physical Education, Sport Science and Dietetics, University of Thessaly, Greece</i>
	ID 58: Investigation of knowledge and attitudes about obesity and gene-nutrition interaction in a sample of Greek population
	Pillati Vasilika¹, Doulgeraki Stefania¹ <i>¹Department of Nutritional Sciences and Dietetics, International Hellenic University, Greece</i>

	ID 59: Potential beneficial effects of intermittent fasting against cancer risk and management: Novel evidence rendering autophagy as a promising therapeutic target
	Psara Evmorfia¹, Poullos Efthymios¹, Zeimpeki Maria¹, Mantzorou Maria¹, Vasios George¹, Giaginis Constantinos¹ <i>¹Department of Food Science and Nutrition, School of the Environment, University of the Aegean, Greece</i>
	ID 60: Health-related quality of life and dietary changes in patients with Pulmonary Embolism during the COVID19 pandemic
	Dimitrios G. Raptis¹, Alexandra Virvili², Ioannis C. Lampropoulos¹, Giorgos Iatrou¹, Ourania S. Kotsiou¹, Fotini Bardaka¹, Evangelia Kotrotsiou³, Evangelos C. Fradelos⁴, Konstantinos I. Gourgoulisanis¹, Zoe Daniil¹, Foteini Malli^{1,2} <i>¹Respiratory Medicine Department, School of Medicine, University of Thessaly, Greece</i> <i>²Faculty of Nursing/Respiratory Disorders Lab, University of Thessaly, Greece</i> <i>³General Department, University of Thessaly, Greece</i> <i>⁴Faculty of Nursing, University of Thessaly, Greece</i>
	ID 61: The impact of social media on dietary choices, emotions around food consumption and body image in Greek adolescents and young adults
	Stamatiou Rea¹, Katsafadou Varvara – Stavroula¹, Mouratidou Theodora¹ <i>¹Department of Nutrition & Dietetics, Hellenic Mediterranean University, Greece</i>
	ID 62: Assessment of changes in dietary habits during and after the COVID19 restrictive measures
	Alexandra Virvili¹, Dimitrios G Raptis², Evangelos C Fradelos¹, Ioanna V Papathanasiou³, Dimitrios Papagiannis⁴, Konstantinos Gourgoulisanis², Foteini Malli^{1,2} <i>¹Faculty of Nursing/Respiratory Disorders Lab, University of Thessaly, Greece</i> <i>²Respiratory Medicine Department, School of Medicine, University of Thessaly, Greece</i> <i>³Faculty of Nursing/ Community Nursing Lab, University of Thessaly, Greece</i> <i>⁴Faculty of Nursing/ Public Health Lab, University of Thessaly, Greece</i>
	ID 63: Investigation of the eating habits, knowledge and perception of children age 9-12 years old on Functional Food in the primary schools of Limnos and Thessaloniki
	Votsi Eirini – Chrysovalantou¹, Koutelidakis Antonios¹ <i>¹Laboratory of Nutrition and Public Health, Department of Food Science and Nutrition, University of the Aegean, Greece</i>
	ID 64: Characterization of <i>Lacticaseibacillus rhamnosus</i>, <i>Levilactobacillus brevis</i>, <i>Lactiplantibacillus plantarum</i> and <i>Lactobacillus gasseri</i> metabolites and evaluation of their antimicrobial activity against food pathogens
	Despina Vougiouklaki¹, Klaudio Loka¹, Archontoula Chatzilazarou¹, Theofania Tsironi², Joseph Papaparaskevas³, Panagiotis Halvatsiotis⁴ and Dimitra Houhoula¹ <i>¹Department of Food Science and Technology, Faculty of Food Sciences, University of West Attica, Greece</i> <i>²Department of Food Science and Human Nutrition, Agricultural University of Athens, Greece</i> <i>³Department of Microbiology, Medical School, National and Kapodistrian University of Athens, Greece</i> <i>⁴Medical School, National and Kapodistrian University of Athens, "ATTIKON" University Hospital, Greece</i>
	ID 65: Evaluation of the effect of intermittent fasting on human health and well-being indicators
	Zeimpeki Maria¹, Psara Evmorfia¹, Antasouras Georgios¹, Gialeli Maria¹, Mantzorou Maria¹, Vasios Georgios¹, Giaginis Constantinos¹ <i>¹Department of Food Science and Nutrition, School of the Environment, University of the Aegean, Greece</i>
	ID 66: Gender related prevalence, knowledge, and attitudes of Greek consumers towards dietary supplements
	Mirto Galani¹, Kyrana Zacharenia², Gerotheranasi Konstantina¹, Kalogiouri Natasa¹, Kokokiris Lambros¹ <i>¹International Hellenic University, Department of Nutritional Sciences and Dietetics, Greece</i> <i>²Aristotle University of Thessaloniki, Department of Agriculture, Faculty of Agriculture, Forestry and Natural Environment, Greece</i>
	ID 67: Diet type and attitudes of Greek consumers towards dietary supplements
	Athanasia Pappou¹, Kyrana Zacharenia², Gerotheranasi Konstantina¹, Kalogiouri Natasa¹, Kokokiris Lambros¹ <i>¹International Hellenic University, Department of Nutritional Sciences and Dietetics, Greece</i> <i>²Aristotle University of Thessaloniki, Department of Agriculture, Faculty of Agriculture, Forestry and Natural Environment, Greece</i>

	ID 68: Drivers of seafood consumption: awareness and attitudes of dieticians towards seafood
	Georgia Posnakidou¹, Doulgeraki Stephania¹, Yildiz Yavuzcan Hijran², Kokokiris Lambros¹ <i>¹International Hellenic University, Department of Nutritional Sciences and Dietetics, Greece</i> <i>²Ankara University, Department of Fisheries and Aquaculture, Turkey</i>
	ID 69: Study of the relationship among the consumption of bio-functional foods ingredients with bone metabolism indices in middle-aged and elderly people with osteoporosis' risk
	Melina Konstantinidi¹, Alexandros Lydatakis¹, Antri Olympiou¹, Styliana Theodosiou¹, Bekiri Maria¹, Ioannis Anastasiou², Vlachos Nikolaos³, George Tsakotos⁴, Antonios Koutelidakis * <i>¹Laboratory of Nutrition and Public Health, Unit. Of Human Nutrition, Department of Food Science and Nutrition, University of the Aegean, Greece; ²Orthopedic Clinic, Greece; ³Orthopedic Clinic, Athens Medical Group, Greece; ⁴Orthopedic Clinic, Greece</i>
	ID 70: A model for adding actionable sustainability information to Greek food databases
	Patra Elena¹, Pagkalos Ioannis¹ <i>¹Nutrition Information Systems Laboratory (NISLAB), Department of Nutritional Sciences & Dietetics, International Hellenic University, Greece</i>
13.00-14.00	Room A SESSION 15: Diet, nutrition and cancer: what do we know and what is the way forward Chairs: Androutsos Odysseas, Associate Professor, University of Thessaly, Greece Saloustris Manolis, Assistant professor, University of Thessaly, Greece
	Diet, nutrition and cancer risk: Current knowledge and future perspectives
	Saltaouras Georgios, Academy Fellow, International Hellenic University, Greece
	Diet nutrition & cancer: what is the way forward during cancer therapy
	Kontou Niki, Clinical Dietitian, Head of Department of Nutrition & Dietetics, Saint Savvas Anticancer Hospital, Greece
	Diet, nutrition and cancer: what is the way forward after cancer therapy
	Perperidi Maria, PhD candidate, University of Thessaly, Greece
	Q&A
14.00-15.00	Lunch break
15.00-15.30	Room A Plenary Lecture 12: Chair: Papadopoulos Athanassios, Professor, International Hellenic University, Greece
	From food safety to prevention of chronic diseases: The role of the Hellenic Food Authority
	Zampelas Antonis, President of the Management Board Hellenic Food Authority, Professor, Agricultural University of Athens, Greece
	Q&A
15.30-16.45	Room A SESSION 16: Plant-based (vegetarian) diets Chair: Karastogiannidou Kalliopi, Assistant Professor, International Hellenic University, Greece
	DEBATE: Pros and Cons of being a vegetarian
	Pros: Katsiki Niki, IASO/EASO Scope Member, International Expert Lipid Panel (ILEP) Member, Greece Cons: Gioxari Aristeia, Assistant Professor, University of Peloponnese, Greece
	Fasting reprogrammes the miRNA profile of human plasma
	Kouretas Dimitrios, Professor, University of Thessaly, Greece
	Plant-Based Imitation of Meat Products: How Informed is the Consumer?
	Arsenos Georgios, Professor, Aristotle University of Thessaloniki, Greece
	Q&A

15.30-16.30	Room B <u>WORKSHOP 9: Enteral-Parenteral Nutrition</u> Chair: Andreou Eleni, Associate Professor, University of Nicosia, Cyprus
	Enteral Nutrition
	Detopoulou Paraskevi, Department of Clinical Nutrition, General Hospital Korgialenio Benakio, Greece
	Parenteral Nutrition
	Tatouli Ioanna, Intensive Care Unit, General Hospital Korgialenio Benakio, Greece Kotrotsou Anastasia, Intensive Care Unit, General Hospital Korgialenio Benakio, Greece
	Q&A
16.45-17.45	Room A <u>SESSION 17: The -omics approach as a tool for Personalised Nutrition and Medicine</u> Chairs: Theodoridis Georgios, Professor, Aristotle University of Thessaloniki, Greece Kalogiannis Stavros, Associate Professor, International Hellenic University, Greece
	Application of milk lipidomics in food analysis from a nutritional perspective
	Sampsonidis Ioannis, International Hellenic University, Greece
	FOODOMICSGR_RI: Food and Nutrition research studies through the application of omics technologies
	Theodoridis Georgios, Aristotle University of Thessaloniki, Greece
	Metabolomics biomarkers in association with nutritional interventions in cardiovascular disease
	Deda Olga, Aristotle University of Thessaloniki, Greece
	Multi-omics footprinting in health and disease: complexity and interpretation
	Komninou Despina, International Hellenic University, Greece
	Q&A
16.45-17.45	Room B <u>WORKSHOP 10: Gastrointestinal disorders requiring nutritional intervention</u> Chair: Tsironis Vasileios, Dietitian-Nutritionist, President of HADN, Greece
	The role of Diet in Functional gastrointestinal disorders (FGIDs)
	Karagiozoglou- Lampoudi Thomai, Pediatrician-Pediatric Gastroenterologist, Professor Emeritus, International Hellenic University, Greece
	Nutrition Support in children and adolescents with Cystic Fibrosis. Is there a difference between pancreatic sufficient and insufficient patients?
	Katsagoni Christina, Agia Sofia Children's Hospital, Greece
	Q&A
17.45-18.15	Coffee break
18.15-19.15	Room A <u>SESSION 18: Nutrition as a tool for healthy aging (co-organised with the Mediterranean Lifestyle Medicine Institute in Leros, Greece)</u> Chairs: Panagiotakos Demosthenes, Professor, Harokopio University, Greece Kaprinis Stergios, Associate Professor, Aristotle University of Thessaloniki, Greece
	Nutrition as a tool for healthy aging
	Soulis George, Outpatient Geriatric Assessment Unit, Henry Dunant Hospital Center, Greece
	Public Health & Aging
	Kravvariti Evridiki, National and Kapodistrian University of Athens, Greece

	Mediterranean Lifestyle Medicine: The Role of the Nutritionist/Dietitian
	Sidossis Labros, Rutgers University, USA
	Q&A
18.15-19.45	Room B ORAL PRESENTATIONS III: Accessibility/Biodiversity, Environment, Climate/Social values of foods and nutrition/Nutrition and health/General Chairs: Kokokiris Lampros, Associate Professor, International Hellenic University, Greece Terzidis Michael, Assistant Professor, International Hellenic University, Greece
	ID 18: Design of biphasic structures for replacing saturated fats in food systems
	Zampouni Konstantina¹, Siachou Christina¹, Katsanidis Eugenios¹ ¹ Department of Food Science and Technology, School of Agriculture, Faculty of Agriculture, Forestry and Natural Environment, Aristotle University of Thessaloniki, Greece
	ID 19: Toxic Effects Of Polyethylene-Microplastics On Freshwater Fish Species: Implications For Human Health
	Dimitra C. Bobori¹, Anastasia Dimitriadi², Konstantinos Feidantsis³, Athina Samiotaki^{1,3,#}, Danai Fafouti^{1,3,#}, Ioannis Sampsonidis⁴, Stavros Kalogiannis⁴, Georgia Kastrinaki⁵, Dimitra A. Lambropoulou⁶, George Z. Kyzas⁷, George Koumoundouros², Dimitrios N. Bikiaris^{8,*}, Martha Kaloyianni^{3,*} ¹ Laboratory of Ichthyology, Department of Zoology, School of Biology, Aristotle University of Thessaloniki, Greece ; ² Biology Department, University of Crete, Greece ; ³ Laboratory of Animal Physiology, Department of Zoology, School of Biology, Aristotle University of Thessaloniki, Greece; ⁴ Department of Nutritional Sciences and Dietetics, International Hellenic University, Greece ; ⁵ Laboratory of Inorganic Materials, CERTH/CPERI, Greece ; ⁶ Laboratory of Environmental Pollution Control, Department of Chemistry, Aristotle University of Thessaloniki, Greece ; ⁷ Department of Chemistry, International Hellenic University, Greece ; ⁸ Laboratory of Polymer Chemistry and Technology, Department of Chemistry, Aristotle University of Thessaloniki, Greece
	ID 20: Studying Sustainable Diets with bibliometric analysis for the past thirty-five years
	Gialeli Maria¹, Zaragkali Flora¹, Troumbis Y. Andreas², Antasouras Georgios¹, Giaginis Constantinos¹, Vasios K. Georgios¹ ¹ Department of Food Science and Nutrition, School of the Environment, University of the Aegean, Greece ² Department of Environment, School of the Environment, University of the Aegean, Greece
	ID 21: Does Physical Activity Increase Life Expectancy and Has an Anti-Aging Effect at The Cellular Level? Anti-Aging Benefits of Exercise: A Review of the Literature
	Kalogerakou Theodora¹, Tzanetakou Irene², Panayiotou George² ¹ Department of Nutritional Sciences and Dietetics, International Hellenic University, Greece ² Department of Life Sciences, School of Sciences, European University Cyprus, Cyprus
	ID 22: Nutrigenetic tests: knowledge and attitude of the Greek public
	Parisi Vasiliki¹, Gkogka Panagiota¹, Doulgeraki Stefania¹ ¹ International Hellenic University, Department of Nutritional Sciences and Dietetics, Greece
	ID 23: Greek consumer attitudes towards dietary supplement use: the impact of education level and physical activity
	Soukiasian Panagiotis-David¹, Kyrana Zacharenia², Gerothanasi Konstantina¹, Kalogiouri Natasa¹, Kokokiris Lambros¹ ¹ International Hellenic University, Department of Nutritional Sciences and Dietetics, Greece ² Aristotle University of Thessaloniki, Department of Agriculture, Faculty of Agriculture, Forestry and Natural Environment, Greece
	ID 24: Bibliometrics measurements in Nutrition Informatics
	Stefanidis K. Vasileios Department of Nutritional Sciences and Dietetics, International Hellenic University, Greece
	ID 9: Effect of periodic religious fasting on body composition and nutrient intake in menopausal women
	Kokkinopoulou Anna^{1,2}, Katsiki Niki¹, Pagkalos Ioannis¹, Hassapidou Maria¹, Kafatos Anthony² ¹ Department of Nutritional Sciences and Dietetics, International Hellenic University, Greece ² Department of Preventive Medicine and Nutrition Unit, School of Medicine, University of Crete, Greece
	Q&A

19.15-20.15	Room A SESSION 19: The role of gut microbes in health and disease Chair: Vardaka Elisabeth, Professor, International Hellenic University, Greece Felekis Kyriakos, Professor, University of Nicosia, Cyprus
	The role of gut microbes in health and disease Gerasimidis Konstantinos, Professor, University of Glasgow, UK
	The Gut Microbiota plays a central role in the attention deficit/hyperactivity disorder (ADHD) Koumbi Lemonica, Research Fellow, International Hellenic University, Greece
	Differences in bacterial community composition between healthy and polyps related gut biopsies Meziti Alexandra, International Hellenic University, Greece
	Q&A
20.15-20.45	Room A Closing Ceremony Plenary Lecture 13: Chair: Hassapidou Maria, Professor, International Hellenic University, Greece
	Quality of Care and Wellbeing in WHO European Region – the untapped potential of the Mediterranean way of life Breda Joao, Head of Athens QoC Office & RD Special Adviser, Division of Country Health Policies and Systems, WHO Greece
	Q&A
20.45-21.45	Room A: Closing Ceremony Awards to Best Oral Presentation/Best Poster Presentation Vassilopoulou Emilia, Assistant Professor, International Hellenic University, Greece Hassapidou Maria, Professor, International Hellenic University, Greece Pagkalos Ioannis, Assistant Professor, International Hellenic University, Greece Lebesis Panagiotis, Secretary General of HADN, Dietitian/Nutritionist, Greece Kalogiannis Stavros, Associate Professor, International Hellenic University, Greece