

Dr Antonios Koutelidakis CV



CURRENT POSITION

Assistant Professor in Human Nutrition

University of the Aegean, Department of Food Science and Nutrition, Mytilini, Greece

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PERSONAL INFORMATION

Family name, First name: Antonios E. Koutelidakis

Nationality: Greek

Date of birth: 12/12/1981

URL for web site:

http://www.fns.aegean.gr/images/files/A_koutelidakis_HC.pdf

http://www.researchgate.net/profile/Dr_Antonios_Koutelidakis/

<https://www.linkedin.com/in/antonios-e-koutelidakis-5bb66b3a/>

INTRODUCTION

Dr Antonios Koutelidakis was born at Heraklion of Crete in 12/12/1981. In 2005 he graduated from the Department of Food Science and Nutrition at the Agricultural University of Athens and attended postgraduate studies at the same university department, with direction of Human Nutrition (2005-2007). In 2010 he earned his PHD from Food Science and Nutrition Division, in the scientific area of Human Nutrition. The objective of his doctoral thesis was to study the effect of nutritional factors on the bioactivity of various food and beverages. His scientific articles have been published in Greek and international journals and books (8 Greek and 25 international journals, 8 chapters in international scientific books, 5 university modules books) and have been announced in Greek and international scientific conferences (16 oral and 22 poster presentations). From 2007 he has participated to 10 Greek and European research programs. From April 2015 is published by Ziti editions, Thessaloniki, Greece his scientific book entitled "Functional Foods: Their role in health promotion." His research work has been awarded in the 2nd international competition of young scientists organized in 2009 by Aristides Daskalopoulos Foundation and for his doctoral thesis earned a scholarship from the

Greek Scholarships Foundation (IKY). He has attended 12 Greek and international seminars in the area of Food Science and Nutrition and his main research interests are focused on the study of bioactive ingredients of functional foods and their effect on human health and disease prevention. In 2010-2011 he performed his military obligation as Special Scientist in the department of Food Research of the Greek Hellenic Army. During the academic years 2011-2013 he was Research Associate of the Department of Nutrition and Dietetics of Crete Technological Institution, as tutor of courses relative to Food and Nutrition and was teacher in Dietetics of Heraklion IEK. From 2013 until 2017 he was Adjunct Lecturer (407/80) in Human Nutrition at Food Science and Nutrition Department of University of the Aegean, teaching courses such as “Nutrition and Metabolism”, “Introduction to Nutrition”, “Nutrition during Life Cycle”, “Functional Foods”, “Nutritional Education”, “History and Anthropology of Nutrition” and he was supervisor professor on 25 graduate projects (theses). In 20 September of 2017 he elected as Assistant Professor in Human Nutrition in the same Department. In 2014 he was a research associate of the Nutrition Unit of Agricultural University of Athens, participating in research project about the bioactivity of novel functional foods and their effects on diseases’ biomarkers.

SCIENTIFIC INTERESTS

Bioactive compounds of foods, bioactivity, bioavailability, tea, herbs, superfoods, antioxidant, antiatherosclerotic, anticancer activities of food components, Obesity, nutritional education programs. Correlation of Functional foods and Mediterranean diet with gastrointestinal diseases, anxiety and depression.

EDUCATION

2014-2015

Post doc in Human Nutrition.

Unit of Human Nutrition, Department of Food Science and Human Nutrition. Agricultural University of Athens, Greece

2007-2010

PhD on Food Science and Human Nutrition

Unit of Human Nutrition, Department of Food Science and Technology. Agricultural University of Athens, Greece. GPA: 10. Thesis topic: Study of iron and fat effect on tea bioactivity.

2005-2007

MSc. on Food Science and Human Nutrition

Discipline: Human Nutrition. Department of Food Science and Technology, Agricultural University of Athens, Greece. GPA: 9,31 (ranking: top 5%, highest score in class of 2006). Thesis: Antioxidant capacity of herbs in mice measured in plasma and tissues

2000-2005

BSc. on Food Science and Technology

Department of Food Science and Technology, Agricultural University of Athens, Greece. GPA: 7,86 (ranking: top 5%, highest score in class of 2005).

PREVIOUS POSITIONS

6/11/2013-2017

University of the Aegean, Department of Food Science and Nutrition, Adjunct Lecturer

10/6/2014-30/6-2015

Postdoc researcher, Participation in research project of Agricultural University of Athens, Dept of Food Science and Human Nutrition

01/10/2011-30/6/2013

Technological University of Crete, Department of Nutrition and Dietetics & Department of Plant Production, scientific coordinator.

Independent teaching, research and administrative work. 18/9/2012-10/5/2013

Tyrokomi A.E. Rethimno, Greece, Participation in research project.

15/10/2006-31/10/2012

Participation in research project: European Food Information Recourses program (EUROFIR-NEXUS).

09/12/2010-17/8/2011

Greek Army Chemistry Laboratory. Food Department. Researcher-Food Technologist.

01/07/2006-01/08/2006

Department of Nutrition-ELAIS/UNILEVER Company. "Effects of n-3 fatty acids in health". Practice exercise.

01/07/2004-01/09/2004

Hellenic Food Authority, Department of Crete. Food control and food hygiene practice.

FELLOWSHIPS AND AWARDS

01/11/2007-1/11/2010

Institution of **government owner solarships (I.K.Y)-1st position, Scholarship for PhD**

9/4/2009

3o award, World petition for new researchers, IAD, Athens

5/6/2010

3o award for oral presentations. 3o Greek Conference on Cardiometabolic risk factors, Loutraki

2/7/2011

1o award for oral presentations. 4o Greek Conference on Cardiometabolic risk factors, Porto Heli

SUPERVISION OF GRADUATE STUDENTS AND POSTDOCTORAL FELLOWS

Academic Years 2014-2015, University of the Aegean

-Participation as **supervisor professor** in “**Ecotrophellia**” **Project 2/7/2014**: Students Karaoula V., Protopapas I., Michelakou E., Depastas S. Production of the functional food “RomVus”, collaboration with APIVITA company. RomVus is a versatile, functional beverage with orange juice, honey and aromatic plant extracts into cyclodextrines.

-Participation as **supervisor professor** in “**Ecotrophellia**” **Project 23/6/2015**: Students Delli E., Patsea M., Mantala M., Karakitsou N., Production of the functional food “SpinBerries”, collaboration with STERGIOU company. SpinBerries is a functional cereal biscuit rich in fiber, with oat, petimezi, cranberries, blueberries, apricot cores and equisetum extract.

-Participation in nutritional education program in primary schools of Limnos.

Supervisor professor at undergraduate projects:

-Eating habits of students in primary schools of Limnos and Thessaloniki and behavior characteristics of their parents (Students Pagianni O., Tsiliou S., Giannakidou E.).

-Eating habits of undergraduate students of the Department of Food Science and Nutrition (Karakistou N., Petsopoulos M.).

-Total antioxidant capacity and total phenolic content of various superfoods and pharmaceutical plants (Bati Z., Xioni M., Dara D.).

-Bioavailability of EGCG nanoemulsions on experimental mice model (Collaboration with Unit of Human Nutrition, Agricultural University of Athens, Sevastou Z.)

-Effect of Nutrition on neurodegenerative diseases Alzheimer and Parkinson (Rapti M.)

-Eating habits and nutritional education program in the staff of 301 ARMY FACTORY, Athens, collaboration with Chemical Engineering Capatain Titakis C.

Academic Years 2011-2013, T.E.I. of Crete

Supervisor professor at undergraduate projects of students Katsili M, Kontini E, Kalaitzaki I., Chronis A. (projects on antioxidant activity, quality control and medicinal plants).

Academic Years 2007-2010, Agricultural University of Athens

Contribution in the planning and **complementary supervision** of graduated and postgraduated students' projects:

-Effect of acute tea consumption on plasma antioxidant capacity and biochemical markers in patients with cardiovascular disease.

-Plasma and tissues antioxidant capacity and expression of specific genes after acute or chronic tea consumption from mice, in the presence or in the absence of iron and fat.

-Antioxidant and antimicrobial action of tea and herbs' extracts.

-Nutrient profile and antioxidant properties of conventional and organic olives and legumes.

-Antioxidant properties of Greek aromatic plants and herbs' infusions.

-Nutrient profile and antioxidant properties of conventional and organic tomatoes.

-Greek aromatic plants database and their bioactive compounds content.

TEACHING ACTIVITIES

Academic Years 2013-14, 2014-15, 2015-16

University of the Aegean, Department of Food Science and Nutrition, Contract Lecturer, Organization and teaching of courses: "Principles of Food Science and Nutrition", "Nutrition and Metabolism", "Functional Foods", "History and Anthropology of Nutrition", "Nutrition through Life Cycle".

Academic Years 2011-2013

Technological University of Crete, Department of Nutrition and Dietetics: Lectures at courses "Food technology and principles of food production", "Nutritional value of foods after food processing", "Food Quality control"
Department of Plant Production: Lectures at "Medicinal and aromatic plants", "Basic principles of agriculture", "Systems of food quality control".

Academic Years 2007-2010

Additional lectures with complementary character in the following courses of Department of Food Science and Technology of Agricultural University of Athens:

- "Basic principles of Human Nutrition", 21 hours (theory)
- "Nutrition and metabolism", 21 hours (theory)
- "Nutritional assessment" 9 hours (laboratory)
- "Methods of Food Analysis", 4 hours (laboratory)

20/2/2012-30/6/2012

Institute of Professional Training (IEK), Heraklion of Crete, Teacher, lessons "Nutrition Preservations I, II".

ORGANISATION OF SCIENTIFIC MEETINGS (if applicable)

Membership of Conference Organizing Committees

Member of Scientific committee of 13th Hellenic conference of Nutrition and Dietetics, November 2015, Athens

Invited lectures

Medical foods in cancer prevention. **Koutelidakis A**, Medical Obesity Congress. Athens, 25/2/2016.

The effect of olives on oxidative stress attenuation. **Koutelidakis A**, Olive oil festival, Athens, May 2015.

"Mediterranean Diet and Human Health", "Sport Nutrition". **Koutelidakis A**, Seminar of Sheffield University International Faculty City College, Thessaloniki, 20/3/2015.

Basic Nutrition Principles for kids and parents. **Koutelidakis A**, Limnos seminar. Lesvos Primary Schools secretariat, April 2015.

The effect of antioxidants on diseases' prevention. **Koutelidakis A**, Roumelis' Conference, Athens, 12-14 September 2014.

Theory and application of school programs. The example of Nutrition. **Koutelidakis A**, Trainer at educational seminar of Lesvos Primary Schools secretariat, March 2014.

Collaboration of Aegean University Dept of Food Science and Nutrition with food industries in Limnos Island. **Koutelidakis A**, Meeting in Limnos, 22/1/2014.

Aromatic and pharmaceutical plants and their bioactivity. **Koutelidakis A**, Food Festival, Siteia, Crete, 1/12/2013.

INSTITUTIONAL RESPONSIBILITIES

Member of Food Committee of University of the Aegean

Member of Bioethics Committee organization of University of the Aegean

Member of the Committee responsible for university restaurant of University of the Aegean

COMMISSIONS OF TRUST

Member of board of directors of the scientific, Greek, geotechnical chamber (GEOTEE)

Member of Technical committee of Rural Development Ministry for olives and olive oil Greek badge (Greek Agricultural Chamber spokesman).

Member of Scientific committee of Hellenic Food Authority (EFET) for food safety directives in food industries (Greek Agricultural Chamber spokesman).

Member of the Assembly of the graduate and postgraduate program of Agricultural University of Athens and Department of Food Science and Technology.

MEMBERSHIPS OF SCIENTIFIC SOCIETIES (if applicable)

Editorships and Memberships of Editorial Boards of Journals

Journals' reviewer

FOOD AND FUNCTION (2017)

INTERNATIONAL JOURNAL OF FOOD SCIENCE AND NUTRITION (2017)

MOLECULES (2017)

EC NUTRITION (2017)

NUTRIENTS (2017)

ADVANTAGES IN OBESITY WEIGHT MANAGEMENT AND CONTROL (2016)

BEVERAGES JOURNAL (2014)

PROGRESS HEALTH SCIENCES (2014)

BRITISH JOURNAL OF NUTRITION (2014)

TIME JOURNAL OF ENGINEERING AND PHYSICAL SCIENCES (2013)

Member of Editorial Board

Review of Clinical Pharmacology and Pharmacokinetics

Membership of Learned or Professional Body or Association

2006-today

Member of the **Hellenic Society of Lipidology and Atherosclerosis**

2008-2011

Member of the **Assembly of Greek Agricultural Chamber (GEOT.E.E.)**

MAJOR COLLABORATIONS

Professor Kapsokefalou M, Dept of Food Science and Human Nutrition, Agricultural University of Athens

Professor Zampelas A, Dept of Food Science and Human Nutrition, Agricultural University of Athens

Associated Professor Karantonis C, Dept of Food Science and Nutrition, Aegean University

Professor Komaitis M, Dept of Food Science and Human Nutrition, Agricultural University of Athens

Professor Drosinos E, Dept of Food Science and Human Nutrition, Agricultural University of Athens

Assistant Professor Proestos C, Dept of Chemistry, E.K.P.A.

Associated Professor Fragiadakis G, Dept of Dietetics, Technological Institute of Crete

Professor Panagiotakos D. Dept of Nutrition and Dietetics, Charokopio University

CAREER BREAKS

Research Programs

10/6/2014-30/6-2015

Participation in research project of Agricultural University of Athens, Dept of Food Science and Human Nutrition (postdoc research)

“Nonastru-EGCG nanoemulsions into food structures” Workpackage 2.1.

“Bioavailability and bioactivity of Epigallocatechin Gallate nanoemulsions on experimental mice model”.

18/9/2012-10/5/2013

Tyrokomi A.E. Rethimno, Greece, Participation in research project “Molecular Techniques for determination of genetically modified organisms into dairy products”.

1/9/2012-31/10/2012

Participation in research project: European Food Information Recourses program (EUROFIR-NEXUS). WP Bioactive compounds e-basis.

01/1/2008-1/10/2010

Professional activity: “Research activities on Food Chemistry and Human Nutrition”.

Laboratory experience:

-Determination of nutrients and antioxidant compounds of various foods (fruits, vegetables, tea, juices, herb infusions, drinks).

-Determination of plasma and tissue biomarkers in animals and humans after consumption of foods rich in bioactive compounds.

-Experience on GC, HPLC, RT-PCR, ELISA, FRAP, ORAC, TBARS, FOLIN e.t.c. methods.

-Attendance in animal and human studies.

01/04/2009-28/02/2010 and 01/04/2010-30/08/2010

Research project of Agricultural University of Athens, Dept of Food Science and Technology, Agricultural University of Athens. **“Tea bioactivity on patients with coronary heart disease” (collaboration with Unilever Company).**

01/01/2008-31/07/2008

Research project of Agricultural University of Athens, Dept of Food Science and Technology, Agricultural University of Athens. **“Antioxidant activities of tea and Mediterranean herbs infusions” (collaboration with Unilever Company).**

01/11/2007-31/12/2007 and 01/05/2008-31/07/2008

European Food Information Recourses program (EUROFIR). WP 2.4. “Food bioactive compounds”.

15/10/2006-31/1/2007

European Food Information Recourses program (EUROFIR). WP 3.3. “Commercialization and durability”

01/08/2006-31/08/2006 and 1/6/2010-31/8/2010

Research program of Greek Organization of Research and Technology. “Development of novel foods with increased nutritional value”

Publications in peer Reviewed Journals

1. **Koutelidakis, A.E.**, Argyri, A.E., Sevastou Z., Lambrinaki, D., Panagopoulou, E., Paximada, E., Sali, A., Papalazarou, V., Malouchos, A., Evageliou, V., Kostourou, V., Mantala, I., Kapsokefalou*, M. **(2017)** Bioactivity of EGCG nanoemulsions evaluated in mice mode. Article in Press. *Journal of Medicinal Food*.
2. **Koutelidakis, A.E.**, Alexatou, O., Kousaiti, S., Grets E., Sampani, A., Giaginis* C. **(2017)** Higher adherence to Mediterranean diet prior to pregnancy is associated with decreased risk for deviation from the recommended gestational weight gain. Article in Press. *International Journal of Food Science and Nutrition*.
3. Mantzorou, M., **Koutelidakis, A.E.**, Theocharis, S., Giaginis C. **(2017)** Clinical value of nutritional status in cancer: What is its impact and how it affects disease pro-gression and prognosis? Article Accepted for publication. *Nutrition and Cancer: An International Journal*
4. Dimou, C., **Koutelidakis*, A.E.** **(2016)** From pomegranate processing by-products to innovative value added functional ingredients and bio-based products with several applications in food sector. *BAOJ Biotechnology*, 3(1):025.
5. Tsiliou, S., Rigopoulos N., **Koutelidakis* A.** **(2016)** Dietary patterns, overweight and obesity rates in children aged 9-12 in primary schools of Greek island Lemnos. *Progress in Health Sciences*, 6(2).
6. Dimou, C., **Koutelidakis*, A.E.** **(2016)** Grape pomace: A challenging renewable resource of bioactive phenolic compounds with diversified

- health benefits. *MOJ Food Processing and Technology*, 3(1):00065.
7. Dimou, C., **Koutelidakis*, A.E. (2016)** Value added alternatives of winemaking process residues: A health based oriented perspective. *BAOJ Biotechnology*, 2(3):016.
 8. **Koutelidakis, A.E.**, Andritsos*, N.D., Kampolis, D., Kapsokefalou, M., Drosinos, E., Komaitis, M. (2016) Antioxidant capacity and antimicrobial activity of selected tea (*Camellia Sinensis*) and Greek aromatic plant extracts in different concentrations and extraction solvent. *Current Topics in Nutraceutical Research*, 14(2).
 9. Drakou, M., Birba, A., **Koutelidakis, A.E.**, Komaitis, M., Panagou, E., Kapsokefalou*, M. (2015) Antioxidant capacity, total phenolic content and iron and zinc dialyzability in selected table olive, tomatoes and legume Greek varieties from conventional and organic cultivars. *International Journal of Food Sciences and Nutrition*, 66(2):197-202.
 10. **Koutelidakis, A.E.**, Kizis, D., Argyri, K., Kyriakou, A., Komaitis, M., Kapsokephalou*, M. (2014) Iron and fat in the diet may affect bioactivity of green tea in mice. *Journal of Medicinal Food*, 17(11):1232-1238.
 11. Sultani, G., Evangeliou*, V., **Koutelidakis, A.**, Kapsokefalou, M., Komaitis, M. (2013) The effect of pectin and other constituents on the antioxidant activity of tea. *Food Hydrocolloids*, 35, 727-732.
 12. **Koutelidakis, A.E.**, Rallidis, L., Koniari, K., Panagiotakos, D., Komaitis, M., Zampelas, A., Anastasiou-Nana, M., Kapsokefalou*, M. (2013) Effect of green tea on postprandial antioxidant capacity, serum lipids, C Reactive Protein and glucose levels in patients with coronary artery disease. *European Journal of Nutrition*, 53(2):479-486.
 13. Sialvera, T.E., **Koutelidakis, A.E.**, Richter, D.J., Yfanti, G., Kapsokephalou, M., Micha, R., Goumas, G., Diamandopoulos, E., Zampelas*, A. (2012) Phytosterol supplementation does not affect plasma antioxidant capacity in patients with metabolic syndrome. *International Journal of Food Science and Nutrition*, 64 (1):21-27.
 14. Kolomvotsou, A.I., Rallidis, L.S., Mountzouris, K.C., Lekakis, J., **Koutelidakis, A.**, Efstathiou, S., Nana-Anastasiou, M., Zampelas*, A. (2013) Adherence to Mediterranean diet and close dietetic supervision increase total dietary antioxidant intake and plasma antioxidant capacity in subjects with abdominal obesity. *European Journal of Nutrition*, 52 (1):37-48.
 15. Sialvera, T.E., Pounis, G.D., **Koutelidakis, A.E.**, Richter, D.J., Yfanti, G., Kapsokephalou, M., Goumas, G., Chiotinis, N., Diamandopoulos, E., Zampelas*, A. (2012) Phytosterols supplementation decreases plasma small and dense LDL levels in metabolic syndrome patients on a westernized type diet. *Nutrition, metabolism and cardiovascular disease*, 22 (10):843-848.
 16. Karabela, D., **Koutelidakis, A.E.**, Proestos, C., Komaitis, M.,

- Kapsokefalou*, M. (2011) Ingesting iron together with white tea (*Camellia Sinensis*) may decrease its antioxidant capacity and phenolic content in human plasma. *Trace Elements & Electrolytes*, 29 (1):16-21.
17. **Koutelidakis, A.E.**, Serafini, M., Komaitis, M., Kapsokefalou*, M. (2010) Oxidative activity of some iron compounds on colon tissue homogenates from mice after administration of green tea, white tea and *Pelargonium purpureum*. *Food Chemistry*, 120(3):895-901.
 18. **Koutelidakis, A.E.**, Argiri, K., Serafini, M., Proestos, C., Komaitis, M., Pecorrari, M., Kapsokefalou*, M. (2009) Green tea, white tea and *Pelargonium purpureum* increase the antioxidant capacity of plasma and some organs of mice. *Nutrition Research*, 25:453-458.
 19. Chryssochoidis* G.M., Kapsokefalou, M., Pothoulaki, M., Kehagia, O., Linardakis, M., **Koutelidakis, A.** (2008) Bioactive compounds databanks. Preferences of the research community. *Journal of Applied Nutrition*, 56 (1):4-16.
 20. Pasiadis, I., Kiriakou, I., Kaitatzis, A., **Koutelidakis, A.E.**, Proestos*, C. 2018. Investigation of the effect of late harvest procedure on honey quality parameters. *Food Chemistry*
 21. Dimou Charalampia, **Koutelidakis EA**, Nasopoulou C, Karantonis Charalampos. 2017. Current trends and emerging technologies in biopigment production processes: Industrial food and health applications. *International Journal of Horticulture, Agriculture and Food Science* 1(2): 33-46.
 22. **Koutelidakis A.** (2018). View Point-Editorial: Diet, medication use and drug intake during pregnancy: data from the Swiss Health Surveys 2007 and 2012. *Swiss Med Wkly*;148:w14592.
 23. Vaia Ntrigiou, Ioannis Ntrigios, Nikolaos Rigopoulos, CharalampiaDimou, **Antonios E. Koutelidakis***. (2018). Functional food consumption correlated with anthropometric characteristics and body composition in healthy adults. *Current Topics in Nutraceutical Research*. In press.
 24. Charalampia Dimou, Haralabos C. Karantonis, Skalkos Dimitrios, **Antonios E. Koutelidakis*** (2018). Valorization of fruits by-products to unconventional sources of additives, oil, biomolecules and innovative functional foods. *Current Pharmaceutical Biotechnology*. In Press.

Publication of Conferences' abstracts

1. Giannakidou, E., Rigopoulos, N., **Koutelidakis*, A. (2016)** Investigation of dietary habits and obesity rates of Thessaloniki primary school children aged 6 to 12 and surveying the parents' opinion about their children's behavior. Abstracts from the 2nd Congress in Clinical Nutrition and Metabolism (GrESPEN) & the 13th Congress in Nutrition and Dietetics (HAD). *Clinical Nutrition ESPEN*, e55-e74.
2. Mavropoulou, K-R., Krachala, S., Rigopoulos, N., Titakis, C., Papadakis, M., **Koutelidakis*, A. (2016)**. Dietary habits of workers in 301 ARMY DEBOT and correlation with their body type and behavioral indicators. Abstracts from the 2nd Congress in Clinical Nutrition and Metabolism (GrESPEN) & the 13th Congress in Nutrition and Dietetics (HAD). *Clinical Nutrition ESPEN*, e55-e74.
3. Kaloteraki, C., Velivasaki, M-E., Tsourdalaki, E., **Koutelidakis*, A. (2016)**. Comparison of wild greens and herbs consumption between residents of urban and rural areas of Crete. Abstracts from the 2nd Congress in Clinical Nutrition and Metabolism (GrESPEN) & the 13th Congress in Nutrition and Dietetics (HAD). *Clinical Nutrition ESPEN*, e55-e74.
4. Tsiliou, S., Rigopoulos, N., **Koutelidakis*, A. (2016)**. Obesity rates and correlation to nutritional habits in a sample of children aged 9 -12 in primary schools of Lemnos. Abstracts from the 2nd Congress in Clinical Nutrition and Metabolism (GrESPEN) & the 13th Congress in Nutrition and Dietetics (HAD). *Clinical Nutrition ESPEN*, e55-e74.
5. **Koutelidakis, A.E.**, Argyri, A.E., Kostourou, V., Malouchos, A., Sevastou Z., Lambrinaki, D., Evageliou, V., Mantala, I., Kapsokefalou*, M. **(2016)**. Bioavailability and bioactivity study of Epigallocatechin-gallate (EGCG) nanoemulsions after in vitro digestion and in an experimental mice model. Abstracts from the 2nd Congress in Clinical Nutrition and Metabolism (GrESPEN) & the 13th Congress in Nutrition and Dietetics (HAD). *Clinical Nutrition ESPEN*, e55-e74.
6. **Koutelidakis, A.E.**, Kyriakou, A., Argyri, K., Komaitis, M., Kapsokephalou*, M. **(2011)** The administration of Green Tea Extract (GTE) for 37 days increases the ferric reducing antioxidant power of some organ tissues in mice received a normal or a fatty diet. Abstracts of the 11th International Congress on Obesity (ICO). *Obesity Reviews*, (1) 2010, 1-472.
7. Sialvera, T.E., Pounis, G.D., **Koutelidakis, A.E.**, Richter, D.J., Yfanti, G., Kapsokephalou, M., Goumas, G., Chiotinis, N., Diamandopoulos, E., Zampelas*, A. **(2011)** Phytosterols supplementation does not affect plasma antioxidant capacity in patients with metabolic syndrome. Abstracts of 79 EAS Congress. *Atherosclerosis Supplements*, 12(1):184.
8. **Koutelidakis, A.E.**, Serafini, M., Komaitis, M. and Kapsokefalou*, M. **(2010)** Oxidative activity of some iron fortificants on colon tissue homogenates from mice after administration of green tea, white tea and *Pelargonium purpureum*. Abstracts for 7th International Conference of Trace Elements (ISTERH).

Trace Elements & Electrolytes, 27(3):168.

9. Karabela, D., **Koutelidakis, A.E.**, Proestos, C., Komaitis, M., Kapsokefalou*, M. (2008) Adding iron to white tea may decrease its antioxidant capacity in humans. Abstracts for a conference on trace elements in diet, nutrition, and health: essentiality and toxicity. *Cell Biology and Toxicology*, 24(1):S33.

Publications of research Monographs

Authored Books

Koutelidakis, E.A. (2015)

Functional Foods: Their role on health Promotion. Thessaloniki: Ziti Publishing Inc (400 pages).

University books

Koutelidakis, E.A. (2014)

Principles of Food Science and Nutrition, Lesvos: University of Aegean Editions (90 pages).

Koutelidakis, E.A. (2014)

Nutrition through life cycle. Lesvos: University of Aegean Editions (80 pages).

Koutelidakis, E.A. (2012)

Food Technology Principles. Heraklion: Technological Institute of Crete Editions (190 pages).

Koutelidakis, E.A. (2013)

Nutritional value of foods after processing. Heraklion: Technological Institute of Crete Editions (200 pages).

Koutelidakis, E.A. (2013)

Aromatic and Pharmaceutical Plants. Heraklion: Technological Institute of Crete Editions (120 pages).

Invited presentations to peer reviewed, internationally established conferences and/or international advanced schools

Oral presentations

Dimou C, Drigios I, Drigiou V, Rigopoulos N, **Koutelidakis A***. Correlation of specific functional foods consumption with anthropometric characteristics and body composition on a sample of 18-65 years old aged adults from Greece. 22nd International Conference of Functional Food Center. 22-23 September 2017, Harvard Medical School, U.S.A. Boston.

Koutelidakis, A, Argyri, K, Sevastou, Z, Mantala, I, Kapsokefalou, M. Study of the bioavailability and bioactivity of EGCG nanoemulsions. Nonastru conference, 20/5/2015.

Koutelidakis, A., Kapsokefalou, M. Iron in Diet May Modify Tea Antioxidant Properties. Paris Polyphenols World Congress. ISANH, 7-8/6/2012.

Koutelidakis, A., Rallidis, L., Koniari, K., Panagiotakos, D., Komaitis, M., Zampelas, A., Anastasiou-Nana, M., Kapsokefalou, M. Green tea consumption affects

postprandial biomarkers in patients with coronary artery disease. 4th World Congress Tea and Health, Berlin, Germany, 27/10/2011.

Koutelidakis, A., Rallidis, L., Koniari, K., Panagiotakos, D., Komaitis, M., Zampelas, A., Anastasiou-Nana, M., Kapsokefalou, M. Effect of postprandial tea consumption on patients with coronary heart disease. 4o Greek Conference on Cardiometabolic risk factors, Porto Heli, 2/7/2011 (1o award).

Koutelidakis, A., Kizis, D., Argiri, K., Kyriakou, A., Komaitis, M., Kapsokephalou, M. Chronic bioactivity of green tea infusion on mice tissues. Kapsokefalou. 3o Greek Conference on Cardiometabolic risk factors, Loutraki, 5/6/2010 (3o award).

Koutelidakis, A., Kyriakou, A., Komaitis, M., Kapsokephalou, M. Chronic effect of green tea on tissues antioxidant status of mice received a normal or a fatty diet. 3o Greek Conference on Food Biotechnology, Rethimno, 15/10/2009.

Koutelidakis, A., Proestos, C., Karabela, D., Argiri, K., Komaitis, M., Serafini, M., Zhu, L., Miller, D., Kapsokefalou, M. Antioxidant effect of tea and aromatic plant infusions in human body. 2o International Conference on Food Technology and Nutrition, Athens, 9/4/2009 (3o award).

Koutelidakis, A., Argiri, K., Serafini, M., Komaitis, M., Pecorrari, M., Kapsokefalou, M. Tea consumption and antioxidant capacity of tissues. 1o Greek Conference on Cardiometabolic risk factors, Loutraki, 29/5/2008.

Koutelidakis, A.E. Selective clearance of macrophages in atherosclerotic lesions”, European Atherosclerosis society’s course Hamburg, Germany, 22/08/2007

Koutelidakis, A.E. Traditional foods in Greece, EuroFIR Course on Food Composition Databases Bratislava, Slovakia, 27/10/2006

Koutelidakis, A.E. Food Composition Databases in Greece, EuroFIR Course on Food Composition Databases Bratislava, Slovakia, 16/10/2006.

Poster presentations

Dimou Charalampia, Drigios Ioannis, Drigiou Vaia, Rigopoulos Nikolaos, **Koutelidakis Antonios.** Correlation of specific functional foods consumption with anthropometric characteristics and body composition on a sample of 18-65 years old aged adults from Greece. 22nd International Conference of FFC-10th International Symposium of ASFFBC. Functional Foods and Chronic Diseases: Science and Practice. 22/23 September 2017, Harvard Medical School, U.S.A (accepted abstract for poster presentation).

Koutelidakis, A., Andritsos, N., Kampolis, D., Kapsokefalou, M., Drosinos, E. Komaitis, M. Komaitis. Tea and Greek aromatic plant infusions. Antioxidant and antimicrobial activities.. 4th World Congress Tea and Health, Berlin, Germany, 27/10/2011.

Koutelidakis, A., Rallidis, L., Koniari, K., Panagiotakos, D., Komaitis, M., Zampelas, A., Anastasiou-Nana, M., Kapsokefalou, M. Effect of postprandial tea consumption on patients with coronary heart disease. 14th Hellenic conference Lipidology and atherosclerosis, Athens.

Koutelidakis, A., Kizis, D., Argiri, K., Kyriakou, A., Komaitis, M., Kapsokephalou, M. The administration of Green Tea Extract (GTE) for 37 days increases the ferric

reducing antioxidant power of some organ tissues in mice received a normal or a fatty diet. International Conference of Obesiyy-ICO 2010, Stockholm, 11-15/9/2010.

Koutelidakis, A., Serafini, M., Komaitis M., Kapsokefalou, M. Oxidative active of some iron fortificants on colon tissues of mice which administrated for 5 days diet rich in herbs' antioxidants. 7th International Conference of Trace Elements (ISTERH), Athens, 14/10/2009.

Koutelidakis, A., Komaitis, M., Kapsokefalou, M. Antioxidant effects of Green Tea Extract in mice on high fat or high iron diet. 19th International Congress of Nutrition 2009, Bangkok, Thailand, 4/10/2009.

Koutelidakis, A., Serafini, M., Komaitis, M., Kapsokefalou, M. Oxidative effect of iron compounds in mice colon after a diet rich in antioxidant compounds. 10o Greek Chemical Conference, Heraklio, 1/7/2009.

Koutelidakis, A., Proestos, C., Serafini, M., Komaitis, M., Kapsokefalou, M. Plasma and tissues antioxidant capacity of mice received green tea, white tea or Pelargonium herb. 11o Greek Conference on cardiovascular diseases. Athens, 10/5/2008.

Karabela, D., **Koutelidakis, A.**, Proestos, C., Komaitis, M., Kapsokefalou, M. Adding iron in white tea diminishes the antioxidant capacity and total phenols in human plasma. ISTERH 2007, International conference, Crete, 15/11/2007.

Koutelidakis, A., Argyri, K., Proestos, C., Serafini, M., Komaitis, M., Kapsokefalou, M. Antioxidant capacity of plasma and tissues of mice administrated green and white tea. International Polyphenols conference, Malta, 22/10/2007.

Chrysochoidis, G., Kapsokefalou, M., Pothoulaki, M., Kehagia, O., Linardakis, M., **Koutelidakis, A.** Researcher's preferences regarding bioactive compounds. An international study. George 2nd International EuroFIR conference, Granada, Spain, 26-27/9/2007.

Invited lectures

Functional Foods and Cardiovascular diseases. **Koutelidakis A.** 14th international nutritional conference, Greece, Nov. 2017

Medical foods in cancer prevention. **Koutelidakis A.** Medical Obesity Congress. Athens, 25/2/2016.

The effect of olives on oxidative stress attenuation. **Koutelidakis A.** Olive oil festival, Athens, May 2015.

"Mediterranean Diet and Human Health", "Sport Nutrition". **Koutelidakis A.** Seminar of Sheffield University International Faculty City College, Thesaloniki, 20/3/2015.

Basic Nutrition Principles for kids and parents. **Koutelidakis A.** Limnos seminar. Lesvos Primary Schools secretariat, April 2015.

The effect of antioxidants on diseases' prevention. **Koutelidakis A.** Roumelis' Conference, Athens, 12-14 September 2014.

Theory and application of school programs. The example of Nutrition. **Koutelidakis A.** Trainer at educational seminar of Lesvos Primary Schools secretariat, March 2014.

Collaboration of Aegean University Dept of Food Science and Nutrition with food industries in Limnos Island. **Koutelidakis A**, Meeting in Limnos, 22/1/2014.
Aromatic and pharmaceutical plants and their bioactivity. **Koutelidakis A**, Food Festival, Siteia, Crete, 1/12/2013.

Chapters in Books

Koutelidakis Antonios and Dimou Charalampia. (2016). The Effects of Functional Food and Bioactive Compounds on Biomarkers of Cardiovascular Diseases. In: Functional Foods for Chronic Diseases: Textbook, Volume Two, First Edition. Functional Food Center, U.S.A.

Koutelidakis, A., Kapsokefalou, M. (2015). Antioxidants in adulthood and old age. In Zampelas, A. and Micha, R. (CRP Press) Antioxidants in Health and Disease: Myths or Scientific Evidence?

Koutelidakis, A., Kapsokefalou, M. (2012). Holistic approaches of tea bioactivity: interactions of tea and meal components studied in vitro and in vivo. In Tea in health and disease prevention (Elsevier).

Proestos, C., **Koutelidakis, A.**, Komaitis, M., Kapsokefalou, M. (2012). In vitro antioxidant properties of Mediterranean herbs and their bioactivity. In Tea in health and disease prevention (Elsevier).

Proestos, C., **Koutelidakis, A.**, Kapsokefalou, M., Komaitis, M. (2011). Fruits and Vegetables: A Rich Source of Phenolic Acids. In Phenolic Acids: Composition, Applications and Health Benefits (Nova Science New Publication).

Prizes/ Awards

01/11/2007-1/11/2010

Institution of **government owner solarships** (I.K.Y)-1st position, Scholarship for PhD

9/4/2009

3o award, World petition for new researchers, IAD, Athens

5/6/2010

3o award for oral presentations. 3o Greek Conference on Cardiometabolic risk factors, Loutraki

2/7/2011

1o award for oral presentations. 4o Greek Conference on Cardiometabolic risk factors, Porto Heli

Membership of Learned or Professional Body or Association

2006-today

Member of the **Hellenic Society of Lipidology and Atherosclerosis**

2008-2011

Member of the **Assembly of Greek Agricultural Chamber** (GEOT.E.E.)

Membership of Conference Organizing Committees

Member of Scientific committee of 13th Hellenic conference of Nutrition and Dietetics, November 2015, Athens

Academy Memberships

Scientific Journal Editorial Board

«*Review of Clinical Pharmacology and Pharmacokinetics*»

«*Advances in Obesity Weight Management & Control*»

«*EC Nutrition*»

«*Food Science and Nutrition Research*»

Continuous education-Seminars

20-23/3/2015

EuroFIR Workshop: **Total Diet Study Exposure**, Brussels, Belgium

2/11/2009

Biochemical analyzer COBAS INTEGRA handling, Athens (10 hours)

04/07/2008-06/07/2008

Seminar “**Atherosclerosis. Theory and clinical applications**” Greek Society of Atherosclerosis, Athens (40 hours)

01/01/2008-31/06/2008

Seminar “**Cardiovascular diseases**” **Hellenic Society of Lipidology**”, Athens (40 hours)

10/10/2007

Gas Chromatography seminar, Athens (8 hours)

31/03/2007

“Harvard Nutrition and Metabolism Seminar **Mediterranean Diet**, Athens (8 hours)

24/09/2007-05/10/2007

International course on “**Laboratory Animal Science**”, Biomedical Center Alexander Fleming, Athens (80 hours)

19-25/08/2007

European Atherosclerosis society. Course on “**Atherosclerosis and risk factors**”, Hamburg, Germany (40 hours)

16-27/10/2006

EuroFIR Course on “**Production of food composition databases in nutrition**”, Bratislava, Slovakia (90 hours)

04-07/05/2006

TUV Rheinald Group, Seminar for internal inspectors for **Food Safety Systems EN ISO 22000:2005** (30 hours)

12-17/07/2004

Seminar on “**Food Safety and Hygiene**” Food Safety Outhority, Athens (40 hours)

Tutoring and mentoring

Research Supervision

Academic Years 2014-2015, University of the Aegean

-Participation in nutritional education program in primary schools of Limnos.

Supervisor professor at undergraduate projects:

-Eating habits of students in primary schools of Limnos and Thessaloniki and behavior characteristics of their parents (Students Pagianni O., Tsiliou S., Giannakidou E.).

-Eating habits of undergraduate students of the Department of Food Science and Nutrition (Karakistou N., Petsopoulos M.).

-Total antioxidant capacity and total phenolic content of various superfoods and pharmaceutical plants (Bati Z., Xioni M., Dara D.).

-Bioavailability of EGCG nanoemulsions on experimental mice model (Collaboration with Unit of Human Nutrition, Agricultural University of Athens, Sevastou Z.)

-Effect of Nutrition on neurodegenerative diseases Alzheimer and Parkinson (Rapti M.)

-Eating habits and nutritional education program in the staff of 301 ARMY FACTORY, Athens, collaboration with Chemical Engineering Capatain Titakis C.

Academic Years 2011-2013, T.E.I. of Crete

Supervisor professor at undergraduate projects of students Katsili M, Kontini E, Kalaitzaki I., Chronis A. (projects on antioxidant activity, quality control and medicinal plants).

Academic Years 2007-2010, Agricultural University of Athens

Contribution in the planning and **complementary supervision** of graduated and postgraduated students' projects:

-Effect of acute tea consumption on plasma antioxidant capacity and biochemical markers in patients with cardiovascular disease.

-Plasma and tissues antioxidant capacity and expression of specific genes after acute or chronic tea consumption from mice, in the presence or in the absence of iron and fat.

-Antioxidant and antimicrobial action of tea and herbs' extracts.

-Nutrient profile and antioxidant properties of conventional and organic olives and legumes.

-Antioxidant properties of Greek aromatic plants and herbs' infusions.

-Nutrient profile and antioxidant properties of conventional and organic tomatoes.

-Greek aromatic plants database and their bioactive compounds content.

Leadership in industrial innovation or design

-Participation as **supervisor professor in "Ecotrophellia" Project 2/7/2014:** Students Karaoula V., Protopapas I., Michelakou E., Depastas S. Production of the functional food "RomVus", collaboration with APIVITA company. RomVus is a versatile, functional beverage with orange juice, honey and aromatic plant extracts into cyclodextrines.

-Participation as **supervisor professor in "Ecotrophellia" Project 23/6/2015:** Students Delli E., Patsea M., Mantala M., Karakitsou N., Production of the functional food "SpinBerries", collaboration with STERGIUO company. SpinBerries is a

functional cereal biscuit rich in fiber, with oat, petimezi, cranberries, blueberries, apricot cores and equisetum extract.

Funded projects as Coordinator and Partner

Research Programs

10/6/2014-30/6-2015

Participation in research project of Agricultural University of Athens, Dept of Food Science and Human Nutrition (postdoc research)

“Nonastru-EGCG nanoemulsions into food structures” Workpackage 2.1. “Bioavailability and bioactivity of Epigallocatechin Gallate nanoemulsions on experimental mice model”.

18/9/2012-10/5/2013

Tyrokomiki A.E. Rethimno, Greece, Participation in research project “Molecular Techniques for determination of genetically modified organisms into dairy products”.

1/9/2012-31/10/2012

Participation in research project: European Food Information Recourses program (EUROFIR-NEXUS). WP Bioactive compounds e-basis.

01/1/2008-1/10/2010

Professional activity: “Research activities on Food Chemistry and Human Nutrition”.

Laboratory experience:

-Determination of nutrients and antioxidant compounds of various foods (fruits, vegetables, tea, juices, herb infusions, drinks).

-Determination of plasma and tissue biomarkers in animals and humans after consumption of foods rich in bioactive compounds.

-Experience on GC, HPLC, RT-PCR, ELISA, FRAP, ORAC, TBARS, FOLIN e.t.c. methods.

-Attendance in animal and human studies.

01/04/2009-28/02/2010 and 01/04/2010-30/08/2010

Research project of Agricultural University of Athens, Dept of Food Science and Technology, Agricultural University of Athens. **“Tea bioactivity on patients with coronary heart disease” (collaboration with Unilever Company).**

01/01/2008-31/07/2008

Research project of Agricultural University of Athens, Dept of Food Science and Technology, Agricultural University of Athens. **“Antioxidant activities of tea and Mediterranean herbs infusions” (collaboration with Unilever Company).**

01/11/2007-31/12/2007 and 01/05/2008-31/07/2008

European Food Information Recourses program (EUROFIR). WP 2.4. “Food bioactive compounds”.

15/10/2006-31/1/2007

European Food Information Recourses program (EUROFIR). WP 3.3. “Commercialization and durability”

01/08/2006-31/08/2006 and 1/6/2010-31/8/2010

Research program of Greek Organization of Research and Technology.
“Development of novel foods with increased nutritional value”

Basic Research achievements

<i>Research programs (number of participations)</i>	10
<i>Publications in scientific journals with reviewers</i>	25
<i>Under publication scientific articles with reviewers</i>	7
<i>Conference abstracts in scientific journals</i>	9
<i>Articles in Greek journals</i>	8
<i>Scientific book</i>	1
<i>Lessons' university books</i>	5
<i>Chapters in books</i>	7
<i>Presentations in Greek conferences</i>	25
<i>Presentations in International conferences</i>	11
<i>Lectures as invited speaker</i>	14