3RD

INTERNATIONAL CONFERENCE OF NUTRITIONAL SCIENCES AND DIETETICS

"NUTRITION, LIFESTYLE & INNOVATION"

20-22 NOVEMBER 2026 | THESSALONIKI, GREECE

SCIENTIFIC PROGRAM

CO-ORGANIZED BY

HDNA
Hellenic Dietitians-Nutritionists Association

DEPARTMENT OF NUTRITIONAL SCIENCES & DIETETICS
INTERNATIONAL HELLENIC UNIVERSITY

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INTERNATIONAL CONFERENCE OF NUTRITIONAL SCIENCES AND DIETETICS

"NUTRITION, LIFESTYLE & INNOVATION"

20-22 NOVEMBER 2026

WELCOME MESSAGE

Dear Colleagues,

It is with great pleasure and honor that we welcome you to the 3rd International Conference of Nutritional Sciences and Dietetics (ICONSD2026), to be held in the vibrant city of Thessaloniki, at A.U.Th. KEDEA, between November 20-22, 2026. The conference continues the legacy of the succcessful ICONSD2024 conference and is co-organised by the Department of Nutritional Sciences and Dietetics of the International Hellenic University and the Hellenic Dietetitians-Nutritionists Association.

ICONSD2026 represents a unique opportunity for professionals, researchers, and students in the fields of nutrition and dietetics to come together, share knowledge, and discuss the latest advancements and challenges in our field.

We have prepared a comprehensive scientific program featuring international speakers, interactive workshops, and numerous networking opportunities. We are confident that ICONSD2026 will be a rewarding experience for all participants.

On behalf of the Organising & Scientific Committees

I. Pagkalos
Assoc. Professor (NUTR.IHU), President of the Organising Committee

E. Vassilopoulou
Assoc. Professor (NUTR.IHU), President of the Scientific Committee

V. Tsironis
President, Hellenic Dietetitians-Nutritionists Association

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BASIC INFORMATION

REGISTRATION

Registration is open every day from 08:00. Please arrive early to collect your badge.

LUNCH & COFFEE

Lunch breaks are fully catered by the conference. Coffee breaks are also included.

WI-FI ACCESS

Wi-Fi codes will be provided by the conference EDUROAM is also available and should be used when possible.

CERTIFICATES

Digital attendance and presentation certificates will be sent via email following the conclusion of the conference.

DIGITAL PROGRAM

To minimize paper waste, the full conference program and Book of Abstracts will always be available digitally on our website.

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CITY OF THESSALONIKI

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20-22 NOVEMBER 2026

DAY 1 20.11.26

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DEPARTMENT OF NUTRITIONAL SCIENCES & DIETETICS
INTERNATIONAL HELLENIC UNIVERSITY

TIME	AMPHITHEATER 2 *Basement*	AMPHITHEATER 3 *Basement*	AMPHITHEATER 1 *Ground Floor*
09:00 ↓ 10:00	**WORKSHOP: GI disorders** *Moderators: Giouleme O.* **Stamataki A.:** Dietary Triggers and Symptom Modulation in IBS: What Works in Practice **Stove Lorentzen S.:** Nutrition in IBD: From Flare Management to Remission Support		**ORAL PRESENTATIONS | POSTER SESSION**
10:00 ↓ 11:00	**Reconsidering the aetiology and management of obesity** *Moderators: Vassilopoulou E.* **Mougiakos T.:** The hedonic action of food **Kyriacou A.:** Obesity: The role of gut microbiota **Papalazarou A.:** Diet and drug therapy in obesity management	**Cancer prevention and management: the role of diet** *Moderators: Katsagoni C.* **Bletsa M.:** Dietary Patterns, and Cancer Risk: Evidence from Epidemiology to Practice **Ntorzi N.:** Nutrition During Cancer Treatment: Supporting Outcomes and Quality of Life **Terzidis M.:** Bioactive Compounds and Cancer: Mechanisms and Clinical Implications	**POSTER SESSION**
11:00-11:30	**COFFEE BREAK**		
11:30 ↓ 12:30	**Dietary Supplements, Nutraceuticals and Functional Foods: Bioaccessibility and bioavailability** *Moderators: Fragkiadakis G.* **Roth-Walter F.:** From Molecule to Patient: Translating Bioactive Compounds into Health Outcomes **Kanellou A.:** Bioavailability vs Bioactivity: What Really Matters in Nutraceuticals? **Boskou G.:** Food Supplements and Foods for Specific Groups. European legislation and cases of infringement	**Nutrition and Brain Health Across the Lifespan: From Development to Degeneration** *Moderators: Papalazarou A.* **Efthymiou D.:** Neurodevelopmental Diseases: Pathophysiology, Aetiology and Clinical Manifestations **Tsolaki M.:** Neuroinflammation in Alzheimer's Disease **Yannakoulia M.:** Nutrition in Neurodegenerative Diseases	**ROUNDTABLE: Modern Diagnostic Tools for Assessing Biological and Emotional Hunger (Sponsored)** **Zoumbaneas E.** **Daniilidou N.** *Sponsored by* ΚΕΑΔΑ
12:30 ↓ 13:30	**Artificial Intelligence, Big Data and Digital Nutrition** *Moderators: Pagkalos I.* **Ioakeimidis I.:** Systems and methods for Population-level data Collection in Nutrition and Public Health **Dimitropoulos K.:** AI & Nutrition **Vlassopoulos A.:** From cheeseburger to Big Mac: the role of high-precision description for digital nutrition applications	**Metabolic Health in the 21st Century: New Evidence and Clinical Practice** *Moderators: Katsagoni C.* **Katsagoni C.:** Nutritional interventions in MASLD: Challenges in clinical practice **Georgoulis M.:** Nutritional interventions in obstructive sleep apnea: From theory to practice **Kyrkili A.:** Ultra-processed foods and metabolic health	
13:30-14:00	**LUNCH BREAK**		
14:00 ↓ 15:00	**Common diets and Health: Measuring Exposure and Understanding Consequences** *Moderators: Karastogiannidou C.* **Ozdemir C.:** Dietary habits, the epithelial barrier and Health Outcomes **Gamvros R.:** Food Industry as a valuable partner on Nutrition policy: Looking for key factors for NCDs spreading, Ingredients or processing?	**OPEN DISCUSSION: Nutrition Therapy in the Healthcare System** **Daramilas C.** **Chatzigeorgiou M.**	**ORAL PRESENTATIONS | POSTER SESSION**
15:00 ↓ 15:45	**Targeting appetite in obesity: Mechanisms, current therapies and the emerging pipeline** *Moderators: Kokkinos A.* **Papamargaritis D.**		**ENDIETS WORKSHOP**
15:45-16:00	**COFFEE BREAK**		
16:00 ↓ 17:00	**Food allergy and food intolerance** *Moderators: Vassilopoulou E.* **Douladiris N.:** Food Allergy: Diagnosis and Dietary Challenges in the management of food allergies **Konstantinou G.:** Food Aversion in Children with Food Allergy **Salliakelis S.:** Gastrointestinal Symptoms in Food Intolerance	**From epidemiology to nutrition policy making** *Moderators: Androutsos O., Zampelas A.* **Kotopoulou S.:** From data generation to nutrition policy: The role and actions of the Hellenic Food Authority **Mitrou P.:** Leveraging Large-Scale Databases for Decision-Making in Public Health **Panagiotakos D.:** Nutrition Epidemiology: from scientific evidence, to public health and policy	**ENDIETS WORKSHOP**
17:00 ↓ 18:00	**Management of childhood Obesity: From Prevention to Treatment (CyASO)** *Moderators: Markidou E., Hassapidou M.* **Androutsos O.:** Community-based Actions and policies for the prevention of childhood obesity **Hassapidou M.:** International and European guidelines for the treatment of childhood obesity. The role of the dietitians. **Markidou E.:** Childhood Obesity in Cyprus: A major problem of public health	**Nutritional Challenges in Older Adults (ELEGEIA)** *Moderators: Tzanakari A.* **Soulis G.:** Sarcopenia and Malnutrition in Older Adults **Tzanakari A.:** Dysphagia, Dehydration and Polypharmacy in Older Adults **Tsochlakidou S.:** The Mediterranean Diet in Older Adults	**Nutritionists in the AI Age: Smart Applications and the Future of Personalized Nutrition** *Moderators: Pagkalos I.* **Katsilas V.**
18:00-19:00	**Opening Ceremony / Keynote Speech** *Welcome remarks* *Presentation of "myDietitianApp", HDNA* *Keynote Speech, G. Dedoussis*		

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DAY 2 — 21.11.26

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INTERNATIONAL HELLENIC UNIVERSITY

TIME	AMPHITHEATER 2 (Basement)	AMPHITHEATER 3 (Basement)	AMPHITHEATER 1 (Ground Floor)
09:00 ↓ 10:00	**ENDIETS WORKSHOP**	**WORKSHOP: Diabetes (I and II)** *Moderators: Tsironis V.* **Vasiloglou M.:** Digital Tools for Weight loss & Glucose Management: Transforming Dietary Practice **Nakas A.:** Carbohydrate Quality and Timing: Rethinking Dietary Strategies in Diabetes Management	**ORAL PRESENTATIONS | POSTER SESSION**
10:00 ↓ 11:00	**Nutritional Psychology: Mind-Body Interactions in Eating Behavior and Psychological Drivers of Health** *Moderators: Kaprinis S.* **Andreou E.:** Psychological Drivers of Eating Behavior: Beyond Hunger **Papalazarou A.:** Emotional Eating and Stress: Mechanisms and Interventions	**Adult Obesity Management: A Multidisciplinary Public Health Approach** *Moderators: Katsiki N., Kontogiorgis C.* **Katsogiannis I.:** Pharmaceutical care and obesity: Opportunities and challenges for public health intervention **Katsiki N.:** Obesity as a chronic disease: The role of the physician in the therapeutic strategy **Christodoulou E.:** Obesity, mental health and well-being: Behavioral change, eating disorders and the Mediterranean lifestyle in Public Health	**ROUNDTABLE: Applied sports nutrition - Practice, Challenges and Insights** *Moderators: Tsioudas A.* **Kapsis D. (AEK FC)** **Hatzistavridis P. (PAOK BC)** **Sideris E. (Olympiacos S.F.P. Academies)**
11:00-11:30	**COFFEE BREAK**		
11:30 ↓ 13:30	**The new National Dietary and Physical Activity Guidelines: Translating Evidence into Public Health Policy** *Moderators: Naska A., Vassilopoulou E.* **Kontogianni M.:** Revisiting the dietary guidelines for the adult population in Greece **Benetou V.:** Updated dietary guidelines for infants, children and adolescents: Final recommendations and key messages **Philippou A.:** Revisiting Physical Activity Guidelines **Kontele I.:** Dissemination and Awareness Strategies for the new national dietary and physical activity guidelines		
13:30-14:00	**LUNCH BREAK** **Cooking Workshop based on the New Dietary Guidelines (Palisidis G.)**		
14:00 ↓ 15:00	**Policies of promoting healthy eating** *Moderators: Hassapidou M.* **Risvas G.:** Designing Effective Nutrition Policies: What Works Globally **Manios Y.:** National action against Childhood Obesity **Kontele I.:** School and Community Interventions: Scaling Up Impact	**Pediatric Nutrition** *Moderators: Lithoxopoulou M., Cassimos D.* **Zouzo V.:** Nutrition, Functional Gastrointestinal Disorders, and Selective Eating in Infants and Children **Kotanidou E.:** Disordered Eating Behaviors: Aetiology and New Therapeutic Pathways in Adolescence **Rallis D.:** Early-Life Nutrition and Developmental Programming	**ORAL PRESENTATIONS | POSTER SESSION**
15:00 ↓ 15:45	**Ultra-Processed Foods Controversy: Myths, Realities, and Policy Implications** *Moderators: Vassilopoulou E.* **Zampelas A.**		
15:45-16:00	**COFFEE BREAK**		
16:00 ↓ 17:00	**Immunonutrition: The role of diet and lifestyle in immune health outcomes** *Moderators: Vassilopoulou E.* **Lithoxopoulou M.:** The First 1,000 Days of Life and Immune Health **Pitsios C.:** Autoimmune disease - Diet and lifestyle factors **Dimitriou A.:** Poor Weight gain in infants and children - Immunological causes	**Nutrition at the Crossroads of Diabetes and Kidney Disease: Integrated Care Strategies** *Moderators: Kazakos K. (HASD), Chourdakis M.* **Poulia L.:** Diabetes and Kidney Disease: Integrating Nutritional Care Pathways **Markaki A.:** Dietary Management in Chronic Kidney Disease: From Restriction to Personalization **Pappa K.:** Precision Nutrition in Diabetes: Beyond Carbohydrate Counting	**ORAL PRESENTATIONS | POSTER SESSION**
17:00 ↓ 17:30	**Shaping Public Health Policy: The Role of Nutrition in National Strategy** *Moderators: ICONSD Committee* **Kravvari C.M.**		
17:30 ↓ 18:15	**DEBATE: Berberine: To Berberine or Not to Berberine? What Does Science Say? What Determines the Choice? (Sponsored)** *Moderators: Debate House* **FOR: Skiadopoulos A.** **AGAINST: Tsioudas A.** *Sponsored by* OLONEA		
18:15 ↓ 19:00	**HDNA: Advancing Dietetics: Innovation, Leadership and Future Directions** **Androutsos O.** **Lebesis P.** **Tsironis V.**		

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DAY 3 22.11.26

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TIME	AMPHITHEATER 2 *Basement*	AMPHITHEATER 3 *Basement*	AMPHITHEATER 1 *Ground Floor*
09:00 ↓ 10:00	**WORKSHOP: Behavioral interventions in obesity** *Moderators: Tsioudas A.* **El Ghoch M.:** Behavior Change in Obesity: Evidence-Based Strategies for Long-Term Success	**WORKSHOP: Gut Microbiome Research: Methodology, Data Analysis and Interpretation** *Moderators: Vardaka E.* **Gerasimidis C.:** Diet-microbiome interaction in health and disease. **Ntemiri A.:** In vitro colon models for investigating the effect of dietary substrates on the human faecal microbiota: Insights from the INFOGUT/CA23110 COST WG1 action **Kormas K.:** Microbiome Data Analysis: Bioinformatics Tools and Interpretation Pitfalls	**ORAL PRESENTATIONS | POSTER SESSION**
10:00 ↓ 11:00	**From Guidelines to Genomics: Redefining Nutrition in the Era of Personalization** *Moderators: Dedoussis G.* **Skoufas S.:** From Population Guidelines to Personalized Nutrition: Bridging the Gap **Kalafati N.:** Nutrigenomics and Nutrigenetics: Clinical Applications and Limitations **Dimitriou M.:** Data-Driven Nutrition: The Role of Omics Technologies in Diet Planning	**Cultivating Nutrition Consciousness: Culture, Sustainability and Health Promotion** *Moderators: Deligiannidou E., Kalogiannis S.* **Drinis I.:** Foodways as Intangible Cultural Heritage: Traditional Practices and Nutritional Sustainability **Deligiannidou E.:** Cultivating Nutrition Consciousness: From awareness to action in everyday food choices. **Danali E.:** From Soil to Table, From Tradition to Innovation: Operationalizing the Mediterranean Diet in Messinia	**ORAL PRESENTATIONS | POSTER SESSION**
11:00-11:30	**COFFEE BREAK**		
11:30 ↓ 12:30	**Muscle Health in Aging: Impact and the Role of Nutrition and Exercise** *Moderators: Papadopoulou S.* **Voulgaridou G.:** Osteosarcopenia: Integrating Genetic Insights with Lifestyle Interventions for Better Aging **Panayiotou G.:** Artificial Intelligence and Machine Learning for Muscle Health in Aging: Toward Personalized Exercise and Nutrition Strategies **Feidantsis K.:** Bioactive Components of Functional Foods and Their Role in Cytoprotection, Autophagy and Apoptosis	**Endocrine Balance and Nutrition: From Fertility to Menopause** *Moderators: Karras S.* **Toulis K.:** Fertility and PCOS: hormonal changes **Effraimidis G.:** Thyroid Function: Myths, Evidence and Clinical Practice **Tzotzas T.:** Perimenopause and Menopause: Managing Metabolic and Hormonal Changes	**ORAL PRESENTATIONS | POSTER SESSION**
12:30 ↓ 13:00	**The Mediterranean Diet: A Global Model for Sustainable Healthy Diets - Translating Evidence into practice** *Moderators: Derdemezis C.* **Anastasiou C.**		
13:00 ↓ 14:00	**DEBATE: Injectable Treatments for Obesity: Solution or Concern? The role of the dietitian** *Moderators: Debate House* **FOR: Angelopoulos N.:** GLP-1 Therapies: A Breakthrough in Obesity Management **AGAINST: Xenos K.:** Nutrition and Lifestyle: The Cornerstones That Medication Cannot Replace		
14:00-14:30	**Closing Ceremony**		

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TIME

DAY 1
20.11.26

09:00
↓
10:00

OP1

Dietary protein, inflammatory markers and venous thromboembolism's occurrence;The Maastricht Study

Evgenia Derdelakou

Evgenia Derdelakou[1], Annisa Aarts[2], Lloyd Brandts[3], Simone J.P.M. Eussen[4], Miranda T. Schram[5], Hugo ten Cate[5], Arina J. ten Cate-Hoek[2]

[1] Cardiovascular Research Institute Maastricht (CARIM), Maastricht University, Maastricht, the Netherlands
[2] Thrombosis Expertise Center, Heart and Vascular Center, Maastricht University Medical Center (MUMC+), Maastricht, the Netherlands
[3] Department of Clinical Epidemiology and Medical Technology Assessment (KEMTA), Maastricht University Medical Center+, Maastricht, the Netherlands
[4] Department of Epidemiology, CAPHRI Care and Public Health Research Institute, Maastricht University, Maastricht, the Netherlands.
[5] Department of Internal Medicine, Maastricht University, Maastricht, the Netherlands

OP2

Safety and efficacy of a high plant-protein diet in patients with decompensated liver cirrhosis (PLADO HIPRO). A randomized clinical trial

Christina Karachotziti

Christina Karachotziti[1], Kalliopi Anna Poulia[1], Evangelos Cholongitas[2], Dimitrios Mouziouras[2], Dimitra Lakiotaki[2], Vasileios Lekakis[2], Magdalini Adamantou[2], Emannuella Magriplis[1]

[1] Department of Food Science and Human Nutrition, Agricultural University of Athens
[2] Medical School, National and Kapodistrian University of Athens, Athens

OP3

Severe Treatment-Related Toxicity and Early Nutritional Deterioration During Induction Therapy for Pediatric Acute Lymphoblastic Leukemia

Ioanna Nikolaidi

Ioanna Nikolaidi[1], Evgenia Papakonstantinou[2], Maria Lambrou[2], Athanasios Tragiannidis[3], Emmanuil Hatzipantelis[3], Assimina Galli-Tsinopoulou[3], Christina Katsagoni[1],[4]

[1] Department of Nutritional Sciences and Dietetics, International Hellenic University, Thessaloniki, Greece
[2] Department of Pediatric Hematology and Oncology, "Ippokratio" General Hospital, Thessaloniki, Greece
[3] Children & Adolescent Hematology-Oncology Unit, Second Department of Paediatrics, Aristotle University of Thessaloniki, AHEPA Hospital, Thessaloniki, Greece
[4] International Initiative for Pediatrics and Nutrition (IIPAN), Athens Columbia Global Center, Greece

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TIME		
DAY 1 20.11.26		
09:00 ↓ 10:00	**OP4**	**Role of nutrition in biochemical and hematological markers of end-stage chronic kidney disease patients** *Andrea Paola Rojas* Andrea Paola Rojas[1], Maria Efthymia Katsa[1], Adamantia Aroni[1] [1] University of the Peloponnese, Nursing School
	OP5	**Effects of adding blenderized tube feeds to commercial enteral formulas on gastrointestinal symptoms in adult patients receiving enteral nutrition** *Athanasios Migdanis* Athanasios Migdanis[1], Ioannis Migdanis[2], Nikolaos Papakrivos[1], Efthymia Charisi[1], Thaleia Nikolouli[1], Aikaterini Tsolaki[1], Ioanna Partsalaki[3], Vasiliki Bismpardi[2], Odysseas Androutsos[4] [1] Nutrition and Dietetics Department, University General Hospital of Larissa, Larissa, Greece [2] Faculty of Medicine, University of Thessaly, Larissa, Greece [3] Nutrition and Dietetics Department, University General Hospital of Patras, Patras, Greece [4] Laboratory of Clinical Nutrition and Dietetics, Department of Nutrition and Dietetics, University of Thessaly, Trikala, Greece
	OP06	**Integrated Lifestyle and Serum–Urinary Metabolomics Reveal Metabolic Signatures of Metabolic Health** *Danai Rossiou* Danai Rossiou[1], Olga Begou[2], Aristidis Koitsanos[2], Georgios Theodoridis[3], Helen Gika[1] [1] Laboratory of Forensic Medicine and Toxicology, Medical School, Aristotle University of Thessaloniki, 54124 Thessaloniki, Greece [2] BIOMIC_Auth, Center for Interdisciplinary Research and Innovation (CIRI-AUTH), Balkan Center, B1.4, 10th km Thessaloniki-Thermi Rd, P.O. Box 8318, 57001 Thessaloniki, Greece [3] Laboratory of Analytical Chemistry, Department of Chemistry, Aristotle University of Thessaloniki, 54124 Thessaloniki, Greece
	OP07	**Unravelling the Therapeutic Potential of Fecal Microbiota Transplantation (FMT) for the Management of Obesity and Type 2 Diabetes Mellitus in Humans** *Eva Zikou* Eva Zikou[1], Chrysi Koliaki[1], Konstantinos Makrilakis[1] [1] First Propaedeutic Department of Internal Medicine and Diabetes Center, Medical Faculty of National and Kapodistrian University of Athens, "Laiko" General Hospital, Athens, Greece
14:00 ↓ 15:00	**OP08**	**Effects of Different Insulin Dosing Algorithms for Fat- and Protein-Containing Meals on Postprandial Glycaemia in Children and Adolescents With Type 1 Diabetes: A Systematic Review of Randomised Controlled Trials** *Chrystalleni Maouri* Chrystalleni Maouri[1], Maria Kantilafti[1], George Moschonis[2], Adamos Hadjipanayis[3], Nicolas C. Nicolaides[4], Stavri Chrysostomou[1] [1] Department of Life Sciences, School of Sciences, European University Cyprus, Nicosia, Cyprus [2] Department of Nutrition and Dietetics, Harokopio University, Athens, Greece [3] Department of Pediatrics, Larnaca General Hospital, Larnaca, Cyprus & School of Medicine, European University Cyprus, Nicosia, Cyprus. [4] Department of Pediatrics, Archbishop Makarios III Hospital, Nicosia, Cyprus & Medical School, University of Cyprus, Nicosia, Cyprus
	OP09	**Maternal and infant characteristics associated with free aromatic and branched chain amino acids in human milk: A systematic review** *Apostolos Gkantzos* Apostolos Gkantzos[1], Olga Deda[2], Maria Lithoxopoulou[2], Stavros Kalogiannis[1] [1] International Hellenic University [2] Aristotle University of Thessaloniki
	OP10	**Does stevia need to be tasted to influence appetite? A pilot randomized double-blind placebo-controlled crossover trial of encapsulated stevia** *Nikoleta Stamataki* Nikoleta Stamataki[1], Corey Scott[2], John Mclaughlin[1] [1] The University of Manchester, Manchester, UK [2] Cargill Core R&D, Wayzata, MN, United States
DAY 2 21.11.26		
09:00 ↓ 10:00	**OP11**	**Biocultural Food Heritage and Dietary Practices: A Diachronic Case Study of the Asterousia Biosphere Reserve, Crete** *Aikaterini Mantadaki* Aikaterini Mantadaki[1], Antonios Proestakis[1], Vassilios Raikos[1], Antonia Psaroudaki[1], Theodora Mouratidou[1] [1] Department of Nutrition and Dietetic Sciences, School of Health Sciences, Hellenic Mediterranean University, Sitia, Crete, Greece
	OP12	**A metabolite signature shared across Mediterranean diet-related indices in relation to cognitive performance** *Christopher Papandreou* Christopher Papandreou[1] [1] Hellenic Mediterranean University

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DAY 2
21.11.26

TIME		
09:00 ↓ 10:00	OP13	**When Taste Becomes Science: Sensory Descriptive Analysis of Novel Bakery Formulations** *Dražena Čermak* Dražena Čermak[1], Marco Gammaitoni[2], Francesca Masino[2], Katarzyna Świąder[1] [1] Department of Functional and Organic Food, Institute of Human Nutrition Sciences, Warsaw University of Life Sciences (WULS-SGGW), Nowoursynowska 166, 02-787, Warsaw, Poland [2] Department of Life Sciences, University of Modena and Reggio Emilia, Via Amendola, 2 - Padiglione Besta, 42122 Reggio Emilia, Italy
	OP14	**Ultra-Processed Food (UPF) Intake and Metabolic Dysfunction-Associated Steatotic Liver Disease in Children and Adolescents (MASLD) with overweight or obesity: The LIFE4MASLD study** *Athanasia Kyrkili* Athanasia Kyrkili[1], Anna Spilioti[1], Aikaterini Vourdoumpa[2], Diamanto Koutaki[2], George Paltoglou[2], Marina Papadopoulou[2], Christina N. Katsagoni[3], Maria Rogalidou[4], Alexandra Papadopoulou[4], Evangelia Charmandari[2], Meropi D Kontogianni[1] [1] Department of Nutrition & Dietetics, School of Health Sciences and Education, Harokopio University, Athens, 17676, Greece [2] Center for the Prevention and Management of Overweight and Obesity in Childhood and Adolescence, Division of Endocrinology, Metabolism and Diabetes, First Department of Pediatrics, National and Kapodistrian University of Athens Medical School, "Aghia Sophia" Children's Hospital, Athens, 11527, Greece [3] Department of Clinical Nutrition, "Aghia Sophia" Children's Hospital, Athens, 11527, Greece [4] Division of Pediatric Gastroenterology & Hepatology, First Department of Pediatrics, National and Kapodistrian University of Athens Medical School, "Aghia Sophia" Children's Hospital, Athens, 11527, Greece
	OP15	**Women's Dietary Habits and Preferences in Relation to the Menstrual Cycle and Other Influencing Factors** *Chrysoula Vouzina* Chrysoula Vouzina[1] [1] International Hellenic University
	OP16	**Food Additive Potassium Bromate-Induced Oxidative DNA Damage and Its Link to Genome Instability.** *Eleni Stefoudi* Eleni Stefoudi[1] [1] Department of Nutritional Sciences and Dietetics, International Hellenic University, Sindos, Greece
14:00 ↓ 15:00	OP17	**Psychometric Evaluation and Validation of the Modified Yale Food Addiction Scale 2.0 (mYFAS 2.0) in a Greek Sample** *Dr Georgios Lyrakos* Dr Georgios Lyrakos[1], Eleni Aslani[2], Mairi Lyrakou[3] [1] 2nd Adult Psychiatric Clinic, D.Y.Pe – P.E.D.Y. Mental Health Unit, General Hospital of Nikaia "Agios Panteleimon" [2] 2nd Internal Medicine Department, General Hospital of Nikaia "Agios Panteleimon" [3] Independent Dietetic Office Lyrakou Mairi
	OP18	**Beyond the scroll: Social Media Use and Body Appreciation in adult men and women** *Varvara-Stavroula Katsafadou* Varvara-Stavroula Katsafadou[1], Panagiota Kolovou[1], Konstantina Argyri[1], Stavros Nikolopoulos[1], George I Panoutsopoulos[1], Evangelia Fappa[1] [1] Department of Nutritional Science and Dietetics, Faculty of Health Sciences, University of the Peloponnese, 24100 Kalamata, Greece
	OP19	**e²-ducass: Digital Health Literacy for Vulnerable Populations** *Anysia Zoi Damala* Anysia Zoi Damala[1], Patricia Peña Orihuela[2], Pablo Pérez Martínez[2] [1] International Hellenic University [2] Maimonides Institute for Biomedical Research of Córdoba (IMIBIC)
	OP20	**Food Waste in Greek Households: Perceptions, Attitudes and Practices from a Qualitative Focus Group Study** *Milia Tzoutzou* Milia Tzoutzou[1], Ioanna Ravani[1], Andrea Paola Rojas Gil[2], George Panoutsopoulos[1], Paraskevi Detopoulou[1] [1] University of the Peloponnese Dpt. Nutritional Sciences and Dietetics [2] Department of Nursing, University of Peloponnese

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INTERNATIONAL HELLENIC UNIVERSITY

TIME

DAY 2
21.11.26

14:00 ↓ 15:00

OP21

Development and Psychometric Validation of Child- and Parent-Report Food Allergy–Specific Questionnaires for Disordered Eating Behaviors (FA-DEBQ)
Evangelia Papatriantafyllou

Evangelia Papatriantafyllou[1], Anna Comotti[2], Maria Pasioti[3], Nikolaos G Papadopoulos[3], Sofia Tsabouri[4], Calliope Karastogiannidou[1], George Konstantinou[5], Nikolaos Douladiris[6], Carlo Agostoni[7,8], Gregorio Paolo Milani[7,8], Emilia Vassilopoulou[1,7,8,9]

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[3] Allergy Department, 2nd Pediatric Clinic, National and Kapodistrian University of Athens, Athens, Greece
[4] Department of Pediatrics, School of Medicine, University of Ioannina, Ioannina, Greece
[5] Department of Allergy and Clinical Immunology, 424 General Military Training Hospital, Thessaloniki, Greece
[6] Clinical & Molecular Allergology Center, Chalkidiki, Greece
[7] Department of Clinical Sciences and Community Health, Università degli Studi di Milano, Milan, Italy
[8] Pediatric Unit, Fondazione IRCCS Ca' Granda Ospedale Maggiore Policlinico, Milan, Italy
[9] Department of Life Sciences, School of Life and Health Sciences, University of Nicosia, Nicosia, Cyprus

OP22

From Sources to Self-Efficacy: How Information Seeking Shapes Confidence in Dietary Supplement Counseling Among Dietetics Students
Christiana Dalla

Christiana Dalla[1], Calliope Karastogiannidou[1], Katarzyna Żyłka[2], Michelle Todd Rodriguez[3], Marta González Aroca[3]

[1] Department of Nutritional Sciences and Dietetics, School of Health Sciences, International Hellenic University, 57400 Thessaloniki, Greece
[2] Department of Dietetics, Gdańsk Academy of Medical Applied Sciences, 80-208 Gdańsk, Poland
[3] Department of Human Nutrition and Dietetics, Faculty of Experimental Sciences, Pablo de Olavide University, 41013 Seville, Spain

OP23

Orthorexic Tendencies: Healthy Lifestyle or Eating Psychopathology? Evidence from a Greek Adult Population
Christina Sakellari

Christina Sakellari[1], Stavros Kalogiannis[1]

[1] Department of Nutritional Sciences and Dietetics, School of Health Sciences, International Hellenic University, Thessaloniki, Greece

OP24

Longitudinal associations of Mediterranean diet adherence with depressive and anxiety symptoms among university students
Anna Kalimtzoglou

Anna Kalimtzoglou[1], Glykeria Chatzilaskari[1], Nikos Thalassinos[1], Christoforos Papandreou[1]

[1] Hellenic Mediterranean University

16:00 ↓ 17:00

OP25

"Drawing" the Dietitian-Nutritionist: Visual Representations and Perceptions Among Adolescents and Young Adults in Greece
Zoi Nona

Zoi Nona[1], Irene Mitou[1], Fotini Bonoti[1], Odysseus Androutsos[1]

[1] University of Thessaly

OP26

Food neophobia, appetitive traits and Mediterranean diet adherence in Portuguese children: A cross-sectional study
Angelina Daniel

Angelina Daniel[1], Luísa Sebastião[2], Deborah Castro[2], Ana Isabel Gomes[2,3], Sara Hagá[2,3], Rosário Bronze[4,5], Joana Sousa[1,6]

[1] Laboratory of Nutrition, School of Medicine, University of Lisbon, Lisbon, Portugal
[2] Faculty of Psychology, University of Lisbon, Lisbon, Portugal
[3] Research Center for Psychological Science, Faculty of Psychology, University of Lisbon, Lisbon, Portugal
[4] Faculty of Pharmacy, University of Lisbon, Lisbon, Portugal
[5] iBET, Lisbon, Portugal
[6] Medicine ULisboa for Health, Clinical Research and Innovation, School of Medicine (MUHCRI), School of Medicine, University of Lisbon, Lisbon, Portugal

DAY 3
22.11.26

09:00 ↓ 10:00

OP27

The Association Between Dietary Inflammatory Index and Health-Related Outcomes: An Umbrella Review
Vasiliki Gkesou

Vasiliki Gkesou[1]

[1] School of Medicine, Faculty of Health Sciences, Aristotle University of Thessaloniki, Thessaloniki, Greece

OP28

Android application for processing and using nutritional data
Eleni Paliogianni

Eleni Paliogianni[1], Vasileios Stefanidis[1]

[1] Department of Nutritional Sciences and Dietetics - International Hellenic University (IHU)

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DAY 3
22.11.26

TIME		
09:00 ↓ 10:00	OP29	**The role of nutrigenetic education in maternal and child health: knowledge and attitudes of pregnant women in the Hellenic region** *Christina Mavromati* Christina Mavromati[1], Stefania Doulgeraki[1] [1] International Hellenic University
	OP30	**Associations between Parental Feeding Practices and Ultra – Processed Food (UPF) intake in Greek preschool and school – aged children** *Petroula Tsirpanli* Petroula Tsirpanli[1], Alexandra Foscolou[2], Georgios Panoutsopoulos[2], Evangelia Fappa[2] [1] Postgraduate Program in Applied Nutrition and Health Promotion, School of Medicine, Faculty of Health Sciences, Aristotle University of Thessaloniki, Thessaloniki, Greece [2] Department of Nutritional Science and Dietetics, Faculty of Health Sciences, University of the Peloponnese, Kalamata, Greece
	OP31	**Impact of nutrition mobile apps on infants and children's dietary behavior: A Systematic Review.** *Tzina Gkini* Tzina Gkini[1], Maria F. Vasiloglou[2], Ben Singh[3], Amanda E. Staiano[4], Claire Gough[5], Irina Timm[6], Shariwa Shariwa[7], Michail Chourdakis[1] [1] Aristotle University of Thessaloniki School of Medicine, Thessaloniki, 54124, Makedonia, Greece [2] Division of Nutrition and Dietetics, Department of Health Professions, Bern University of Applied Sciences, Bern 3008, Switzerland [3] Alliance for Research in Exercise Nutrition and Activity (ARENA), Adelaide University, Adelaide, SA 5000, Australia [4] Pennington Biomedical Research Center, Louisiana State University, Baton Rouge, LA 70808, United States [5] College of Nursing and Health Sciences, Flinders University, Adelaide, SA 5042, Australia [6] Institute of Sports and Sports Science, Karlsruhe Institute of Technology, Karlsruhe 76131, Germany [7] Division of Nutritional Sciences, Cornell University, Ithaca, NY 14853, United States
	OP32	**Ultra-Processed Food Involvement and Foodborne Etiologies: A Secondary Analysis of U.S. National Outbreak Data** *Polyxeni Saraslanidou* Polyxeni Saraslanidou[1], Anastasia Sophia Kanellou[2], Maria Antoniou[3], Aimilia Gkotsopoulou[4], Kristina Grausa[5,6], Maris Munkevics[7], Ariadni Niarchou[8], Konstantinos Gkikas[9] [1] Department of Food Science and Technology, School of Geosciences, University of Peloponnese [2] Department of Medicine, School of Health Sciences, Democritus University of Thrace [3] Department of Nutrition Science and Dietetics, School of Health Sciences, University of Peloponnese [4] Department of Nutrition and Dietetics, School of Health Sciences & Education, Harokopio University [5] Metabolic Research Group (MRG), National Institute of Research and Innovation (NIRI), Aizkraukles Street 21, LV-1006, Riga, Latvia [6] Integrative Bioinformatics Group, Riga Stradins University (RSU), Dzirciema Street 16, LV-1007, Riga, Latvia [7] Statistics Unit, Riga Stradins University [8] Department of Applied Pharmacy, Faculty of Pharmacy, Riga Stradiņs University [9] Department of Nutritional Sciences, School of Life Course and Population Health Sciences, King's College London
	OP33	**Evaluation of Protein-Energy Wasting prevalence, nutritional status, adherence to the Mediterranean diet and their association in stage 3-4 chronic kidney disease patients: results from a cross-sectional study** *Evdokia Agianoglou* Evdokia Agianoglou[1], Konstantinos Katsas[2], Maroulla Nikolaki[1], Eirini Orfanou[1], Anastasia Markaki[1] [1] Department of Nutrition and Dietetics Sciences, School of Health Sciences, Hellenic Mediterranean University, Sitia, Crete, Greece [2] Department of Nutrition and Dietetics, Attikon University General Hospital, Athens, Greece
10:00 ↓ 11:00	OP34	**Functional Burden Beyond Inflammation: Association between Dietary Patterns and IBD-Disk Scores in Adult Patients with Inflammatory Bowel Disease in Clinical Remission** *Kyriaki Tsompanidou* Kyriaki Tsompanidou[1], Olga Giouleme[2], Marios Katsaros[2] [1] Medical School, Aristotle University of Thessaloniki, Gastroenterology Division, Second Propedeutic Department of Internal Medicine, Hippokration Hospital, Thessaloniki, Greece [2] Second Propedeutic Department of Internal Medicine, Medical School, Aristotle University of Thessaloniki, Hippokration Hospital, Thessaloniki. Greece
	OP35	**Assessment of sarcopenia and malnutrition in adults with feeding and swallowing disorders.** *Charalampos Evangelos Apostolakis* Charalampos Evangelos Apostolakis[1], Lambros Mathioudakis[2], Aspasia Spyridaki[1], Emmanouel Psylinakis[1], Eirini Orfanou[1], Alexander Karatzanis[2], Emmanuel Prokopakis[2], Anastasia Markaki[1] [1] Department of Nutrition and Dietetics Sciences, School of Health Sciences, Hellenic Mediterranean University, Sitia, Crete, Greece [2] School of Medicine, University of Crete, Heraklion, Greece
	OP36	**Investigating Patients' Experience of Taking GLP-1 Receptor Agonists for the Management of Obesity or Overweight – A Qualitative Study** *Aikaterini Lampropoulou* Aikaterini Lampropoulou[1], Evangelia Tsiga[1] [1] Department of Medicine, Aristotle University of Thessaloniki

ORAL PRESENTATIONS

DAY 3
22.11.26

TIME

10:00 ↓ 11:00

OP37

Longitudinal Weight Changes of End-Stage Dementia Patients in a Palliative Care Setting
Myrto Kalliopi Maragkou

Myrto Kalliopi Maragkou[1], Emilia Vassilopoulou[2], Magdalini Tsolaki[3]
[1] School of Medicine, Faculty of Health Sciences, Aristotle University of Thessaloniki
[2] Department of Nutritional Sciences and Dietetics, School of Health Sciences, International Hellenic University, Thessaloniki, Greece.
[3] Department of Neurology, Faculty of Medicine, Aristotle University of Thessaloniki (AUTh), Thessaloniki, Greece.

OP38

Vitamin B12 Status as a Determinant of Cognitive Function in Reproductive-Age Women with PCOS: A Study Leveraging Qatar Biobank Cohort
Dalya Koukach

Dalya Koukach[1], Dr. Lynne Kennedy[2], Dr. Zumin Shi[1], Dr. Mohammed Auais[1], Dr. Ala Rajabi[1]
[1] Qatar University
[2] Zayed University

OP39

Benchmarking AlphaFold 3 Against Biased Metabolism: Modulating Cytochrome P450-POR Complexes via Small Molecules Toward Personalized Nutrition
Maria Myrto Chatzi

Maria Myrto Chatzi[1], Sofoklis Keisaris[2], Fotis Psomopoulos[2], Michael Terzidis[1], Panagiotis Madesis[3]
[1] Laboratory of Chemical Biology, Department of Nutritional Sciences and Dietetics, International Hellenic University, Sindos, Thessaloniki 57400, Greece
[2] Institute of Applied Biosciences, Centre for Research and Technology Hellas, Thessaloniki, Greece
[3] Laboratory of Molecular Biology of Plants, Department of Agriculture Crop Production and Rural Environment, School of Agricultural Sciences, University of Thessaly, Thessaly 384 46, Greece

OP40

Type 2 Diabetes Mellitus: Mediterranean Diet, Ultra-Processed Foods and Health Indicators. A Study in Western Thessaloniki
Sofia Kerteni

Sofia Kerteni[1], Niki Katsiki[1], Agathi Pritsa[1], Georgia Eirini Deligiannidou[1]
[1] Department of Nutritional Sciences & Dietetics, International Hellenic University

11:30 ↓ 12:30

OP41

Validation of Resting Metabolic Rate Prediction Equations in Male Strength Athletes
Ioannis Michail Papadopoulos

Ioannis Michail Papadopoulos[1], Efstathios Skoufas[1], Grigoris Risvas[1]
[1] AEGEAN OMIROS COLLEGE

OP42

Genotype-Guided Dietary Counselling versus Standard Dietary Counselling for Weight Loss: Interim Results from a Randomized Controlled Trial
Georgios Alexandros Artavanis

Georgios Alexandros Artavanis[1], Angeliki Kapellou[1], Philippos Zaharias Petrakis[1], Ioannis Xanthopoulos[1], Eleni Rizou[1], Anastasios Fotiou[1], Despoina Migkaki[1], Spiros Vittas[2], Stavroula Stoupi[1]
[1] Metropolitan College
[2] iDNA Laboratories

OP43

Associations of FTO rs9939609 A-Allele Dosage with Habitual Dietary Protein Contribution and Adiposity: Baseline Findings from a Precision Nutrition Trial
Philippos Zaharias Petrakis

Philippos Zaharias Petrakis[1], Angeliki Kapellou[1], Georgios Alexandros Artavanis[1], Ioannis Xanthopoulos[1], Eleni Rizou[1], Anastasios Fotiou[1], Despoina Migkaki[1], Spiros Vittas[2], Stavroula Stoupi[1]
[1] Metropolitan College
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TIME			
DAY 1 20.11.26	**PO20101**	**Mediterranean Diet Effects Across Adipokine Distributions in Rheumatoid Arthritis: A Quantile Regression Analysis** *Alexandra Virvili*	Alexandra Virvili[1], Nafsika Gerolymatou[1], Paraskevi Voulgari[1] [1] Department of Rheumatology, School of Health Sciences, Faculty of Medicine, University of Ioannina, Ioannina.
	PO20102	**Dietary Supplementation and Assisted Reproductive Technology: A Review of their impact on Male and Female Infertility** *Eleni Antoniou*	Eleni Antoniou[1], Eirini-Georgia Deligiannidou[1], Agathi Pritsa[1], Niki Katsiki[1] [1] Department of Nutritional Sciences and Dietetics, International Hellenic University, Syndos, Greece
	PO20103	**Dietary Changes Following a 3-Month Dietetic Counselling Intervention in Older Adults at Risk of Metabolic Syndrome** *Iliana Evangelou*	Iliana Evangelou[1], Rafalea Makri[2], Maria Vlachava[1], George E. Dafoulas[3], Alexandra Bargiota[3], Eva Karaglani[2], Konstantinos Votis[4],[5], Demosthenes Panagiotakos[2], Yannis Manios[2],[5], Odysseas Androutsos[1] [1] Lab of Clinical Nutrition-Dietetics (CND-lab), Department of Nutrition-Dietetics, School of Physical Education, Sport Science and Dietetics, University of Thessaly, Argonafton 1C, 42132 Trikala, Greece [2] Department of Nutrition and Dietetics, School of Health Science and Education, Harokopio University, 70 El. Venizelou Ave, 17671 Athens, Greece [3] Faculty of Medicine, School of Health Sciences, University of Thessaly, 3 Panepistimiou Str., Viopolis, 41500 Larissa, Greece [4] Information Technologies Institute (ITI), Centre for Research and Technology Hellas (CERTH), 6th km Charilaou–Thermi Rd., 57001 Thermi, Thessaloniki, Greece [5] Institute of Agri-Food and Life Sciences, Hellenic Mediterranean University Research Centre, 71410 Heraklion, Greece
	PO20104	**Ultra-processed foods and cancer risk: a narrative review of epidemiological findings and biological mechanisms** *Maria Kantilafti*	Maria Kantilafti[1], Stavroula Chrysostomou[1], Elisavet Magiakou[1] [1] European University Cyprus
09:00 ↓ 10:00	**PO20105**	**Nutrition in Assisted Reproductive Technology - In Vitro Fertilization (ART-IVF)** *Maria Kiouptsi*	Maria Kiouptsi[1] [1] Nutritionist
	PO20106	**Antimicrobial Burden During Induction Therapy and Clinical Toxicity in Children with Acute Lymphoblastic Leukemia** *Ioanna Nikolaidi*	Ioanna Nikolaidi[1], Theano Drakakaki[1], Evgenia Papakonstantinou[2], Maria Lambrou[2], Athanasios Tragiannidis[3], Emmanuil Hatzipantelis[3], Assimina Galli-Tsinopoulou[3], Christina Katsagoni[4] [1] Department of Nutritional Sciences and Dietetics, International Hellenic University, Thessaloniki, Greece [2] Department of Pediatric Hematology and Oncology, "Ippokratio" General Hospital, Thessaloniki, Greece [3] Children & Adolescent Hematology-Oncology Unit, Second Department of Paediatrics, Aristotle University of Thessaloniki, AHEPA Hospital, Thessaloniki, Greece [4] International Initiative for Pediatrics and Nutrition (IIPAN), Columbia Global Center Athens, Athens, Greece
	PO20107	**Nutritional Trajectories During Induction Therapy in Children with Acute Lymphoblastic Leukemia** *Ioanna Nikolaidi*	Ioanna Nikolaidi[1], Theano Drakakaki[1], Evgenia Papakonstantinou[2], Maria Lambrou[2], Athanasios Tragiannidis[3], Emmanuil Hatzipantelis[3], Assimina Galli-Tsinopoulou[3], Christina Katsagoni[1],[4] [1] Department of Nutritional Sciences and Dietetics, International Hellenic University, Thessaloniki, Greece [2] Department of Pediatric Hematology and Oncology, "Ippokratio" General Hospital, Thessaloniki, Greece [3] Children & Adolescent Hematology-Oncology Unit, Second Department of Paediatrics, Aristotle University of Thessaloniki, AHEPA Hospital, Thessaloniki, Greece [4] International Initiative for Pediatrics and Nutrition (IIPAN), Athens Columbia Global Center, Greece
	PO20108	**Nutritional risk in hospitalised Greek adults: Prevalence, clinical correlates and biochemical trajectories in the context of recent national nutrition legislation** *Maria Panoraia Oikonomou*	M. P. Oikonomou[1], E. A. Yatsulava[1], M. E. Iona[1], G. A. Doschari[1], O. G. Ntourou[1], A. Almperti[1], T. E. Sialvera[2], D. Karayiannis[1] [1] Department of Clinical Nutrition, Evangelismos General Hospital, Athens, Greece [2] Department of Clinical Nutrition, "Sotiria" General Hospital of Chest Diseases, Athens, Greece

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DAY 1
20.11.26

TIME

09:00 ↓ 10:00

PO20109

Body weight perception and access to nutritional care in people living with Inflammatory Bowel Disease
Athanasia Vlachou

Athanasia Vlachou[1], Vaios Svolos[1], Elli Zoupa[1], Maria-Nikoleta Nanti[1], Konstantinos Tsoukas[1], Panagiotis Hatzidafnis[1], Panagiota Lygizou[2], Zoe Bati[2], Maria Gavriilidi[2], Georgios Dimitrios Plytas[2], Dimitra Eleftheria Strongylou[1], Andreas Kapsoritakis[2], Konstantinos Argyriou[2], Odysseas Androutsos[1]
[1] Laboratory of Clinical Nutrition and Dietetics, Department of Nutrition and Dietetics, School of Physical Education, Sports Science and Dietetics, University of Thessaly
[2] University of Thessaly, Department of Gastroenterology- University Hospital of Larissa, Larisa, Greece

PO20201

Natural Pigments from Microalgae Extracted with Deep Eutectic Solvent: Implications for Clean-Label Food Formulations
Denitsa Georgieva

Denitsa Georgieva[1], Silviya Hristova[1], Georgi Beev[2], Zhani Yanev[3], Zvezdelina Yaneva[1]
[1] Department of Pharmacology, Animal Physiology, Biochemistry and Chemistry, Faculty of Veterinary Medicine, Trakia University, Bulgaria
[2] Department of Biological Sciences, Faculty of Agriculture, Trakia University, Bulgaria
[3] Faculty of Industrial Technologies, Technical University, Sofia, Bulgaria

PO20202

Antioxidant Potential of a Postbiotic Dairy Beverage Fermented by Novel Patented Lacticaseibacillus paracasei
Silviya Hristova

Silviya Hristova[1], Denitsa Georgieva[1], Zornitsa Beeva[2], Rosen Koynov[3], Zvezdelina Yaneva[1], Georgi Beev[3]
[1] Department of Pharmacology, Animal Physiology, Biochemistry and Chemistry, Faculty of Veterinary Medicine, Trakia University, Bulgaria
[2] Department of Crop Science, Faculty of Agriculture, Trakia University, Bulgaria
[3] Department of Biological Sciences, Faculty of Agriculture, Trakia University, Bulgaria

PO20203

From Agricultural By-Product to Functional Food Ingredient: Bioactive Pigments and Antioxidants from Silkworm Excrement
Zvezdelina Yaneva

Zvezdelina Yaneva[1], Denitsa Georgieva[1], Silviya Hristova[1], Radost Guncheva[2], Simona Krasteva[1], Zhani Yanev[4], Videlina Ducheva[1], Georgi Beev[3]
[1] Department of Pharmacology, Animal Physiology, Biochemistry and Chemistry, Faculty of Veterinary Medicine, Trakia University, Stara Zagora, Bulgaria
[2] Department of Animal Husbandry – Non-ruminants and Special Industries, Faculty of Agriculture, Trakia University, Stara Zagora, Bulgaria
[3] Department of Biological Sciences, Faculty of Agriculture, Trakia University, Stara Zagora, Bulgaria
[4] Faculty of Industrial Technologies, Technical University, Sofia, Bulgaria

10:00 ↓ 11:00

PO20204

Development of clean-label hybrid meat products using 3D printing
Konstantina Zampouni

Konstantina Zampouni[1], Danai Morfidou[1], Georgia Ilektra Aidona[1], Anna Rafailia Georgantopoulou[1], Thomas Moschakis[1], Eugenios Katsanidis[1]
[1] Department of Food Science and Technology, School of Agriculture, Faculty of Agriculture, Forestry and Natural Environment, Aristotle University of Thessaloniki, Thessaloniki 54124, Greece

PO20205

Optimizing pear (Pyrus communis L.) production through tree pruning: Physiological and biochemical perspectives for the Kristalli cultivar
Virginia Asfaltidou

Virginia Asfaltidou[1], Georgia Eirini Deligiannidou[1], Petros Mitsikaris[1], Natasa Kalogiouri[2], Athanasios Papadopoulos[1], Thomas Thomidis[1]
[1] Dep. of Nutritional Sciences and Dietetics, International Hellenic University
[2] Dep. of Chemistry, Aristotle University of Thessaloniki

PO20206

Microclimatic Variation and Post-Harvest Storage Time Shape Residue Accumulation and Antioxidant Capacity in Greek Kiwifruit
Theodosios Koimtsidis

Theodosios Koimtsidis[1], Georgia Eirini Deligiannidou[1], Petros Mitsikaris[1], Natasa Kalogiouri[2], Athanasios Papadopoulos[1], Thomas Thomidis[1]
[1] Dep. of Nutritional Sciences and Dietetics, International Hellenic University
[2] Dep. of Chemistry, Aristotle University of Thessaloniki

PO20207

Multi-mycotoxin occurrence and spatial variation in field-grown white cabbage (Brassica oleracea var. capitata) in Greece
Ioanna Prodromou

IOANNA PRODROMOU[1], NATASA KALOGIOURI[2], THOMAS THOMIDIS[3], ANGELOS PATAKAS[1]
[1] Department of Food Science and Technology, University of Patras, G. Seferi 2, 30100, Agrinio, Greece
[2] Laboratory of Analytical Chemistry, School of Chemistry, Aristotle University of Thessaloniki, GR 54124 Thessaloniki, Greece
[3] Department of Nutritional Sciences and Dietetics, International Hellenic University, Macedonia, Sindos, 57400

POSTER PRESENTATIONS

TIME

DAY 1
20.11.26

10:00 ↓ 11:00

PO20208

SeaSeMe: Are You Safe? A Digital Platform for the Personalised Assessment of Mercury Exposure and Selenium Intake from Seafood
Ioanna Kalantzi

Ioanna Kalantzi[1], Dimitra Chatzivasileiou[1], Dimitris Sakellaridis[2], Georgia Panagou[1], Lambros E. Kokokiris[3], Spiros A. Pergantis[4], Manolis Tsapakis[1]
[1] Institute of Oceanography, Hellenic Centre for Marine Research
[2] School of Social Sciences, University of Crete
[3] Department of Nutritional Sciences & Dietetics, International Hellenic University
[4] Department of Chemistry, University of Crete

PO20209

Antioxidant Activity of Dealcoholized Greek Wines: The Role of Grape Variety and Dealcoholization Technology in Low- and No-Alcohol Wine Innovation
Angelos Zamanis

Angelos Zamanis[1], Konstantinos Poulas[2]
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[2] Laboratory of Molecular Biology and Immunology, Division of Pharmacology-Biosciences, Department of Pharmacy, University of Patras, Patras, Greece

PO20210

Preliminary Nutritional Characterization and Fatty-Acid Profile of Free-Range Greek Black Pig Meat
Georgios Gioroudis

Georgios Gioroudis[1], Angelos Zamanis[2], Dimitrios Gioroudis[1]
[1] Gioroudis Farm
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PO20301

The effect of nutritional counseling on fat mass, calorie intake and blood pressure in overweight and obese children and adolescents.
Zinovia Bermperi

Zinovia Bermperi[1], Katerina Methasa[1], Petros Dinas[1]
[1] Department of Nutrition and Dietetics, University of Thessaly, Greece

14:00 ↓ 15:00

PO20302

Ultra-Processed Foods and Mental Health in Children and Adolescents: A Systematic Review
Maria Kantilafti

Maria Kantilafti[1], Stavroula Chrysostomou[1], Antonia Georgiou[1]
[1] European University Cyprus

PO20303

The Role of the Dietitian in the Assessment and Individualized Management of Food Selectivity in Children with Autism Spectrum Disorder: An Multidisciplinary Approach.
Antonia Karagianni

Antonia Karagianni[1,2], Styliani Papakosta[1,2], Dimitrios Sotiropoulos[1], Ilias Galliopoulos[3], Stavroula Galliopoulou[1], Iouliani Nisiotou[1]
[1] Department of Special Education, University of Thessaly, Volos, Greece
[2] ELEPAP, Volos, Greece
[3] Medical School, University of Cyprus

PO20304

Psychometric Evaluation and Validation of the Weight Efficacy Lifestyle Questionnaire – Short Form (WEL-SF) in a Greek Population
Dr Georgios Lyrakos

Dr Georgios Lyrakos[1], Eleni Aslani[2], Mairi Lyrakou[3]
[1] 2nd Adult Psychiatric Clinic, D.Y.Pe – P.E.D.Y. Mental Health Unit, General Hospital of Nikaia "Agios Panteleimon"
[2] 2nd Internal Medicine Department, General Hospital of Nikaia "Agios Panteleimon"
[3] Independent Dietetic Office Lyrakou Mairi

PO20305

Characteristics of the prevalence of orthorexia nervosa
Vasiliki Patsi

Vasiliki Patsi[1]
[1] Dietitian

POSTER PRESENTATIONS

TIME		
DAY 1 20.11.26	PO20306	**Mindful Eating and Associations with Demographic and Socioeconomic Characteristics, Diet Quality, and Indicators of Mental and Physical Health in Women and Men from Urban and Semi-Urban Areas of Crete.** *Rea Stamatiou* Rea Stamatiou[1], Renos Roussos[2], Gizem Ağır[3], Kyriaki Giannou[4], Michail Mantzios[5], Theodora Mouratidou[6] [1] School of Health Sciences, Hellenic Mediterranean University, Crete, Greece. [2] Department of Nutrition and Dietetics Sciences, School of Health Sciences, Hellenic Mediterranean University, Crete, Greece. [3] Department of Nutrition and Dietetics, Faculty of Health Sciences, Acibadem Mehmet Ali Aydinlar University, Istanbul, Turkey. [4] Faculty of Health and Life Sciences, Department of Psychology, De Montfort University, Leicester, UK. [5] Department of Psychology, Birmingham City University, Birmingham, UK. [6] Hellenic Mediterranean University, Crete, Greece.
14:00 ↓ 15:00	PO20307	**Mindful eating, stress levels and diet quality in young adults aged 18-25 in Greece** *Afroditi-Stavroula Zanni* Afroditi-Stavroula Zanni[1], Renos Roussos[2], Gizem Agir[3], Kyriaki Giannou[4], Michail Mantzios[5], Theodora Mouratidou[6] [1] BSc Nutrition and Dietetics Sciences, MSc in Interdisciplinary Management of Chronic Diseases, Disability and Ageing, School of Health Sciences, Hellenic Mediterranean University, Crete. Greece [2] Department Nutrition and Dietetics Sciences, MSc in Epidemiology and Research Methodology in Biomedical Sciences, Clinical Practice and Public Health, School of Medicine, Kapodistrian University, Hellenic Mediterranean University, Crete, Greece [3] Department of Nutrition and Dietetics, Faculty of Health Sciences, Acibadem Mehmet Ali Aydinlar University, Istanbul, Turkey [4] Faculty of Health and Life Sciences, Department of Psychology, De Montfort University, Leicester, UK [5] Department of Psychology, Birmingham City University, Birmingham, UK [6] Department of Nutrition and Dietetics Sciences, School of Health Sciences, Hellenic Mediterranean University, Crete, Greece
	PO20308	**Dietary Protein and Cholesterol Intake and Risk of Depression in Cypriot Adults: A Cross-Sectional Study** *Stavri Chrysostomou* Stavri Chrysostomou[1], Maria Kantilafti[1], Maria Pavlou[1] [1] European University Cyprus
	PO20309	**Association Between Ultra-Processed Food Consumption and Postpartum Depression: Preliminary Findings from a Pilot Study** *Stavri Chrysostomou* Stavri Chrysostomou[1], Katerina Mavroudi[1], Maria Kantilafti[1], Giorgos Panagiotou[1], Thaleia Belali[1] [1] European University Cyprus
DAY 2 21.11.26	PO21101	**Milk Is More Than Food: Multi-Omics Profiling Reveals Species-Dependent Molecular Programs in Milk Extracellular Vesicles** *Christine Anastasiadi* Christine Anastasiadi[1], Maria Lithoxopoulou[2], Anastasia Karagkiozi[3], Christos Tsakalidis[2], Antonis Giannakakis[1] [1] Dpt. of Molecular Biology and Genetics [2] Human Milk Bank, 2nd Neonatology Department & NICU of Aristotle University of Thessaloniki, Papageorgiou Hospital, Greece [3] 1st Department of Obstetrics and Gynaecology, Papageorgiou Hospital, Thessaloniki, Greece
	PO21102	**Artisanal Food Production on the Island of Crete, Greece** *Michail Manolakakis* Michail Manolakakis[1], Georgios A. Fragkiadakis[1] [1] Hellenic Mediterranean University, Department of Nutrition and Dietetics Sciences
09:00 ↓ 10:00	PO21103	**Recipe-Based Nutritional Assessment of Three Granola Formulations in Model Breakfasts** *Athina Charalambidou* Athina Charalambidou[1], Angelos Zamanis[2], Maria Tsakiri[1] [1] Tsakiris Family S.A., Thessaloniki–Kilkis Old National Road, 545 00 Thessaloniki, Greece [2] Laboratory of Molecular Biology and Immunology, Division of Pharmacology-Biosciences, Department of Pharmacy, University of Patras, Patras, Greece
	PO21104	**Comparative composition, processing stability and applications of mammalian colostrum** *Triantafyllia Biza* Triantafyllia Biza[1], Konstantina Zampouni[1], Thomas Moschakis[1] [1] Department of Food Science and Technology, School of Agriculture, Aristotle University of Thessaloniki, 54124, Thessaloniki, Greece

POSTER PRESENTATIONS

DAY 2
21.11.26

TIME

09:00 ↓ 10:00

PO21105

Processing Stability and Clinical Determinants of Donor Human Milk Composition: Paired Evaluation of Holder Pasteurization and Freeze-Drying/Reconstitution
Anastasia Karagkiozi

Anastasia Karagkiozi[1], Christina Anastasiadi[2], Antonis Giannakakis[2], Amalia Aggeli[3], Christos Tsakalidis[4], Maria Lithoxopoulou[4]
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PO21106

Red and White Wine in Cooking: Sensory Function, Phenolic Composition, and Food-Quality Implications
Georgios Palisidis

Georgios Palisidis[1], Aggelos Zamanis[2]
[1] Geogastronomy Tourism Hospitality LAB
[2] University of Patras, Department of Pharmacy

PO21107

Age-Related Differences in Consumer Attitudes Towards Nutrition Labelling: The Need for Simpler Wording and Larger Print
Stylianos Neonakis

Stylianos Neonakis[1], Chrysoula Valiaka[1], Zacharenia Kyrana[2], Konstantina Gerothanasi[3], Efstratios Kiranas[3], Stefania Doulgeraki[1], Lambros E. Kokokiris[1]
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[2] Laboratory of Agronomy, Faculty of Agriculture, Forestry and Natural Environment, School of Agriculture, Aristotle University of Thessaloniki, 54124 Thessaloniki, Greece
[3] Laboratory of Food Science and Nutritional Behavior, Department of Nutritional Sciences and Dietetics, School of Health Sciences, International Hellenic University, Alexander University Campus, Sindos, 57400, Thessaloniki, Greece

PO21108

Gender Influences Consumer Attitudes Towards Food and Nutritional Labelling: The Necessity for Simplified Language and Tailored Formats
Stylianos Neonakis

Stylianos Neonakis[1], Chrysoula Valiaka[1], Zacharenia Kyrana[2], Konstantina Gerothanasi[3], Efstratios Kiranas[3], Stefania Doulgeraki[1], Lambros E. Kokokiris[1]
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PO21109

Microplastic Contamination in Edible Tissues of Nine Aquatic Species from Northern Greece: A Preliminary Assessment of Consumer Exposure
Stylianos Neonakis

Stylianos Neonakis[1], Eirini Paraskeva[2], Stefania Manolaki[3], Stefania Doulgeraki[1], Nafsika Papageorgiou[4], Ioannis Karakassis[3], Lambros E. Kokokiris[1]
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[4] Department of Agricultural Development, Agri-Food and Natural Resources Management, National and Kapodistrian University of Athens, GR 34400, Evripos Complex, Greece

PO21110

Suspected microplastics in the muscle tissue of three fish species from the Oreoi Strait, Greece: a preliminary assessment
Stefania M. Manolaki

Stefania M. Manolaki[1]
[1] Department of Biology, University of Crete, 70013, Iraklio, Greece

PO21111

Effectiveness of a Team-Based Sports Nutrition Education Programme on Sports Nutrition Knowledge in Greek Female Soccer Players: A Pilot Study
Evanthia Leounaki

Evanthia Leounaki[1]
[1] Independent Dietitian-Nutritionist, Athens, Greece

14:00 ↓ 15:00

PO21201

Mediterranean Diet Adherence, Body Mass Index, Disease Activity, and Quality of Life in Patients with Systemic Lupus Erythematosus
Anastasia Markaki

Anastasia Markaki[1], Emmanouel Psylinakis[1], Elpida Georgopoulou[1], Sophia Georgopoulou[1], Nikolaos Thalassinos[1], Vasileia Kounelaki[1], Maroulla Nikolaki[1], Aspasia Spyridaki[1]
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POSTER PRESENTATIONS

TIME

DAY 2
21.11.26

14:00 ↓ 15:00

PO21202

Weight Changes Associated with Antidepressant Treatment: Differences Across Pharmacological Agents

Gavriela Voulgaridou

Gavriela Voulgaridou[1], Stefania Kompou[2], Stylianos Neonakis[3], Lambros E. Kokokiris[3]

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PO21203

Shared Molecular Mechanisms in Osteosarcopenia: A Systematic Computational Analysis Through Literature-Based Text Mining and Functional Enrichment

Gavriela Voulgaridou

Gavriela Voulgaridou[1], Christiana Zidrou[2], Antigoni Malousi[1], Paraskevi Detopoulou[3], Sousana Papadopoulou[4], Elisavet Georgiou[1], Georgios Tzimagiorgis[1]

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PO21204

Nutrition and Lewy Body dementias: A systematic review.

Paraskevi N. Koutsoudaki

Paraskevi N. Koutsoudaki[1],[2], Pinelopi Koutsoudaki[3], Tonia Vassilakou[1], Nikolaos Scarmeas[4],[5], Theodoros N Sergentanis[1]

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PO21205

Ketogenic dietary interventions in adults with high-grade glioma: a systematic review of clinical outcomes

Pavlos Christoglou

Pavlos Christoglou[1], Emily Konstantinou[2], Gavriela Voulgaridou[3], Evangelos Kogias[1]

[1] AHEPA UNIVERSITY HOSPITAL neurosurgery department
[2] Auth University medicine
[3] Department of Nutritional Sciences and Dietetics

PO21206

Sarcopenia in Patients with Heart Failure: Associations with Body Composition and Phase Angle

Maria Foteini Chroni

Maria Foteini Chroni[1], Vasiliki Polychroni[1], Paraskevi Detopoulou[2], Sousana Papadopoulou[1], Gavriela Voulgaridou[3]

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PO21207

The effect of chrononutrition on early vascular dysfunction and cardiometabolic markers in overweight and obese adults: a study protocol of a randomized controlled, parallel-group clinical trial

Katerina Eleftheriou

Katerina Eleftheriou[1], Maria Kantilafti[2], Ioannis Mamais[3], Stavri Chrysostomou[4]

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[2] Lecturer, Clinical Dietetics and Metabolism, Department of Life Sciences, European University of Cyprus
[3] Assistant Professor, Epidemiology, Department of Health Sciences, European University of Cyprus
[4] Associate Professor, Department of Life Sciences, European University of Cyprus

PO21208

Dietary habits, depression, anxiety and sleep problems between elderly with mild cognitive impairment and their healthy caregivers

Dimitra Liouta

Dimitra Liouta[1], Eirini Varoucha[1], Anastasia Markaki[1], Eirini Orfanoy[1], Aspasia Spyridaki[1], Emanoyel Psylinakis[1], Lambros Mathioudakis[2], Ioannis Zaganas[2], Alexandros Zabetakis[2]

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[2] Neurology Neurogenetics Laboratory, school of medicine, university of Crete, Greece

POSTER PRESENTATIONS

DAY 2
21.11.26

TIME		
14:00 ↓ 15:00	PO21209	**Prevalence and Correlates of Sarcopenia in Patients with Gastrointestinal Cancer: A Cross-Sectional Study** *Maria Nikolopoulou* Maria Nikolopoulou[1], Theoni Papagewrgiou[1], Konstantinos Soufleris[2], Gavriela Voulgaridou[3], Sousana Papadopoulou[1] [1] Department of Nutritional Sciences and Dietetics, School of Health Sciences, International Hellenic University, 57400 Thessaloniki, Greece [2] Gastroenterology-Oncology Department, Theageneio Anticancer Hospital of Thessaloniki, 546 39 Thessaloniki, Greece [3] Laboratory of Biological Chemistry, Department of Medicine, School of Health Sciences, Aristotle University of Thessaloniki, 54124 Thessaloniki, Greece
	PO21210	**Association of Ultra-Processed Food Intake and Mediterranean Diet with Malnutrition and Quality of Life in Oncology Patients: A Cross-Sectional Study in Greece** *Maroulla Nikolaki* Maroulla Nikolaki[1],[2], Konstantinos Katsas[3], Stefanos Giovanis[2],[3], Ioanna Karouzou[2], Anastasia Markaki[2] [1] 2nd Department of Gastroenterology, University General Hospital "Attikon", Athens, Greece [2] Department of Nutrition & Dietetics Studies, School of Health Sciences, Hellenic Mediterranean University, Sitia Crete, Greece [3] Department of Clinical Nutrition, University General Hospital "Attikon", Athens, Greece
	PO21211	**CT-derived body composition analysis for the detection of occult sarcopenia in patients with pancreatic cancer** *Konstantina Nikolakopoulou* Konstantina Nikolakopoulou[1], Kalliopi Anna Poulia[1], Panagiotis Sarantis[2], Dimitra Antoniadou[3], Antonis Zampelas[1], Michalis V Karamouzis[2] [1] Laboratory of Dietetics and Quality of Life, Department of Food Science and Human Nutrition, School of Food and Nutritional Sciences, Agricultural University of Athens, Athens, Greece [2] Molecular Oncology Unit, Department of Biological Chemistry, Medical School, National and Kapodistrian University of Athens, Athens, Greece [3] Oncology Department of Daily Hospitality, Laikon General Hospital of Athens, Athens, Greece
	PO21212	**Prognostic value of cytokines for quality of life and survival in pancreatic cancer patients on chemotherapy: a longitudinal observational study** *Kalliopi Anna Poulia* Kalliopi Anna Poulia[1], Panagiotis Sarantis[2], Konstantina Nikolakopoulou[1], Dimitra Antoniadou[3], Antonis Zampelas[1], Michalis V Karamouzis[2] [1] Laboratory of Dietetics and Quality of Life, Department of Food Science and Human Nutrition, School of Food and Nutritional Sciences, Agricultural University of Athens, Athens, Greece [2] Molecular Oncology Unit, Department of Biological Chemistry, Medical School, National and Kapodistrian University of Athens, Athens, Greece [3] Oncology Department of Daily Hospitality, Laikon General Hospital of Athens, Athens, Greece
16:00 ↓ 17:00	PO21301	**Effects of Personalized Hydration During Exercise on Hydration Status and Body Composition: A Randomized Controlled Trial** *Olga Malisova* Olga Malisova[1], Georgios Papaoikonomou[1] [1] University of Patras
	PO21302	**Toward a Comprehensive Understanding of Dietary and Lifestyle Behaviors in ADHD: Development and Feasibility Testing of a Multi-Factorial Dietary and Lifestyle Assessment Protocol for Adults with ADHD** *Mairi Lyrakou* Mairi Lyrakou[1], Artemios Pehlivanidis[2], Mary Yannakoulia[1] [1] Harokopio University [2] National and Kapodistrian University of Athens
	PO21303	**Skinfold Equations versus Bioelectrical Impedance Analysis for Estimating Body Fat in Swimmers and Water Polo Players** *Nafsika Papadia* Nafsika Papadia[1], Gavriela Voulgaridou[2], Elena Papacosta[3], Sousana Papadopoulou[1] [1] Department of Nutritional Sciences and Dietetics, School of Health Sciences, International Hellenic University, 57400 Thessaloniki, Greece [2] Laboratory of Biological Chemistry, Department of Medicine, School of Health Sciences, Aristotle University of Thessaloniki, 54124 Thessaloniki, Greece [3] School of Health Sciences, Department of Life and Health Sciences, Frederick University, Limassol, Cyprus
	PO21304	**Household Food Waste, Diet Behaviours and Food Insecurity in Mediterranean Populations** *Evangelos Sarris* Evangelos Sarris[1], Georgia-Eirini Deligiannidou[1], Chrysoula Valiaka[2], Konstantina Papasarafianou[1], Niki Katsiki[2], Stavros Kalogiannis[2], Theodoros Constantinidis[1], Christos Kontogiorgis[1] [1] Democritus university of thrace [2] International Hellenic University

POSTER PRESENTATIONS

TIME

DAY 2
21.11.26

16:00 ↓ 17:00

PO21305

Learning Gaps and Educational Needs of Athlete Support Personnel Regarding Nutritional Supplements and Doping Prevention: A Cross-National Qualitative Study
Sousana K. Papadopoulou

Sousana K. Papadopoulou[1], Gavriela Voulgaridou[1], Vasileios Barkoukis[2], Nenad Dikic[3], Ladislav Petrovic[4], Ruta Banyte[5], Ria Vanderstraeten[6], Anne-Marie Elbe[7], Ioannis Paliokas[8]
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[2] School of Physical Education and Sport Science, Aristotle University of Thessaloniki, Thessaloniki, Greece
[3] Sports Medicine Association of Serbia, Belgrade, Serbia
[4] Sport Coaching Europe, Paola, Malta
[5] Lithuanian Anti-Doping Agency, Vilnius, Lithuania
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[7] Faculty of Sport Science, Leipzig University, Leipzig, Germany
[8] Department of Accounting and Finance, Democritus University of Thrace, Kavala, Greece

PO21306

Quality in Healthcare and Dietetics: Pillars and Evidence
Kalliopi Androulaki

Kalliopi Androulaki[1], Athanasia Samara[1], Anastasia Markaki[1], Vasiliki Petousi[2], Georgios Fragkiadakis[1]
[1] Hellenic Mediterranean University
[2] University of Crete

PO21307

Training Food Influencers for Responsible Recipe Content: The DietWise Project Pilot in Greece
Dimitra P. Sigala

Dimitra P. Sigala[1], Elena Patra[1], Maria Hassapidou[1], Rosaly Severijns[2], Nefeli Kousta[3], Nikos Paraskevopoulos[3], Matina Kouvari[4], Evangelia Zioga[4], Antonio De Carluccio[5], Cecilia D'Acunto[5], Elzė Uždavinytė[6], Jugnė Jūnė Jonušaitė[7], Caroline Coeckelbergh[8], Gabija Bulotaitė[9], Donatas Austys[9], Siegfried Dewitte[2], Ioannis Pagkalos[1]
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[3] Institute of Communication & Computer Systems (ICCS), NTUA, Athens, Greece
[4] Prolepsis Institute, Athens, Greece
[5] Safe Food Advocacy Europe A.S.B.L. (SAFE), Brussels, Belgium
[6] AdCogito, Institute for Advanced Behavioral Research, Vilnius, Lithuania
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[8] Flemish Institute for Healthy Living (Vlaams Instituut Gezond Leven vzw), Brussels, Belgium
[9] Public Health Department, Institute of Health Sciences, Faculty of Medicine, Vilnius University, Vilnius, Lithuania

PO21308

Diet Under Pressure: The Impact of Occupational Stress and Time Constraints on Workplace Nutrition
Pinelopi Milkoudi

Pinelopi Milkoudi[1], Calliope Karastogiannidou[1]
[1] Department of Nutritional Sciences and Dietetics, International Hellenic University

PO21309

Emotional Intelligence in Relation to Eating Behaviour, Psychological Symptoms, and Body Mass Index in Adults Preliminary Findings
Constantina A. Jacovides

Constantina A. Jacovides[1], Agathi Pritsa[1], Souzana K. Papadopoulou[1], Constantinos Giaginis[2], Niki Katsiki[1]
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DAY 3
22.11.26

09:00 ↓ 10:00

PO22101

From Knowledge to Action: Exploring Perceptions and Attitudes Towards Food Sustainability.
Meziridis Georgios

Meziridis Georgios[1], Calliope Karastogiannidou[1]
[1] Department of Nutritional Sciences and Dietetics, School of Health Sciences, International Hellenic University, 57400 Thessaloniki, Greece

PO22102

The Cost of High Yields: A Comparative Review of Nutritional Density in Crop Wild Relatives Versus Commercial Staples
Evgenia Koukoutsi Karanasiou

Evgenia Koukoutsi Karanasiou[1], Harsimran Kaur[2], Elisabete Pinto[2], Calliope Karastogiannidou[1], Marta Vasconcelos[2]
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POSTER PRESENTATIONS

TIME

DAY 3
22.11.26

09:00 ↓ 10:00

PO22103

Fabrication and characterization of 3D-printable hybrid meat analogues
Danai Morfidou

Danai Morfidou[1], Konstantina Zampouni[1], Thomas Moschakis[1], Eugenios Katsanidis[1]
[1] Department of Food Science and Technology, School of Agriculture, Faculty of Agriculture, Forestry and Natural Environment, Aristotle University of Thessaloniki, Thessaloniki 54124, Greece

PO22104

Food Safety on High Alert: A Study of RASFF Notifications
Maria Papadopoulou

Maria Papadopoulou[1], Calliope Karastogiannidou[2]
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[2] International Hellenic University, 57400 Thessaloniki, Greece

PO22105

Moundovina Mead from Chalkidiki: Quality Characterization and Regulatory Framework
Georgios Saropoulos

Georgios Saropoulos[1], Stylianos Neonakis[2], Spyridon Kamtsios[1], Stella A. Ordoudi[1]
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PO22106

Neural correlates of flavor integration revealed by High-Density EEG using time-frequency analysis
Maria Sifakaki

Maria Sifakaki[1], Lucie Ben Sussan[2], Charlotte Sinding[1], Thibault Chabin[2]
[1] Institut Agro, Université Bourgogne Europe, CNRS, INRAE, UMR CSGA, 21000 Dijon, France
[2] Institut Agro, Université Bourgogne Europe, CNRS, INRAE, PROBE research infrastructure, ChemoSens facility, F-21000 Dijon, France

PO22107

From Greek Flora to White Brined Cheese: A Research Framework for Innovative Value-Added Dairy Products
Glykeria Stefanou

Glykeria Stefanou[1], Triantafyllia Biza[1], Thomas Moschakis[1]
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PO22108

Designing a Theory- Based Nutrition Education Intervention to Reduce Household Food Waste in Greece: The DESIGN Model Approach
Olga Meintani

Olga Meintani[1], Emilia Vasilopoulou[1]
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PO22109

Dietary and Nutritional Interventions for Attention-Deficit/Hyperactivity Disorder Across All Ages: A Systematic Review and Synthesis of the Evidence
Dafni Athanasaki

Dafni Athanasaki[1,2], Ioanna Samara[3], Anthi Kitsikoudi[4], Dimitris Efthymiou[3], Emilia Vassilopoulou[1,3,5,6,7]
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10:00 ↓ 11:00

PO22201

Sarcopenia and Its Clinical and Biochemical Correlates in Patients with Lung Cancer
Ioanna Lyberopoulou

Ioanna Lyberopoulou[1], Sofia Chatzipavli[1], Gavriela Voulgaridou[2], Dimitrios Papandreou[3], Theodora Tsiouda[4], Sousana Papadopoulou[1]
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POSTER PRESENTATIONS

TIME

DAY 3
22.11.26

PO22202

Prevalence and Correlates of Sarcopenia in Patients with Coronary Artery Disease
Christina Lymperaki

Christina Lymperaki[1], Despoina Papanikolaou[1], Paraskevi Detopoulou[2], Sousana Papadopoulou[1], Gavriela Voulgaridou[3]
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PO22203

Nutritional Interventions in Neoplasmatic Bone Metastases
Charilaos Mamalis

Charilaos Mamalis[1]
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PO22204

Dietary Patterns and Picky Eating in Preschool Children: Trends and Parental Concerns in the Region of Thessaloniki
Alexandros Manikas

Alexandros Manikas[1], Niki Katsiki[1], Agathi Pritsa[1], Eirini Georgia Deligiannidou[1]
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PO22205

Early-life microbiome,acne susceptibility and nutritional implications: a research hypothesis
Greta Pupa

Greta Pupa[1]
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10:00
↓
11:00

PO22206

Nutritional Status and Quality-of-Life Dimensions in Patients with Cancer Prior to Systemic Therapy: An Observational Study
Pinelopi Tasiopoulou

Pinelopi Tasiopoulou[1], Maria Bletsa[1], Efstathios Skoufas[1], Grigoris Risvas[1]
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PO22207

Correlation Between Nutritional Status (GLIM), Albumin Levels, and Functional Ability (Barthel Index) in Elderly Patients Following Orthopedic Surgery in the Early Phase of Rehabilitation
Anastasia Tsiotika

Anastasia Tsiotika[1], Faidra Dagkoglou[1],[2]
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PO22208

Sarcopenia-Related Characteristics in Older Adults with Dysphagia: A Cross-Sectional Study
Iwanna Vourvachi

Iwanna Vourvachi[1], Lampros Mathioudakis[2], Nikolaos Rikos[3], Michael Rovithis[4], Vasileios Raikos[1], Eirini Orfanou[1], Anastasia Markaki[1]
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PO22209

Development and Optimization of an LC-MS/MS Method for 25(OH)D3 Quantification in Dried Blood Spots (DBS): A Work-in-Progress Study
I. Rizopoulou

I. Rizopoulou[1], M. Thaitumu[1],[3], O. Begou[1],[2], H. Gika[1],[3], G. Theodoridis[1],[2],[4]
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11:30
↓
12:30

PO22301

The role of short-form content and Artificial Intelligence platforms in the spread of nutrition misinformation: A comparative review
Georgios Koutselinis

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POSTER PRESENTATIONS

TIME

DAY 3
22.11.26

PO22302

Body Mass Index and fat distribution as risk factors for cardiovascular disease: a nutrigenetic approach
Eleni Maria Matzakou

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PO22303

Diet, exercise and Diabetes Mellitus management
Foivos-Vaios Paliouras

Foivos-Vaios Paliouras[1], George Fragkiadakis[1]
[1] Hellenic Mediterranean University Department of Nutrition and dietetic sciences

PO22304

The association of non-invasive indices indicating hepatic steatosis and/or steatohepatitis with cardiovascular disease incidence: the ATTICA cohort study (2002-2022)
Maria Partsafa

Maria Partsafa[1], Evangelia Damigou[1], Matina Kouvari[1], Fotios Barkas[2], Konstantinos Tsioufis[3], Christina Chrysohoou[3], Christos Pitsavos[3], Evangelos Liberopoulos[4], Petros P. Sfikakis[4], Dimosthenis Panagiotakos[1]
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PO22305

Influence of Mediterranean diet adherence and antioxidant consumption on well-being among adults in Florina.
Paraskevi Savvidou

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11:30
↓
12:30

PO22306

Diet, exercise, and pharmacological interventions in weight management: Trends and perceptions regarding GLP-1 receptor agonists among the population of Central Macedonia
Styliani Stathi

Styliani Stathi[1], Eirini Deligiannidou[1], Niki Katsiki[1], Agathi Pritsa[1]
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PO22307

Individual Mediterranean Dietary Habits in Adults with Type 2 Diabetes: A Secondary Analysis
Georgia Tsakalou

Georgia Tsakalou[1]
[1] Department of Nutrition and Dietetics, University Of Thessaly

PO22308

Beyond weight loss: Body composition changes with GLP-1-based therapies with and without diabetes
Lydia Tsokri

Lydia Tsokri[1]
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PO22309

Dietary and protein supplement use among athletes in Greece: prevalence, information sources, and determinants
Efthymia Syntridou

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DEPARTMENT OF NUTRITIONAL SCIENCES & DIETETICS
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Zouzo Vaia

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