

CURRICULUM VITAE

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Education

- ◇ 1978-1984
German School of Athens (Greek Gymnasium and Lyceum, German Abitur)
- ◇ 1985-1991
Justus Liebig University, Department of Human Nutrition Giessen, **Germany**,
Diploma oec. Troph. (equivalent to British Master of Science in Human Nutrition).
Dissertation title. The Evaluation of the Giessen Nutrition Project (GEP)
Dissertation-supervisor: Prof. E. Menden.
- ◇ 1991
Justus Liebig University, Department of Human Nutrition Giessen, **Germany**.
Postgraduate laboratory course on «Applied Biochemistry in Human Nutrition»
coordinated by Prof. G. Rehner (one year).
- ◇ 1992, 5-23 October
European Postgraduate Course on the Production and Use of Food Composition

- Data in Nutrition, Doorwerth, The Netherlands. Organized by Prof. Clive West, Department of Human Nutrition, Landbouw Universiteit Wageningen, The Netherlands
- ◇ 1995 10-17 March
European Nutrition Leadership Program (ENLP), Luxembourg-city, coordinated by Prof. Joseph GAJ Hautvast, Department of Human Nutrition, Landbouw Universiteit Wageningen, The Netherlands. This seminar was supported by a grant of the European Commission)
 - ◇ 1992, 2-6 November
Product Management Course, Athens, organized by the European Communities Integrated Mediterranean Programs.
 - ◇ 1992-1998
Justus Liebig University, Department of Human Nutrition, Giessen, Germany in collaboration with the Athens School of Public Health, Department of Nutrition and Biochemistry/ Greek National Nutrition Center.
 - ◇ Exploitation of the **Ph.D. thesis**. Title: Harmonization and Comparability of information on Food Habits, based on Greek, German and Hungarian Household Budget Survey data.
 - ◇ 1999 PhD
PhD Dr.oec. **troph**, (oecotrophology) Justus Liebig University Giessen, Dept of human Nutrition. Supervisors: Prof U.Leonhauser, Prof C.Leitzmann
 - ◇ 2001
“Mediterranean School of Epidemiology and Statistical Methods in Biomedical Research”, Director Dr. A.Nicolosi, organized by the Consiglio Nazionale delle Ricerche – Istituto di Technologie Biomediche Avazate- Department di Epidemiologia e Informatica Medica.
Isola di Capo Rizzuto (Crotone), 3-8 September 2001.
Epidemiology by Prof. D. Trichopoulos
Biostatistics by Prof. J.Osborn).
 - ◇ 2011-2012
European Society for Clinical Nutrition and Metabolism (ESPEN), Life Long Learning (LLL) Programme of Clinical Nutrition and Metabolism, Master level Certificate **LLL Teacher**, LLL Course in Clinical Nutrition. Barcelona, 7 Sept 2012,
 - ◇ 2014
Certified practitioner of **Neuro-Linguistic Programming**, European Board of NLP, 21.1.2014

Scientific collaborator at research projects:

- ◇ 1992-1994 STRIDE HELLAS, project: «Nutrition Strategy: Networking and Cooperation for the Development of Research Infrastructure and services provision»
- ◇ 1992-1993 «Integrated Mediterranean Programs»
- ◇ 1992 - 1997, EU Program: Cooperation in Science and Technology with Eastern European Countries, Project: «Data Food Network (DAFNE I) Network for the pan-European food data bank based on Household Budget Surveys (HBS) data»
- ◇ 1995- 1997, EU Program: Agriculture and Agro-Industry, including fisheries, program (FAIR), Project: «Data Food Network (DAFNE II) Network for the pan-European food data bank based on Household Budget Surveys (HBS) data»
- ◇ 1994 -1998, EU and WHO project: European Prospective Investigation into Cancer and Nutrition (EPIC).
- ◇ 1995-1998, COST Action 99: Food consumption and food composition data, observer.
- ◇ 2012-2014 Scientific collaborator of the European Project entitled IDENTIFICATION OF REPRODUCTIVE, SOMATOMETRIC, NUTRITIONAL AND OTHER FACTORS RESPONSIBLE FOR THE SECULAR INCREASE OF BREAST CANCER INCIDENCE IN GREECE in the context of “THALIS”– TEI ATHENS, Long Life Learnig, MIS 377048, Project Leader Prof A. Lagiou.
- ◇ 2015-2016 Representing Greece, as a partner of the European Erasmus Project:“**Assessment of traineeships within the European credit transfer system. A-TEST**” European project code 80165. Greek Partner leader: Prof G. Panagiariis (TEI Athens)
- ◇ 2015, External scientific collaborator of the Hellenic Health Foundation (HHF, Head: Antonia Trichopoulou) for the European Project HYDRIA "**HYDRIA. Program and targeted action on the health and nutrition of the Greek population: development and implementation of methodology and documentation**".The HYDRIA study is co-financed by the European Union (European Social Fund) and national resources.*Project Code MIS 346816, Thematic Priority "Consolidation of the reform in the Mental Health Sector. Development of Primary Health Care and promoting the Public Health of the population", Operational Programme “Human Resources Development”, NSRF 2007-2013.
- ◇ 2017-2019 “AgroFood Innovation Clusters”, with acronym “AgroLabs” co-financed by Transnational Cooperation Programme Interreg V-B “Balkan – Mediterranean”

2014 – 2020. BMP1/1.2/2158/2017

- ◇ 2020-2023 Meddiet Agent-Intelligent Context-aware - developing mobile application for healthier food choice, MIS 2076, Project nr. 3185, NSRF (National Strategic Reference Framework, European Union Funds at national level 2014-2020). Scientific collaborating partner for Greece-UniWA,
- ◇ 2021-2024 ICHTHYS-Enhancing Seafood Quality and Self-Life – Project nr. 872217, European Project H2020-MSCA-RISE-2016, deputy project coordinator for Greece-UniWA

Profession (Academic Sector)

- ◇ January 1992 - 2003:
Athens School of Public Health, Department of Nutrition and Biochemistry, Nutritionist, research assistant (full time).
 - ◇ Lecturer in Nutrition at the postgraduate Master course of the Athens School of Public Health for medical doctors and similar professions.
- ◇ 1992-2000:
Technical University of Athens, Department of Education on Health Caring Professions, Lecturer (part time) theoretical lessons and lab courses.
- ◇ April - July 1993
Kings College London, Department of Nutrition and Dietetics, Research Assistant in collaboration with Dr. M. Nelson for the comparison among the British National Food Survey and the Food Expenditure Survey.
- ◇ September 2000- January 2003:
Harokopeio University Athens, Department of Home Economics,
 - ◇ Junior lecturer (part time) in Nutrition.
 - ◇ Senior lecturer (full time). 2002-2003
- ◇ January 2003 – August 2012
Technical University of Athens (Technical Educational Institute TEI), Department of Education on Health Caring Professions, General Dept of Medical lessons, Associate Professor in Nutrition (full time)
- ◇ August 2012 – August 2013
Professor in Nutrition (full time) at the **Technical University of Athens (Technical Educational Institute TEI)**, Department of Education on Health Caring Professions, General Dept of Medical lessons,
- ◇ September 2013- February 2018
Professor in Nutrition (full time) at the **Technical University of Athens**

(Technical Educational Institute TEI), Department of Food Technology and Nutrition, Faculty of Food Technology

- ◇ Since March 2018,
Professor in Nutrition at the **University of West Attica (UniWA)**, Dept of Food Science and Technology, Faculty of Food Science

More than 15 years teaching experience, at **MSc courses**, as an invited Professor/Speaker, at Greek Universities.

Profession (Business Sector)

Nutritionist, dietary consultant

- ◇ 1994-2020 private practice: consulting on dietary issues, mainly weight loss management, promoting healthy eating habits, and dietary modifications.
- ◇ 2008-2020 gene-based dietary advisor, based on genotyping (Nutrigenetics, Nutrigenomics, precision nutrition, personalized nutrition).

Main Publications

- ◇ Papatesta, E.M.; **Kanellou, A.**; Peppas, E.; Trichopoulou, A. Is Dietary (Food) Supplement Intake Reported in European National Nutrition Surveys? *Nutrients* 2023, 15, 5090. <https://doi.org/10.3390/nu15245090>
- ◇ **Kanellou, A.**, Papatesta, E., Martimianaki, G., Peppas, E., Stratou, M., & Trichopoulou, A. (2022). Dietary Supplement use in Greece: Methodology and Findings from the National Health and Nutrition Survey – HYDRIA (2013-2014). *British Journal of Nutrition*, 1-24. doi:10.1017/S000711452200321X
- ◇ Valentina Stefanou, Anastasia **Kanellou**, Dionisios Antonopoulos, Dimitris Timbis, Dimitra Margari, Panagiota Xenou, Maria Dekavala, Raikou Marianna, Myrto Trianti, Ioannis Tsaknis, & Vladimiro Lougovois. (2022). Pomegranate for Diabetes and its' Complications Amelioration. *International Journal of Pharmaceutical and Bio Medical Science*, 2(08), 249–279. <https://doi.org/10.47191/ijpbms/v2-i8-03>
- ◇ Trapali, M.; Houhoula, D.; Batrinou, A.; **Kanellou, A.**; Strati, I.F.; Siatelis, A.; Halvatsiotis, P. Association of TNF-308G/A and LEPR Gln223Arg Polymorphisms with the Risk of Type 2 Diabetes Mellitus. *Genes* 2022, 13, 59. <https://doi.org/10.3390/genes13010059>
- ◇ Valentina Stefanou, Dimitris Timbis, Anastasia **Kanellou**, Dimitra Margari, Myrto Trianti, Ioannis Tsaknis, Anastasia Azar Naka, Vladimiro Lougovois. Wound Healing Properties of Pomegranate. *Archives of Microbiology and Immunology* 5

(2021): 263-291

- ◇ Tsakali, E., Aroni, M., Marouda, M., **Kanellou**, A., Tsaknis, J., Houhoula, D., Konteles, S. and Timbis, D., (2020). „A Preliminary Study on the Effect of Temperature and Delayed Packaging on the shelf-life of Late Crop Greek Peaches and Nectarines,“. International Conference: 11 th biennial FOODSIM²⁰²⁰, KU University Leuven, Ghent, Belgium, September 2020.
- ◇ Anastasia **Kanellou**, Yvonne Dimoula, Varvara Sapidou. Anti-aging and Genes and Nutrition. *Epitheorese Klinikes Farmakologias kai Framakokinetikes*, Review of Clinical Pharmacology and Pharmacokinetics, 30: 55-58 (2012), H Index 3 (Greek Version)
- ◇ Batrinou, A.M., **Kanellou**, A. Healthy food options and advertising in Greece (2009) *Nutrition and Food Science*, 39 (5), pp. 511-519.
- ◇ Dimoula, Y., Marvaki, Ch., Sapidou, B., Kanellou, A. Endocannabinoid system: A new approach to the obesity drug treatment (2006) *Epitheorese Klinikes Farmakologias kai Framakokinetikes*, 24 (2), pp. 95-102.
- ◇ Lagiou, P., Trichopoulou, A., Henderickx, H.K., Remaut-de Winter, A.M., Buermans, H., Merckx, L., Kać-Rak, A., Antonic-Degac, K., Hrabak-Zerjavic, V., Grubisic, M., Volatier, J.L., Couvreur, A., Maffre, J., Leonhauser, I.U., Kaiser, J., Antoniou, A., Chloptsios, Y., **Kanellou**, A., Lagiou, P., Naska, A., Stylianou, S., Thriskos, P., Vasdekis, V., Vassilakou, T., Zintzaras, E., Douros, G., Tsaousi, I., Zajkas, G., Korom, M., Szivos, P., Friel, S., Kelleher, C., Dalton, J., McCormack, K., MacFeely, S., Turrini, A., Barcherini, S., Martines, S., Langers, J., Zanardelli, M., Ellul, M., Azzopardi, Y., Trygg, K., Helsing, E., Lund-Larsen, K., Mork, E., Morawska, M., Niedzialek, Z., Sekula, W., Bienkunska, A., De Almeida, M.D.V., Rodrigues, S.S.P., Carbajal, A., Moreiras, O., Boned, M.L., Seoane Spiegelberg, P., Nelson, M., Paterakis, S., King, J., Rimmer, D., Speller, S.M. The DAFNE initiative: The methodology for assessing dietary patterns across Europe using household budget survey data. (2001) *Public Health Nutrition*, 4 (5 B), pp. 1135-1141. Cited 17 times.
- ◇ Trichopoulou, A., Henderickx, H.K., Remaut-de Winter, A.M., Perez Cueto Eulert, A., Buermans, H., Merckx, L., Kać-Rak, A., Antonic-Degac, K., Hrabak-Zerjavic, V., Volatier, J.L., Couvreur, A., Maffre, J., Leonhauser, I.U., Kaiser, J., Antoniou, A., Chloptsios, Y., **Kanellou**, A., Lagiou, P., Naska, A., Stylianou, S., Thriskos, P., Vasdekis, V., Vassilakou, T., Zintzaras, E., Douros, G., Tsaousi, I., Zajkas, G., Korom, M., Szivos, P., Friel, S., Kelleher, C., Dalton, J., McCormack, K., MacFeely, S., Turrini, A., Barcherini, S., Martines, S., Langers, J., Zanardelli, M.,

- Ellul, M., Azzopardi, Y. The DAFNE databank as a simple tool for nutrition policy. (2001) *Public Health Nutrition*, 4 (5 B), pp. 1187-1198. Cited 10 times.
- ◇ Anastasia **Kanellou**, Methodological approach for the harmonization of household budget surveys' food data, Fachverlag Koehler, 1999, Giessen-Germany, 108p, ISBN 3-922306-87-X
 - ◇ Zintzaras, E., **Kanellou**, A., Trichopoulou, A., Nelson, M. The validity of household budget survey (HBS) data: Estimation of individual food availability in an epidemiological context (1997) *Journal of Human Nutrition and Dietetics*, 10 (1), pp. 53-62. Cited 7 times.
 - ◇ Sekula W, Lagiou P, Morawska M, Niedzialek Z, **Kanellou** A, Trichopoulou A. A comparison of the food and health patterns in Greece and in Poland. *Polish Journal of Human Nutrition and Metabolism* 1997; 24:3-16. (*Zywnienie Czlowieka 1 Metaboloizm* 1997, XXIV, nr 1, 3-16.)
 - ◇ Boulous, C., **Kanellou**, A., Trichopoulou, A. Computed and chemically determined nutrient content of foods in Greece (1996) *International Journal of Food Sciences and Nutrition*, 47 (6), pp. 507-511. Cited 6 times.
 - ◇ Trichopoulou, A., **Kanellou**, A., Lagiou, P., Zintzaras, E., Henderickx, H.K., Remaut, A.M., Buermans, H., Zajkas, G., Szivos, P., Sekula, W., Bienkunska, A. Integration of nutritional data based on household budget surveys in European countries. (1996) *Proceedings of the Nutrition Society*, 55 (2), pp. 699-704. Cited 13 times.

Memberships

- ◇ Member of the British Nutrition Society (NS) 1999
- ◇ Member of the Greek Society of Nutrition and Food (since 1992)
- ◇ Member of the International Federation of Home Economics (since 1999)
- ◇ Member of the International Federation of Nutrigenetics and Nutrigenomics (since 2008)
- ◇ Member of ESPEN – European Society of Clinical Nutrition and Metabolism and the Greek GR-ESPEN (since 2011)
- ◇ Member of European Association for Cancer Research (2011)
- ◇ Member of the German Society of Nutrition (DGE- Deutsche Gesellschaft für Ernährung e.V) 2015+
- ◇ Member of the Hellenic Dietetic Association – HAD, Greece

Languages

Fluent in English and German (Großes Deutsches Sprachdiplom, Goethe Institut, studies in Germany, TOEIC 95%). Mother tongue: Greek

Computer skills

MS Office, Mc iOs, Nutrition software, epidemiological nutrition tools (EPIC soft, DAFNE soft), data analysis (SPSS), internet tools, and mob apps.

Links

CV

[ΒΙΟΓΡΑΦΙΚΟ-ΣΗΜΕΙΩΜΑ-Κανέλλου-Α-2023-αναλυτικό.pdf \(uniwa.gr\)](#)

[Department of Food Science and Technology | KANELLOU ANASTASIA \(uniwa.gr\)](#)

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<https://publons.com/wos-op/researcher/AAR-2417-2021/>

Google scholar

https://scholar.google.com/citations?hl=el&user=uu7F0VAVupAC&view_op=list_works

[s](#)

Scopus: <https://www.scopus.com/authid/detail.uri?authorId=6506903313>

Linkedin <http://linkedin.com/in/kanellou-anastasia-natassa-a7b89941>