

Aikaterini Kandyliari

Laboratory Teaching Staff, Department of Food Science and Human Nutrition,
Agricultural University of Athens
Food Chemist – Food Scientist

kkandyliari@aua.gr
Iera Odos 75, 11855, Athens, Greece
210-5294969

Academic Experience

- 2022-today** **Lab. Teaching Staff**, Department of Food Science and Human Nutrition, Agricultural University of Athens, Greece
- 2021-2022** **Post-doctoral researcher**, Department of Food Science and Nutrition, University of Aegean, Lemnos, Greece
- 2015-2020** **Visiting Research Scholar**, Yale University, School of Public Health, USA, Research on toxicity and anticancer activity of chemical compounds and food by-products
PhD in Food Science, Department of Food Science and Human Nutrition, Agricultural University of Athens, Greece.
- 2009-2015** **BSc in Chemistry**, Department of Physical Sciences, National and Kapodistrian University of Athens, Greece

Μετεκπαίδευση

- 06/2021 - 09/2021** **Scientific and Technical Managers of Food and Beverage Businesses**, Hellenic Association of Chemists
- 10/2018 - 04/2019** **Isolation and identification of protein fractions, design and implementation of studies with experimental animals and cell lines**, Yale University, School of Public Health, USA, Visiting Research Scholar
- 06/2018** **Global Challenges**, Bergen Research Summer School, University of Bergen, Norway,

Research & Teaching experience

- 10/2022-today** **Lab. Teaching Staff**, Department of Food Science and Nutrition, University of the Aegean, Lemnos, Greece
Participation in the teaching of the courses of Food Chemistry, Special Chapters Food Chemistry and Analysis, Food Physical Chemistry, Food Analysis Methods, Food & Nutrition Policy
- 03/2020 – today** **Researcher**, Department of Food Science and Nutrition, University of the Aegean, Lemnos, Greece
- Determination of natural bioactive components and study of bioactivity with *in vitro* digestion model.
-Determination of antioxidants and phenolic content with spectroscopy, fluorometry, liquid chromatography, etc.
-Analysis of plasma samples with biochemical analyzer and an immunological analyzer to study the postprandial effect.
-Analysis of olive oil products for determination of antioxidant substances.
-Development of novel foods and implementation of clinical studies to investigate their effect on gastrointestinal diseases.
-Teaching undergraduate courses "History of Nutrition", "Nutrition in Physical Activity", "Nutrition and Public Health" as an Academic Scholar 2021-2022.
-Participation in the teaching of the postgraduate course "Nutrition and Metabolism"
-Supervision of undergraduate and postgraduate students' thesis
- 09/2019 - 10/2020** **Researcher**, Agricultural University of Athens, Department of Food Science and Human

Nutrition, Athens

- Determination of the nutritional value of fish by-products; fatty acid profile, determination of metals and trace elements, proteins, ash, moisture, total fat, proteins, with Kjeldahl apparatus, chromatography and inductively coupled plasma mass spectrometry techniques.
- Determination of bioactive components of fish with *in vitro* digestion model and spectrophotometry.
- Microbiological load analyses of fish by-products.
- Research on the determination of hydration levels using a biochemical analyzer, spectrophotometer, osmometer for analysis of plasma and urine samples in the framework of the research project "Determination of hydration levels" project.
- Collection and processing of data on bioactive food components in the framework of the research project "Bacchus: The beneficial effects of dietary bioactive peptides and polyphenols on cardiovascular health of humans"
- Qualitative research in programs to deal with food insecurity in the Greece (TEBA & School Meals Actions of the Ministry of Labor, Social Security and Social Solidarity)
- Participation in the trainings of the "Mediterraninity" and "Summer School" programs in the framework of the "New Agriculture for a New Generation" program.
- Supervision of postgraduate and undergraduate students' thesis.
- Ancillary teaching during the academic year 2015-2016 in the laboratory of the "Food Chemistry" course

03/2020 – today

Researcher, Prolepsis Institute

- Monitoring processes to ensure food safety and quality within the framework of the "NUTRITIONAL" feeding program.
- Management of European ERSAMUS+ projects and national projects (indicative ChemSM-HUB, E-Safe, QuaAuthentic_GR) on food quality, food safety, food composition and chemical safety

09/2018 – 04/2019

Visiting Researcher, Yale University, School of Public Health, USA

- Collection and analysis of laboratory animal tissues
- Preparation of samples for metabolomic analysis and determination of the effect of alcohol consumption on liver function.
- Development of cell lines to investigate antiproliferative action.
- Analysis and determination of protein fractions of fish hydrolysates

Awards

- 2021** 3rd Prize in the Ecotrophelia Competition as supervisor of the University of the Aegean team
- 2019** 1st Prize on Competition of Entrepreneurship and Innovation, "Trophy Challenge", Stavros Niarchos Foundation
- 2019** "Maria Vlachou Award 2019", Global Agripreneurs Summit, Thessaloniki International Fair
- 2018** Fulbright Visiting Research Student Scholarship, Yale University, CT, USA, Fulbright Institution
- 2018** Scholarship for participation in "BSRS 2019" in Norway on the topic of Global Challenges, University of Bergen
- 2018** 2nd Prize on Competition of Entrepreneurship and Innovation, "InnovinAgri", Athens Exchange Market

Languages

Greek	Native
English	Excellent, Certificate of Proficiency in English, Level C2
German	Basic, State Language Certificate, Level B2

Publications

Research peer reviewed papers

1. Kandyliari, Aikaterini, Panagiota Potsaki, Panoraia Bousdouni, Chrysoula Kaloteraki, Martha Christofilea, Kalliopi Almpounioti, Andreani Moutsou, Chistodoulos K. Fasoulis, Leandros V. Polychronis, Vasileios K. Gkalpinos, Andreas G. Tzakos, and Antonios E. Koutelidakis. 2023. "Development of Dairy Products Fortified with Plant Extracts: Antioxidant and Phenolic Content Characterization" *Antioxidants* 12, no. 2: 500. <https://doi.org/10.3390/antiox12020500>
2. Bousdouni P, Kandyliari A, Koutelidakis AE. (2022) Probiotics and Phytochemicals: Role on Gut Microbiota and Efficacy on Irritable Bowel Syndrome, Functional Dyspepsia, and Functional Constipation. *Gastrointestinal Disorders*.
3. Kandyliari A., Elmaliklis I.N., Kontopoulou O., Tsafkopoulou M, Komninos G., Ntzatha C., Petsas A., Karantonis H.C., Koutelidakis A.E. (2021) An epidemiological study report on the antioxidant and phenolic content of selected Mediterranean functional foods, their consumption association with the Body Mass Index, and consumers purchasing behavior in a sample of healthy Greek adults. *Applied Sciences*
4. Malisova O, Vlassopoulos A, Kandyliari A, Panagodimou E, Kapsokoufalou M (2021). Dietary intake and lifestyle habits of children aged 10-12 years enrolled in the School Lunch program in Greece: a cross sectional analysis, *Nutrients*.
5. Koelmel J, Tang W, LY, Bowden J, Ahmadireskety A, Patt A, Orlicky D, Mathé E, Kroeger N, Thompson D, Cochran J, Golla J, Kandyliari A, [...] Vasiliou V. (2021) Lipidomics and Redox Lipidomics Indicate Early-Stage Alcohol-Induced Liver Damage, *Hepatology Communications*.
6. Kandyliari A, Mallouchos M, Golla JP, Vasiliou V, Kapsokoufalou M (2020). Nutrient Composition, Fatty Acid and Protein Profile of Selected Fish By-Products, *Foods*.
7. Kandyliari A, Karavoltos S, Sakellari A, Anastasiadis P, Asderis M, Papandroulakis N, Kapsokoufalou M (2020). Trace metals in six fish by-products of two farmed fishes, the gilthead sea bream (*Sparus aurata*) and the meager (*Argyrosomus regius*): Interactions with the environment and feed. *Human and Ecological Risk Assessment*.
8. Golla JP, Kandyliari A, Ying TW, Chen Y, Orlicky D, Thompson D, Shah Y, Vasiliou V (2020). Interplay between APC and ALDH1B1 in a newly developed mouse model of colorectal cancer. *Chemico-Biological Interactions*
9. Athanasatou A, Kandyliari A, Malisova O, Kapsokoufalou M (2019). Fluctuations of water intake and of hydration indices during the day in a sample of healthy Greek adults. *Nutrients*
10. Athanasatou A, Kandyliari A, Malisova O, Pepa A, Kapsokoufalou M. (2018). Sodium and potassium intake from food diaries and 24h urine collections from seven days in a sample of healthy Greek adults. *Frontiers in Nutrition*
11. Athanasatou A, Malisova O, Kandyliari A, Kapsokoufalou M. (2016) Water Intake in a Sample of Greek Adults Evaluated with the Water Balance Questionnaire (WBQ) and a Seven-Day Diary. *Nutrients*

Conference Proceedings

1. Bousdouni P, Kaloteraki C, Almpounioti K, Potsaki P, X Kandyliari A. and Koutelidakis A (2022) Development, in vitro digestion analysis and organoleptic characterization of dairy products enriched with antioxidant extract , 41st SOMED Conference, Alexandroupoli
2. Kandyliari A, Bousouni P, Christofilea M, Potsaki P, Kaloteraki C, Almpounioti K, Moutsou A, Koutelidakis A, (2022) Dairy products fortified with plant extracts from North Aegean: characterization of their bioactivity, bioavailability and organoleptic characteristics. 30th International Conference of FFC - 18th International Symposium of ASFFBC, Λήμνος
3. Bousouni P, Kandyliari A, Koutelidakis A (2022) Phytochemical and Probiotic consumption: Role on gut microbiota and efficacy on gastrointestinal disorders, 30th International Conference of FFC - 18th International Symposium of ASFFBC, Λήμνος
4. Kaloteraki C., Almpounioti K., Potsaki P., Bousdouni P., Kandyliari A., Koutelidakis A.E. (2021). Total Antioxidant Capacity and Phenolic Content of 17 Mediterranean functional herbs and wild green extracts from North Aegean, Greece. 2nd International Electronic Conference on Foods 2021, MDPI, virtual
5. Tang W, LY., Koelmel J, Bowden J, Ahmadireskety A, Patt A, Orlicky D, Mathé E, Kroeger N, Thompson D, Cochran J, Golla J, Kandyliari A, [...] Vasiliou V (2020). Lipidomics and redox lipidomics indicate early stage alcohol-induced

liver damage. 16th Annual Metabolomics 2020 Conference, virtual.

- Kandyliari A, Golla JP, Chen Y, Papandroulakis N, Kapsokoufalou M, Vasiliou V. (2019). Antiproliferative Activity of Protein Hydrolysates Derived from Fish By-Products on Human Colon and Breast Cancer Cell Lines. FENS 2019, Dublin, Ireland
- E. Chatzivagia E., Vlassopoulos A., Malisova O., Pepa A., Filippou K., Kandyliari A., Kapsokoufalou M (2019) Food choices and the double burden of malnutrition in post- economic crisis Greece: a case-control study. FENS 2019, Dublin, Ireland
- Golla JP, Kandyliari A, Ying TW, Chen Y, Orlicky DJ, Thompson DC, Shah YM, Vasiliou V (2019). Identification of dual role of APC and ALDH1B1 in a newly developed mouse model colorectal carcinogenesis: Preliminary insights. 4th International Alcohol and Cancer Conference, Rhode Island, USA
- Kandyliari K, Mallouchos A, Sakellari A, Papandroulakis N, Karavoltsos S, Kapsokoufalou M (2018). Nutrient Composition and Prediction of Iron Bioavailability of Fish By-Products. AQUA 2018, Montpellier, France
- Kandyliari K, Athanasatou A, Malisova O, Kapsokoufalou M (2016). Is fish consumption a key component of the Mediterranean dietary habits in Greece today? 1st World Conference on the Mediterranean Diet, Milan, Italy
- Kandyliari K, Athanasatou A, Malisova O, Pepa A, Kapsokoufalou M (2015). Estimation of Na and K intake and measurement of Na and K in 24h urine samples. 12th European Nutrition Conference, FENS, Berlin, Germany
- Potsaki P., Moutsou A., Kaloteraki C., Bousdouni P., Kandyliari A., Koutelidakis A.E. (2021). Determination of the Total Antioxidant Capacity and Phenolic Content Of Fruits' And Vegetables' Byproducts from the North Aegean Region (Lemnos Island). 16o Πανελλήνιο Συνέδριο Διατροφής & Διαιτολογίας, Αθήνα, Ελλάδα
- Papagianni O., Kandyliari A., Psathakis C., Kontolampados G., Manoli M., Liampotis M., Dimou C., Koutelidakis A. (2021) Bioavailability of antioxidant ingredients through in vitro gastrointestinal digestion in the flesh and byproducts of selected fruits. 16o Panhellenic conference of Dietetics and Nutrition, Athens, Greece
- Potsaki P, Kandyliari A, Moutsou A, Kaloteraki C, Bousdouni P, Koutelidakis A. (2022) Application of an in vitro gastrointestinal digestion model to investigate the bioavailability of antioxidants and phenolic components of selected fruit by-products for the enrichment of kefir, 1st International Conference of Nutritional Sciences and Dietetics, Thessaloniki
- Bousdouni P., Kaloteraki C., Almpounioti K, Potsaki P., Kandyliari A. and Koutelidakis A.E. (2022) Development, invitro digestion analysis and organoleptic characterization of dairy products enriched with antioxidant extracts, 41st SOMED Conference, Alexandroupoli
- Dairy products fortified with plant extracts from North Aegean: characterization of their bioactivity, bioavailability and organoleptic characteristics (2022), Aikaterini Kandyliari, Panoraia Bousouni, Martha Christofilea, Panagiota Potsaki, Chrysoula Kaloteraki, Kalliopi Almpounioti, Andreani Moutsou, Antonios E. Koutelidakis, 30th International Conference of FFC - 18th International Symposium of ASFFBC, Lemnos
- Phytochemical and Probiotic consumption: Role on gut microbiota and efficacy on gastrointestinal disorders (2022), Panoraia Bousouni, Aikaterini Kandyliari, Antonios E. Koutelidakis, 30th International Conference of FFC - 18th International Symposium of ASFFBC, Lemnos

Book Chapters

- Olive oil and honey: Guide for consumers, Prolepsis Institute 2021 within the QuaAuthentic_GR program, NSRF Research-Create-Innovate, <http://www.quaauthentic.gr/our-material-gr/>
- Olive oil and honey: Guide for producers, Prolepsis Institute 2021 in the framework of the QuaAuthentic_GR program, NSRF Research-Create-Innovate, <http://www.quaauthentic.gr/our-material-gr/>

Book Translations

- ChemSM HUB Pocket Guide for Downstream Users and Distributors of Chemicals, Publisher Nofer Institute of Occupational Medicine in Lodz, 8 Sw. Teresy Street, Lodz, Poland 2020, ISBN:978-83-63253-31-

Extracurricular information

- Member of the Association of Greek Chemists, Greece
- Member of the Fulbright Alumni Association, Greece