

CURRICULUM VITAE

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Professor

**Department of Food Science & Technology
School of Agriculture
Faculty of Agriculture, Forestry and Natural Environment
Aristotle University of Thessaloniki**

Thessaloniki

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CURRICULUM VITAE

1. PERSONAL DATA



Full Name: Athina Lazaridou

Title: Professor in Food Physical Chemistry

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Dept. of Food Science & Technology,
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Scopus Author Identifier: [6602988519](https://orcid.org/6602988519)

Google scholar: [My profile](https://orcid.org/My profile)

2. ACADEMIC TRAINING

1. B.Sc. Agriculture, Specialization in Food Science and Technology, **Aristotle University of Thessaloniki**, Thessaloniki, Greece (1995).

(Thesis: “*Isolation and physicochemical properties of carob galactomannans: a comparison of samples from different tree populations*”)

2. M.Sc., Food Science and Technology, **Aristotle University of Thessaloniki**, Thessaloniki, Greece (1999).

(Thesis: “*Thermophysical and diffusion properties of water- and polyol-plasticized starch-pullulan blends near the glass transition region*”)

3. Ph.D., Food Science and Technology, **Aristotle University of Thessaloniki**, Thessaloniki, Greece (2003).

(Thesis: “*Structure – function relations of polysaccharides in high and low moisture systems*”)

3. POSITION HELD

1996-1999	Graduate Research Assistant, Department of Food Science & Technology, School of Agriculture, Aristotle University of Thessaloniki, Thessaloniki, Greece.
2000-2004	Graduate Research Associate, Department of Food Science & Technology, School of Agriculture, Aristotle University of Thessaloniki, Thessaloniki, Greece.
2003-2005	Post-Doctoral Fellow, Department of Food Science, University of Manitoba & Grain Research Laboratory, Canadian Grain Commission, Winnipeg, Manitoba, Canada.
2005-2006	Post-doctoral Fellow, Department of Food Science & Technology, School of Agriculture, Aristotle University of Thessaloniki, Thessaloniki, Greece.
2006-2010	Research Associate, Department of Food Science & Technology, School of Agriculture, Aristotle University of Thessaloniki, Thessaloniki, Greece.
2010-2015	Lecturer in Food Physical Chemistry, Department of Food Science & Technology, School of Agriculture, Faculty of Agriculture, Aristotle University of Thessaloniki, Thessaloniki, Greece.
2015-2019	Assistant Professor in Food Physical Chemistry, Department of Food Science & Technology, School of Agriculture, Faculty of Agriculture, Forestry and Natural Environment, Aristotle University of Thessaloniki, Thessaloniki, Greece
2018-2024	Director of the Laboratory Food Chemistry & Biochemistry, Department of Food Science & Technology, School of Agriculture, Faculty of Agriculture, Forestry and Natural Environment, Aristotle University of Thessaloniki, Thessaloniki, Greece
2019-2024	Associate Professor in Food Physical Chemistry, Department of Food Science & Technology, School of Agriculture, Faculty of Agriculture, Forestry and Natural Environment, Aristotle University of Thessaloniki, Thessaloniki, Greece
2024 - present	Professor (full) in Food Physical Chemistry, Laboratory Food Chemistry & Biochemistry, Department of Food Science & Technology, School of Agriculture, Faculty of Agriculture, Forestry and Natural Environment, Aristotle University of Thessaloniki, Thessaloniki, Greece

4. SCHOLARSHIPS – AWARDS - HONOURS

Scholarships

- Greek Ministry of Education Undergraduate Scholarship (IKY) at the Panhellenic Entrance Examinations (1990).
- Greek Ministry of Education Scholarship (IKY) for postdoctoral research (2005-2006).

Awards

- Progress Award from the Hellenic Association of Agricultural Food Scientists for the 2nd best performance among the graduates of the Agricultural - Food Scientists (graduated from Aristotle University of Thessaloniki and Agricultural University of Athens) of the academic year 1994-1995 (1996).
- 'Ariel H. Bloksma-2009, Young Scientist's Award' by the Rheology division of American Association of Cereal Chemists (AACC) International, in recognition of outstanding ability in research in the area of food rheology and texture as related to cereal-based products (2009).
- Award of Excellence from the Aristotle University of Thessaloniki for the international distinction: the "Ariel H. Bloksma-2009, Young Scientist Award, AACC International, Section of Rheology" (2011).
- Award by 'Elsevier' (publishing company) for the research paper 'Effects of hydrocolloids on dough rheology and bread quality parameters in gluten-free formulations', *Journal of Food Engineering*, 79, 1033-1047, (2007) by **Lazaridou, A.***, Duta, D., Papageorgiou M., Belc, N. and Biliaderis, C.G., as one of the top five frequently cited articles for the five-year period 2006-2010.
- 'Best Business and Marketing Plan Award' for creating an eco-innovative food product, 'Gluten Care Muffin' (acorn flour-based gluten-free muffin), in the 'Ecotrophelia-Greece - 2015' competition by Federation of Hellenic Food Industries.
- Papagianni, E., Kotsiou, K., Matsakidou, A., Biliaderis, C.G., & **Lazaridou, A.** (2023). Development of a novel "clean-label" gluten-free bread with flaxseed slurry and sesame cake. 21st Gums & Stabilisers for the Food Industry Conference: Meeting industry's needs, consumers' expectations and sustainability challenges, 6-9 June, Thessaloniki, Greece (2nd prize for poster presentation).
- '2nd prize' in the 'Ecotrophelia-Greece - 2024' competition by Federation of Hellenic Food Industries for creating of a new eco-innovative product 'Chickpeasy' (gluten-free pizza base made by chickpea flour), a collaboration of the Food Science and Technology, School of Agriculture, Aristotle University of Thessaloniki with the Department of Food Science and Technology of the International University of Greece (IHU).

Membership in Editorial boards of scientific journals

- Editorial board member of the Journal 'Bioactive Carbohydrates and Dietary Fiber' (2014-present).
- Editorial board member of the Journal 'Food Hydrocolloids' (2021-2024).
- Associate editor of the Journal 'Food Research International', IF₂₀₂₄ = 8.0 (2022- present).
- Co-editor of the '21st Gums & Stabilisers for the Food Industry Conference Proceedings' Special issue of the Journal 'Food Hydrocolloids' (2023-2024).
- Associate editor of the Journal 'Food Hydrocolloids' IF₂₀₂₄ = 12.4 (2024-present).

Membership in international committees

- Member of selection committee for a Tenure-elegible Lecturer position in Physical Chemistry at the Department of Nutrition, Food Sciences and Gastronomy, Faculty of Pharmacy and Food Sciences, University of Barcelona, Barcelona, Spain (2025).

5. EDUCATIONAL WORK

Teaching

Undergraduate Courses

School of Agriculture, Aristotle University of Thessaloniki

- 2010-present: '*Food Physical Chemistry*', N310Y (Course Responsible)
- 2013-present: '*Cereal Technology*', N318E (Course Responsible)
- 2010-2013: '*Food Analysis Practices*', 528Y
- 2012-2014: '*Seminars*', 518Y
- 2012-present: '*Food Analysis*', N303Y
- 2014-2015, 2019-2020, 2021-present: '*Food Chemistry II*' N301Y
- 2013-2014: '*Agricultural Technology*', 027E
- 2011-2022: Supervisor and Member of Implementation committee of undergraduate students' *Internship* program, School of Agriculture, Aristotle University of Thessaloniki, N700Y

Postgraduate Courses

School of Agriculture, Aristotle University of Thessaloniki

Postgraduate Studies Programme: 'Sustainable Agriculture, Management of Natural Resources and Foods', Specialization: Food Science and Technology

- 2005-2008 & 2010-2018: '*Advanced Courses in Food Physical Chemistry*', TX702 & TXN702
- 2005-2008 & 2010-2018: '*Instrumental Food Analysis*', TX706 & TXN706
- 2016- 2018: '*Special Topics*', TXN709
- 2016- 2018: '*Research approach of thesis project*', TXN800

Postgraduate Studies Programme: 'Food Science and Nutrition'

- 2018-present: '*Food Chemistry and Nutrition*', ETΔ102
- 2018-present: '*Special Topics in Food Science and Nutrition*', ETΔ104
- 2018-present: '*Seminars in Food Science and Nutrition*', ETΔ105
- 2018-present: '*Research approach of the topic of Master thesis*', ETΔ106 (Course Responsible)
- 2020-present: '*Food Process Design*', ETΔ103

Postgraduate Studies Programme: 'Food and Beverage Legislation'

- 2019-present: '*Food Chemistry and Nutrition*', NTII102
- 2019-present: '*Food Law I: generic regulations*', NTII105
- 2019-present: '*Food Law II: product-specific regulations*', NTII106
- 2019-present: '*Assessment of the Shelf Life of Foods*', NTII112
- 2019-present: '*Special Topics in Food Law I*', NTII108
- 2019-present: '*Special Topics in Food Law II*', NTII109

School of Chemistry, Aristotle University of Thessaloniki

Postgraduate Studies Programme: 'Chemical Technology and Industrial Applications', Specialization: Chemistry, Technology and Control of Food and Feed

- 2021-present: '*Special Topics in Food Physical Chemistry*', M3Y32

Seminars

School of Agriculture, Aristotle University of Thessaloniki

- 2016 -2017: '*Seminars in cheesemaking*' (Milk and Dairy products Chemistry Practices).

Supervision of theses

Ph.D. theses

1. Sandra Perez-Quirce (2017). *'Nutritional and functional improvement of gluten-free breads: addition of beta-glucans of different origins and molecular weights according to the health claims approved by the EFSA'* (**co-supervision** with Prof. F. Ronda Balbas, Dept. of Agricultural and Forestry Engineering, University of Valladolid, Spain). This thesis has been awarded from the University of Valladolid with the **'prize of extraordinary PhD thesis'** (Premio Extraordinario de Doctorado) for being the best PhD thesis in its scientific field for the academic year 2016-2017.
2. Vasileia Sereti (2024). *'Hydrocolloid-based dispersion system as saturated fat substitutes in cereal products: development, structure, functionality'*. The thesis was graded 'Excellent'. School of Agriculture, Aristotle University of Thessaloniki.
3. Christos-Konstantinos Mouzakis (in progress). *'Isolation, fractionation characterization, physicochemical properties and applications in food systems of wheat bran polysaccharides'*. School of Agriculture, Aristotle University of Thessaloniki.

M.Sc. theses

1. Dimitrios Vouris (2014), *'Jet-milling of wheat: Particle size effects on dough and bread functional properties'*. School of Agriculture, Aristotle University of Thessaloniki.
2. Angeliki Mygdalia (2014), *'Production of gluten-free bread using a chickpea fermentation extract'*.
3. Ippolyti Gkountenoudi-Eskitzi (2015), *'Improvement of the quality and nutritional attributes of gluten-free bakery items by chickpea and acorn flours'*. School of Agriculture, Aristotle University of Thessaloniki.
4. Christos-Elpidophoros Christodoulou (2016), *'Impact of acorn flour on the quality of gluten-free sweet bakery items'*. School of Agriculture, Aristotle University of Thessaloniki.
5. Chrysanthi Gidari-Gounaridou (2019). *'Impact of dry sourdough from chickpea fermentation extract on quality characteristics of gluten-free bread'*. School of Agriculture, Aristotle University of Thessaloniki.
6. Sevasti Keramari (2019). *'Impact of sourdough from a commercial starter culture on production of gluten-free bread enriched with chickpea flour'*. School of Agriculture, Aristotle University of Thessaloniki.
7. Vasileia Sereti (2019). *'Production of creamed cotton honey by controlling physicochemical parameters'*. School of Agriculture, Aristotle University of Thessaloniki.
8. Georgios Palassaros (2021). *'Physicochemical properties of breads enriched with flours from germinated legume seeds'*. School of Agriculture, Aristotle University of Thessaloniki.
9. Christos-Konstantinos Mouzakis (2021). *'Study of physicochemical properties of zein-based edible films and application of its coatings on breads'*. School of Agriculture, Aristotle University of Thessaloniki.
10. Evangelia Papagianni (2021). *'Development of "clean-label" gluten free breads enriched with flaxseed'*. School of Agriculture, Aristotle University of Thessaloniki.
11. Maria Deligeorgaki (2023). *'Extraction of protein isolates from sesame cake and study of their physicochemical characteristics'*. School of Agriculture, Aristotle University of Thessaloniki.
12. Prokopis Palakas, (2023). *'Incorporation of sesame cake into bakery products and characterization of their physicochemical and sensorial parameters'*. School of Agriculture, Aristotle University of Thessaloniki.
13. Miltiadis Georgiou (in progress). *'Incorporation of aromatic plant distillation by-products into bakery products and the effect on their physico-chemical characteristics'*. School of Agriculture, Aristotle University of Thessaloniki.

14. Galli E. (in progress). '*Microencapsulation of bioactive compounds from aromatic plants using the molecular inclusion method*'. School of Agriculture, Aristotle University of Thessaloniki.
15. Kalogeridis E. (in progress). '*Incorporation of dietary fibers from flour milling by-products into dairy products: effects on their quality characteristics*'. School of Agriculture, Aristotle University of Thessaloniki.
16. Papoutsi K. (in progress). '*Physicochemical properties of edible films made from sesame proteins*'. School of Agriculture, Aristotle University of Thessaloniki.

Undergraduate theses

Supervision of undergraduate theses for more than sixty (60) students.

Research supervision of post-doctoral fellows

1. Kali Kotsiou. A) (Nov 2018 – Jun 2021) Development of innovative grain flours, sourdough preparations and baked products for preventing chronic diseases and improving quality of life ('RESEARCH - CREATE - INNOVATE', 1st cycle, NSRF 2014-2020, Research project), B) (Sept. 2021 – Oct. 2023) Valorisation of Agricultural Residues by Transformation in Cascade of Bio and Thermo- Chemical Routes to Food Additives of High Added Value ('RESEARCH - CREATE - INNOVATE', 2nd cycle, NSRF 2014-2020, Research project) and C) (Sept 2023 – Oct 2023) Sustainable production of functional ingredients from agro-food industry by-products for the development of high-added value bakery products ('RESEARCH - CREATE - INNOVATE', 2nd cycle, NSRF 2014-2020, Research project).
2. Anthia Matsakidou (Nov 2018 – Jun 2021) Development of innovative grain flours, sourdough preparations and baked products for preventing chronic diseases and improving quality of life ('RESEARCH - CREATE - INNOVATE', 1st cycle, NSRF 2014-2020, Research project).
3. Chrysanthi Nouska A) (Jan 2020 – present) Development and characterization of sourdoughs for the production of bakery items with specific nutritional and sensory attributes (postdoctoral researcher, School of Agriculture, Aristotle University of Thessaloniki), B) (May 2020 - Jun 2021) Development of innovative grain flours, sourdough preparations and baked products for preventing chronic diseases and improving quality of life ('RESEARCH - CREATE - INNOVATE', 1st cycle, NSRF 2014-2020, Research project), C) (Sept 2021 – Oct 2023) Sustainable production of functional ingredients from agro-food industry by-products for the development of high-added value bakery products ('RESEARCH - CREATE - INNOVATE', 2nd cycle, NSRF 2014-2020, Research project) and D) (Sept 2023 – Oct 2023) Valorisation of Agricultural Residues by Transformation in Cascade of Bio and Thermo-Chemical Routes to Food Additives of High Added Value ('RESEARCH - CREATE - INNOVATE', 2nd cycle, NSRF 2014-2020, Research project).

Advisor of Ph.D. theses

1. Athanasios Nikolaidis (2018). 'Effect of whey protein denaturation on the physicochemical properties of whey-based products'. School of Agriculture, Aristotle University of Thessaloniki (Supervisor: T. Moschakis).
2. Kyriakos Kaderidis (2020). 'Valorization of pomegranate industry by-products'. School of Agriculture, Aristotle University of Thessaloniki (Supervisor: A. Goula).
3. Marios Andreadis (2023). 'Physicochemical properties of structured food systems from ethanol denatured whey proteins'. School of Agriculture, Aristotle University of Thessaloniki (Supervisor: T. Moschakis).
4. Irene Bosmali (2024). 'Molecular mapping of native bean (*P. coccineus* L.) landraces and physicochemical properties of their components and products'. School of Agriculture, Aristotle University of Thessaloniki (Supervisor: C. Biliaderis).

5. Charikleia Kyrkou (2024). 'The impact of pregnant women's dietary habits on the prevention of metabolic diseases'. School of Agriculture, Aristotle University of Thessaloniki (Supervisor: A.-M. Michaelidou).
6. Anastasia Loukri (2024). 'Incorporation of extracts from food industry by-products into edible coatings'. School of Agriculture, Aristotle University of Thessaloniki (Supervisor: I. Mourtzinou).
7. Alkmini-Anna Gkinali (in progress). 'Study of physicochemical properties of protein preparations from edible insects and their applications in food products'. School of Chemistry, Aristotle University of Thessaloniki (Supervisor: A. Paraskevopoulou).
8. Garoufalia Charitou (in progress). 'Preparation of microparticles and nanoparticles from whey proteins and ethanol for food applications'. School of Agriculture, Aristotle University of Thessaloniki (Supervisor: T. Moschakis).
9. Asterios Stamkopoulos (in progress). 'Investigation of the nutritional and functional properties of a dairy product incorporating bacterial cellulose'. School of Agriculture, Aristotle University of Thessaloniki (Supervisor: A.-M. Michaelidou).

Examiner of Ph.D. theses

1. Maria Irakli (2012). 'Development and validation of high performance liquid chromatography for the determination of antioxidant compounds in cereal samples'. School of Agriculture, Aristotle University of Thessaloniki (Supervisor: I. Papadoyannis).
2. Kyriaki Zinoviadou (2013). 'Hydrocolloid systems as carriers of ingredients with functional properties' (2013). School of Agriculture, Aristotle University of Thessaloniki (Supervisor: C. Biliaderis).
3. Maria Tzoumaki (2013). 'Structure and functionality of chitin nanocrystal dispersions'. School of Agriculture, Aristotle University of Thessaloniki (Supervisor: C. Biliaderis).
4. Antonios Drakos (2021). 'Study of the physicochemical characteristics of fine flours. Applications in Food Technology with emphasis on food products' Dept. of Food Science and Human Nutrition, Agricultural University of Athens (Supervisor: V. Evageliou).
5. Konstantina Zampouni (2023). 'Design and application of oleogel and hybrid gel systems in food products'. School of Agriculture, Aristotle University of Thessaloniki (Supervisor: E. Katsanidis).
6. Prodromos Prodromidis (2023). 'Structured systems of milk fat and plant oils for the production of innovative foods'. School of Agriculture, Aristotle University of Thessaloniki (Supervisor: T. Moschakis).

External examiner / Rapporteur of Ph.D. theses from foreign Universities

1. Purnima Gunness (2012), '*Mechanisms behind the cholesterol-reducing effect of cereal soluble dietary fibres: (1,3:1,4) beta glucan & arabinoxylan*'. School of Agriculture and Food Sciences, The University of Queensland, Queensland, Australia (Advisor: Mike Gidley).
2. Oscar Benito Roman (2013). '*Studies of process intensification for the recovery of high molecular weight β -glucans from cereals*'. Chemical Engineering & Environmental Technology Department, School of Industrial Engineering, University of Valladolid, Valladolid, Spain (Supervisors: Maria Jose Cocero & Gloria Esther Alonso Sanchez).
3. Workneh Abebe Zeleke (2015). '*Tef as an industrial crop for food processing. Exploring its latent potential and flour handling characteristics*'. Department of Agriculture and Forestry Engineering, Food Technology, College of Agricultural and Forestry Engineering, University of Valladolid, Palencia, Spain (Supervisors: Felicidad Ronda Balbas & Concepcion Collar Esteve).

4. Noora Mäkelä (2017). '*Cereal β -glucan in aqueous solutions: oxidation and structure formation*'. Faculty of Agriculture and Forestry, University of Helsinki, Helsinki, Finland (Supervisors: Tuula Sontag-Strohm & Ndegwa Henry Maina).
5. Antonio José Vela Corona (2023). '*Physical modification of gluten-free flours by ultrasound treatments. Application to the development of new products suitable for the celiac population*', Department of Agriculture and Forestry Engineering, Food Technology, College of Agricultural and Forestry Engineering, University of Valladolid, Palencia, Spain (Supervisors: Felicidad Ronda Balbas & Marina Villanueva Barrero).
6. Claudia Sardella (2025). '*Innovation in the cereal supply chain for the development of healthy and sustainable foods*', International Ph.D. program in Food, Health and Longevity, in collaboration between the Department of Medicine, University of Eastern Piedmont and the Department of Agricultural, Forest and Food Sciences, University of Turin, Italy (Supervisor: Massimo Blandino).

Research supervision of student - researcher visitors

1. Sandra Perez-Quirce (Jun 2014 – Dec 2014). Extraction and characterization of β -glucans for the enrichment of gluten-free bread formulations, Erasmus+, (PhD student, Supervisors: F. Ronda Balbas, Dept. of Agricultural and Forestry Engineering, University of Valladolid, Spain & A. Lazaridou, Dept. of Food Science and Technology, School of Agriculture, Aristotle University of Thessaloniki).
2. Clifford Latty (Mar 2015 – Apr 2015). Formulation and in-vitro digestibility of gluten free breads, Short-Term Scientific Mission (STSM), COST ACTION FA1005, (PhD student, Supervisor: S. Bakalis, School of Chemical Engineering University of Birmingham, UK).
3. Marina Villanueva Barrero (Jul 2015 – Sep 2015). Effects of acid addition and protein supplementation on gluten-free dispersions, (PhD student, Supervisor: F. Ronda Balbas, Dept. of Agricultural and Forestry Engineering, University of Valladolid, Spain).
4. Joanna Harasym, Associate Professor, Department of Biotechnology and Food Analysis, Faculty of Production Engineering, Wroclaw University of Economics and Business, '*High Performance Liquid Chromatography – Size Exclusion Chromatography training*' 30/6/2019-9-7-2019.
5. Antonio José Vela Corona (Feb 2022 – Mar 2022). Evaluation of the intrinsic viscosity of physically modified gluten-free flours, Erasmus+ (PhD student, Supervisor: F. Ronda Balbas, Dept. of Agricultural and Forestry Engineering, University of Valladolid, Spain).
6. Ainhoa Vicente Fernández (Sep 2022 – Dec 2022). Effect of the addition of microwave-treated flour to gluten-free breads, Erasmus+ (PhD student, Supervisor: F. Ronda Balbas, Dept. of Agricultural and Forestry Engineering, University of Valladolid, Spain).
7. Claudia Sardella (Jul 2024 – Oct 2024). Impact of amylose content on wheat bread physicochemical properties and starch digestibility, Erasmus+ (PhD student, Supervisor: M. Blandino, Department of Agricultural Forest and Food Sciences, University of Turin, Italy).
8. Murdiati Murdiati (Sep 2025 – Sep 2025). Green extraction by subcritical water extraction and characterization of phenolic compounds from buckwheat husk, Erasmus+, (PhD student, Supervisor: F. Ronda Balbas, Dept. of Agricultural and Forestry Engineering, University of Valladolid, Spain).

Invited training of students at other Universities

1. Limiting viscosity determination by capillary viscometry. (2014). PhD students' laboratory training, 'Doctorate teaching activities', PhD Program in Food, Agricultural and Biosystems Science and Engineering, Higher Technical School of Agricultural Engineering, University of Valladolid, 24-29 November, Palencia, Spain.

2. Large deformation mechanical tests for the determination of textural properties of sweet cherry fruits (2015). Laboratory training, COST ACTION FA1104 Training School, 'Qualitative, physicochemical and phytochemical indicators of cherry fruit quality', Cyprus University of Technology, 2-4 June, Limassol, Cyprus.
3. Sugar analysis of sweet cherry fruits by High Performance Liquid Chromatography (2015). Laboratory training, COST ACTION FA1104 Training School, 'Qualitative, physicochemical and phytochemical indicators of cherry fruit quality', Cyprus University of Technology, 2-4 June, Limassol, Cyprus.
4. Development of tools for determining the mechanical properties and texture of canned fruits (2018). Laboratory training of PhD student's (Marina Christofi), Department of Agricultural Sciences, Biotechnology & Food Science, Cyprus University of Technology, 19-20 April, Limassol, Cyprus.
5. Valorization of the wastes from brewing through beta-glucan production (2018). Laboratory training of students as mentor, School of Industrial Food Engineering, San Agustin National University Arequipa, 13-16 November, Arequipa, Peru.

6. RESEARCH WORK

Research interests

- Food physical chemistry, chemistry and analysis with an emphasis on hydrocolloids and the relationships between molecular and supramolecular structure-properties of polysaccharides: understanding the physicochemical behavior of polysaccharides in solution, gel, or film form in model and real food systems, aiming at the development of functional foods for the bakery, brewing, and dairy industries with improved quality, sensory, and nutritional attributes.
- Study of the behavior of carbohydrates and other food components in various material states and phase transitions (dispersion systems, crystallization, gel formation, edible films, and coatings), their interactions with other components and their functional properties in real food systems employing thermal analysis (calorimetry and dynamic thermomechanical analysis), rheology (mechanical properties under small and large deformations).
- Molecular characterization of polysaccharides and chemical analysis of foods: UV-Visible spectroscopy, NMR (^1H , ^{13}C), FTIR, chromatography (HPLC, GC), and enzymatic analysis methods.

Indicative topics/ food systems or their components studied:

- Low-moisture carbohydrate systems, such as water- and polyol-plasticized polysaccharide mixtures (e.g., edible films and coatings from chitosan, starch, pullulan) and honey.
- Dispersions (solutions) of polysaccharides (e.g., cereal β -glucans, pullulan, galactomannans).
- Polysaccharide gels, such as cereal β -glucans.
- Structure, organization, enzymatic degradation, and fractionation of cereal grain cell walls.
- Cereal-based dough systems and bakery products (e.g., wheat bread, barley rusks, gluten-free bakery products, low-saturated-fat cookies enriched with dietary fibers, breads enriched with plant-derived proteins, such as legume flours, sesame cake, or antioxidant-enriched baked goods). Rheological properties of dough (conventional methods, small and large deformation techniques, dynamic rheology), quality and nutritional characteristics of final products (macronutrients, glycemic response, lipolysis rate, and antioxidant activity). Improvement of nutritional and sensory characteristics through bioprocesses (e.g., sourdough, sprouting of seeds) or physical treatments (e.g., milling, roasting, particle size fractionation), and shelf-life extension using sourdough and edible zein coatings. Clean-label gluten-free bakery products.
- *In vivo* studies on glycemic response and *in vitro* studies on glucose and lipid release from food models and real foods under simulated digestion conditions.
- Isolation, characterization, and incorporation of polysaccharides (e.g., cereal arabinoxylans and β -glucans) and proteins (e.g., sesame meal) into model and real dairy products (e.g., beverages, frozen desserts, yogurts), and investigation of their physicochemical properties.
- Development and improvement of instrumental methods for texture analysis of foods (e.g., bakery products, dairy products, fruits, vegetables, honey).
- Phenomena of crystallization in honey (e.g., creamed honey) and recrystallization of sugars or polysaccharides (e.g., starch retrogradation).

Scientist-in-charge / coordinator of research programs

1. *'Improvement of the nutritional profile of traditional bakery products'*, FEDON S.A., Greece, 2011.
2. *'Assessment of nutritional quality of frozen vegetables'*, Barba Stathis, Industrial and Commercial S.A., Greece, 2012.
3. *'Characterization of β -glucans in cereal flour blends and bakery products'*, Mills of Crete S.A., Greece, 2012-2013.
4. *'Characterization of β -glucans in flour and trahana product from barley'*, Opos Palia, 2014.
5. *'Determination of dietary fibers bakery products'*, Christina Papachristou & Co, Greece, 2014.
6. *'The role of non-conventional starchy flours in quality and nutritional characteristics of gluten free bakery products'*, Research committee of Aristotle University of Thessaloniki, Greece, 2014.
7. *'Development of innovative grain flours, sourdough preparations and baked products for preventing chronic diseases and improving quality of life (SITO)'*, National Strategic Reference Framework (NSRF) 2014-2020, Operational Programme: Competitiveness, Entrepreneurship and Innovation, Single RTDI State Aid Action 'RESEARCH - CREATE - INNOVATE', Greek Ministry of Education Research and Religious Affairs, EYDE-ETAK (T1EDK-01669), 2018-2022.
8. *'Valorisation of Agricultural Residues by Transformation in Cascade of Bio and Thermo-Chemical Routes to Food Additives of High Added Value (AMALTHYA)'*, National Strategic Reference Framework (NSRF) 2014-2020, Operational Programme: Competitiveness, Entrepreneurship and Innovation, Single RTDI State Aid Action 'RESEARCH - CREATE - INNOVATE', Greek Ministry of Development and Investments, EYDE-ETAK (T2EDK-00468), 2020-2023.
9. *'Sustainable production of functional ingredients from agro-food industry by-products for the development of high-added value bakery products (By-Value)'*, National Strategic Reference Framework (NSRF) 2014-2020, Operational Programme: Competitiveness, Entrepreneurship and Innovation, Single RTDI State Aid Action 'RESEARCH - CREATE - INNOVATE', Greek Ministry of Development and Investments, EYDE-ETAK (T2EDK-00946), 2020-2023.
10. *'Gums & Stabilisers for the Food Industry Conference'*, conference organizing, Research committee of Aristotle University of Thessaloniki, Greece, 2023.

Participating researcher in research programs

1. *'Enhancement of quality of food and related systems by control of molecular mobility'*, Shared cost RTD FAIR CT96-1085 (scientist-in-charge, Prof. C. Biliaderis, School of Agriculture, Aristotle University of Thessaloniki, Greece), EU, 1996-1999.
2. *'Χαρακτηρισμός και μελέτη των λειτουργικών ιδιοτήτων της βιοτεχνολογικά παρασκευαζόμενης ζανθάνης και πουλλουλάνης'*, PENED 99ED601 (scientist-in-charge Assistant Prof. G. Doxastakis, School of Chemistry, Aristotle University of Thessaloniki, Greece), Ministry of Industry, Energy & Technology, 2000-2001.
3. *'Design of foods with improved functionality and superior health effects using cereal beta-glucans'*, Shared cost RTD QLRT-2000-00535 (scientist-in-charge, Prof. C. Biliaderis, School of Agriculture, Aristotle University of Thessaloniki, Greece), EU, 2001-2004.
4. *'Structure and properties of barley cell walls: composition, fractionation, structural characterization and enzymic degradation by malt extracts'*. Post-Doctoral Fellowship, University of Manitoba-Food Science Dept. & Grain Research Laboratory (GRL), Agriculture Canada, Winnipeg, Manitoba, Canada (postdoctoral supervisor Dr. M. Izydorczyk, Researcher, Agriculture Canada & Adjunct Professor, University of Manitoba-Food Science Dept., Canada), 2003-2005.
5. *'Breadmaking of gluten-free rice bread using substituted cellulose derivatives and hydrocolloids. – An alternative food product for coeliac patients'*. Bilateral project GREECE-ROMANIA (scientist-in-charge Prof. M. Papageorgiou, Senior Researcher, National Agricultural Research Foundation, NAGREF-Institute of Cereals, Greece) General Secretariat for Research & Technology, Greek Ministry for Development, 2003-2005.
6. *'Structure and properties of cereal non-starch polysaccharides for the production of functional dairy and baked products'*. Reinforcement of Research Groups at the Universities - PYTHAGORAS II, (scientist-in-charge, Prof. C. Biliaderis, School of Agriculture, Aristotle University of Thessaloniki, Greece), Greek Ministry of Education, 2005-2007.
7. *'Design and development of new functional foods for adults (age 40+) based on existing commercial plant extracts'*. International Cooperation in Industrial Research and Development, DSEBPRO-2005, with GIOTIS S.A. (scientist-in-charge, Prof. C. Biliaderis, School of Agriculture, Aristotle University of Thessaloniki, Greece), General Secretariat for Research & Technology, Greek Ministry for Development, 2006-2008.
8. *'Shelf life of "tahini-honey" blends'*, (scientist-in-charge, Prof. C. Biliaderis, School of Agriculture, Aristotle University of Thessaloniki, Greece), ATTIKI BEE CULTURING CO. – ALEX. PITTAS S.A., Greece, 2007.
9. *'Barley β -glucans in production of rusks from barley flour'* (scientist-in-charge, Prof. C. Biliaderis, School of Agriculture, Aristotle University of Thessaloniki, Greece), Mills of Crete S.A., Greece, 2008.
10. *'Shelf life evaluation of two products: tahini with honey'*, (scientist-in-charge, Prof. C. Biliaderis, School of Agriculture, Aristotle University of Thessaloniki, Greece), ATTIKI BEE CULTURING CO. – ALEX. PITTAS S.A., Greece, 2008-2009.
11. *'Analyses of Eggs'*, (scientist-in-charge, Lecturer T. Moschakis, School of Agriculture, Aristotle University of Thessaloniki, Greece), Avgodiatrofiki, S.A., Greece, 2010.
12. *'High energy jet milling for the production of fine flour powders & bakery products with enhanced functional & nutritional characteristics'*. NSRF 2007-2013, Cooperation in Industrial Research and Development – I (scientist-in-charge, Prof. C. Biliaderis, School of Agriculture, Aristotle University of Thessaloniki, Greece), General Secretariat for Research & Technology, Greek Ministry of Education, Lifelong Learning and Religious Affairs, 2011-2014.
13. *'Exploiting current technologies to trace and characterize starch raw material from starch producing crops to improve qualitative and nutritional characteristics of baked food products'*,

- NSRF 2007-2013, Cooperation in Industrial Research and Development – I (scientist-in-charge, Prof. C. Biliaderis, School of Agriculture, Aristotle University of Thessaloniki, Greece), General Secretariat for Research & Technology, Greek Ministry of Education, Lifelong Learning and Religious Affairs, 2011-2014.
14. *'Metabolomics as a Tool for the assessment of embryo growth and viability in in vitro fertilisation'*. NSRF 2007-2013, 'THALES', Education and Lifelong Learning, National Strategic Reference Framework (scientist-in-charge, Prof. G. Theodoridis, School of Chemistry, Aristotle University of Thessaloniki, Greece), General Secretariat for Research & Technology, Greek Ministry of Education, Lifelong Learning and Religious Affairs, 2012-2015.
 15. *'Nutritional enrichment of gluten-free breads: Study and optimization of the addition of beta-glucans of different origins and molecular weights according to the health claims approved by the EFSA'*, Implementation of Basic not Orientated R&D in the Area of Food Science and Technology, National Plan VI Scientific Research, Development and Technological Innovation 2008-2011 (scientist-in-charge, Prof. Felicidad Ronda Balbás, Dept. of Agricultural and Forestry Engineering, University of Valladolid, Spain), MICINN. MINISTERIO DE CIENCIA E INNOVACIÓN, Spain, 2013-2015.
 16. *'Impact of microwave and ultrasound on gluten-free flours functionality: structuring ability in gluten-free breadmaking matrices'*, National Research, Development and Innovation Program Oriented to the Society Challenges, under the National Plan of Scientific and Technical Research and Innovation 2013-2016 (scientist-in-charge, Prof. Felicidad Ronda Balbás, Dept. of Agricultural and Forestry Engineering, University of Valladolid, Spain), FONDOS FEDER, MINISTERIO DE ECONOMIA Y COMPETITIVIDAD, Spain, 2016-2020.
 17. *'Incorporation of propolis bioactives in honey'*, (coordinator, D. Papakostas, Honeymell Z.P. Ltd., Larnaca, Cyprus & scientist-in-charge, Prof. C. Biliaderis, School of Agriculture, Aristotle University of Thessaloniki, Greece), Operational Programme 2014-2020, Sustainable Development and Competitiveness Grant Scheme for Enhancing Entrepreneurial Innovation, Cyprus, 2017-2018.
 18. *'Application of electromagnetic waves to gluten-free flours to adapt its structure and functionality to the needs of the food industry. Development of better quality products'* (scientist-in-charge, Prof. Felicidad Ronda Balbás, Dept. of Agricultural and Forestry Engineering, University of Valladolid, Spain), JUNTA DE CASTILLA Y LEÓN - CONSEJERÍA DE EDUCACIÓN, Spain, 2017-2019.
 19. *'Valorization of the wastes from brewing through beta-glucan production'*, Initial Investigation Contest 2017, San Agustín National University (UNSA), Arequipa, Peru (scientist-in-charge, Prof. O. Bellido-Valencia, School of Industrial Food Engineering, UNSA), 2018-2024.
 20. *'PlantCult: Investigating the Food Cultures of Ancient Europe'*, (<http://plantcult.web.auth.gr/en/project-eng/teams-eng>), ERC funded project, Consolidator Grant, Horizon 2020 Research and Innovation Program, Grant Agreement No 682529 (scientist-in-charge, Prof. S.-M. Valamoti, School of History and Archeology, Aristotle University of Thessaloniki, Greece), EU, 2018-2021.
 21. *'Research Infrastructure on Food Bioprocessing Development and Innovation Exploitation'*. NSRF 2014-2020, Competitiveness, Entrepreneurship and Innovation, Development of mechanisms to support entrepreneurship, 'Reinforcement of the Research and Innovation Infrastructure' (scientist-in-charge, Prof. C. Biliaderis, School of Agriculture, Aristotle University of Thessaloniki, Greece), Greek Ministry of Economy and Development, 2018-2022.
 22. *'Design of innovative oleogel systems with optimized characteristics for animal fat substitution in food products'*. 1st Call for H.F.R.I. Research Projects to Support Faculty Members & Researchers and Procure High-Value Research Equipment (scientist-in-charge, Assoc. Prof. E. Katsanidis, School of Agriculture, Aristotle University of Thessaloniki, Greece), Hellenic Foundation for Research and Innovation (H.F.R.I.), 2020-2023.

23. *'Modulating the functional properties of whey proteins by ethanol: application in dairy products'*. 1st Call for H.F.R.I. Research Projects to Support Faculty Members & Researchers and Procure High-Value Research Equipment (scientist-in-charge, Assoc. Prof. T. Moschakis, School of Agriculture, Aristotle University of Thessaloniki, Greece), Hellenic Foundation for Research and Innovation (H.F.R.I.), 2020-2023.
24. *'Treatment of new grains of high nutritional value with microwave radiation. Molecular basis of the techno-functional changes induced for the improvement of gluten-free products (TechGFree)'* (scientist-in-charge, Professor Felicidad Ronda Balbás, Dept. of Agricultural and Forestry Engineering, University of Valladolid, Spain), FONDOS FEDER, JUNTA DE CASTILLA Y LEÓN - CONSEJERÍA DE EDUCACIÓN, Spain, 2020-2023.
25. *'Molecular and structural changes induced by emerging hydrothermal treatments for functional, sensory and nutritional improvement of gluten-free products'* (scientist-in-charge, Prof. Felicidad Ronda Balbás, Dept. of Agricultural and Forestry Engineering, University of Valladolid, Spain), AGENCIA ESTATAL DE INVESTIGACIÓN, MICINN. MINISTERIO DE CIENCIA E INNOVACIÓN, 2020-2024.
26. *'Horticultural waste for the benefit of health and the environment, a new approach to the "zero waste" principle'* (scientist-in-charge, Assoc. Prof. A. Patras, Faculty of Horticulture, Centre for Horticultural Research, 'Ion Ionescu de la Brad' University of Life Sciences of Iași, Romania), Agence Universitaire de la Francophonie (AUF) in Central and Eastern Europe, 2021-2022.
27. *'Code: Re-farm – Reframing farming systems for quality and sustainability'*, H2020-FNR-2020 (Food and Natural Resources, grant agreement 101000216) (scientist-in-charge, Prof. I. Bossis, School of Agriculture, Aristotle University of Thessaloniki, Greece), European Union's Horizon 2020 research and innovation program, 2021-2024.
28. *'Chitosan-based nanoparticles and films loaded with agrifood by-product extracts for novel food applications. 2nd Call for H.F.R.I. Research Projects to Support Faculty Members & Researchers'* (scientist-in-charge, Assoc. Prof. I. Mourtzinis, School of Agriculture, Aristotle University of Thessaloniki, Greece), Hellenic Foundation for Research and Innovation (H.F.R.I.), 2022-2025.
29. *'Total recovery of fruit and vegetable waste from juice production: pigments and antioxidants for functional foods and biomaterials for water purification (DECHETJUS)'*, Support for research teams in Central and Eastern Europe – SER-ECO 2023(επιστημονική υπεύθυνη, Assoc. Professor A. Patras, Faculty of Horticulture, Centre for Horticultural Research, 'Ion Ionescu de la Brad' University of Life Sciences of Iași, Romania), Agence Universitaire de la Francophonie (AUF) in Central and Eastern Europe, 2023-2024.

Member of research groups

1. ‘Cultures of Food in Ancient Europe (**PlantCult**)’ Center for Interdisciplinary Research and Innovation (CIRI), ΑΠΘ, Aristotle University of Thessaloniki, Greece, Coordinator: Prof. Soultana-Maria Valamoti, School of History and Archaeology, Aristotle University of Thessaloniki, Greece (<http://plantcult.web.auth.gr/en/project-eng/teams-eng>).
2. ‘Physical properties of foods. Quality of cereals and their derivatives (**PROCEREALtech**)’. No. 239 Consolidated Research Unit, University of Valladolid, Spain, Director: Prof. Maria Felicidad Ronda Balbás, Dept. of Agricultural and Forestry Engineering, University of Valladolid, Spain (<https://procerealtch.uva.es/quienes-somos/>).
3. ‘**WG5**: Digestive amylases and starch digestion’ of the **INFOGEST** network. WG5 leaders: Dr Marilisa Alongi, Animal and Veterinary Sciences, Department of Agricultural, Food, Environmental and Animal Sciences, University of Udine, Italy & Dr Daniela Freitas, TEAGASC - The Agriculture and Food Development Authority, Department of Food Chemistry and Technology, Carlow, County Cork, Ireland (<https://infogest.hub.inrae.fr/working-groups/wg5-digestive-amylases-and-starch-digestion>).

European scientific actions

1. *Member of COST ACTION FA1001: ‘The application of innovative fundamental food-structure-property relationships to the design of foods for health, wellness and pleasure’*, Chair: Laura Piazza, 2010-2014.
2. *Member of COST ACTION FA1104: ‘Sustainable production of high-quality cherries for the European Market’*, Chair: Jose Quero Garcia, 2012-2016.
3. *National representative on the Management Committee of COST ACTION FA1005: Improving health properties of food by sharing our knowledge on the digestive process (INFOGEST)*, Chair: Didier Dupont, 2011-2015.

Evaluator of research projects

1. 2010-2011. Invited external reviewer of research proposals of the (SNSF), Dept. of Mathematics, Physical and Engineering Sciences (Bern, Switzerland), field of Mathematics, Natural Sciences.
2. 2019-2020. Invited member of the verification team of a project developed in the framework of the 1st cycle of the Action RESEARCH - CREATE - INNOVATE’, Greek Ministry of Education Research and Religious Affairs, EYDE-ETAK, Greece.
3. 2025. M Invited external reviewer of research proposals in the framework of the 6th call of the action “Science and Society” – Current Nutritional Awareness, Hellenic Foundation for Research and Innovation (H.F.R.I.), Greece.

Collaborations with other educational and research institutions, other departments of the Aristotle University of Thessaloniki and enterprises

Indicative past or active collaborations with the following institutions/departments and food businesses in the context of research projects and other activities:

Educational and research institutions

- Dept. of Food Science and Human Nutrition, Agricultural University of Athens (AUA), Greece, Prof. I. Mantala and Assoc. Prof. V. Evageliou.
- Dept. of Agricultural and Forestry Engineering, University of Valladolid, Spain, Prof. F. Ronda Balbás.
- Institute of Applied Biosciences (INAB), Centre for Research and Technology Hellas (CERTH), Greece, Dr. A. Argyriou, Research Director.
- Chemical Process Engineering Research Institute (CPERI), Centre for Research and Technology Hellas (CERTH), Greece, Dr. A. Lappas, Research Director.
- School of Chemical Engineering, National Technical University of Athens (NTUA), Greece, Prof. M. Krokida and Assoc. Prof. E. Topakas.
- Institute of Chemical Biology, National Hellenic Research Foundation, (NHRF), Greece, Dr. M. Zervou, Research Director and Dr. M. Matzapetakis, NMR Facility Manager.
- Institute of Plant Breeding and Genetic Resources, Hellenic Agricultural Organization – Dimitra, Greece, M. Irakli, Research Director.
- School of Chemical Engineering University of Birmingham, UK, Prof. S. Bakalis.
- Dept. of Archaeology, School of History and Archaeology, Aristotle University of Thessaloniki (AUTH), Greece, Prof. S.-M. Valamoti and Prof. E. Manakidou.
- Dept. of Agricultural and Forestry Engineering, University of Valladolid, Spain, Maria Felicidad Ronda Balbás, Professor.
- School of Industrial Food Engineering, San Agustin National University Arequipa, Peru, Prof. O. Bellido-Valencia.
- Faculty of Horticulture, Centre for Horticultural Research, ‘Ion Ionescu de la Brad’ University of Life Sciences of Iași, Iași, Romania, Ass. Prof. A. Patras.

Food Enterprises

- Mills of Crete S.A., Greece, Flour Manufacturing Industry
- Barba Stathis, Industrial and Commercial S.A., Greece, Frozen Vegetable Industry
- PAPADOPOULOS, S.A. Greece, Biscuit and Nutritional Products Industry
- KERAMARI BROS MANNA, Greece, Industry of Standardization and Packaging of Cereal and Legume Flours
- Loulis Mills S.A., Greece, Flour Manufacturing Industry
- FEDON S.A., Greece, Confectionery Industry
- Flourmills Thrakis I. Ouzounopoulos, S.A., Greece, Flour Manufacturing Industry
- OLYRA FOODS, Hellenic Food Products S.A., Greece
- SELECT BAKERY (S. NENDOS). Bakery Products Manufacturing Industry

7. ADMISTRATIVE WORK

Institutional and administrative responsibilities

1. Committee member for the Internal Evaluation Group (O.M.E.A.) of the undergraduate and post-graduate program in “Food Science and Technology”, School of Agriculture, Aristotle University of Thessaloniki, Greece (2012).
2. Member of the General Assembly of the School of Agriculture, Aristotle University of Thessaloniki, Greece (2013-2014, 2017-2018 και 2022-2023).
3. Supervisor of undergraduate students’ Internship program, Dept. of Food Science & Technology, Aristotle University of Thessaloniki, Greece, funded by the National Strategic Reference Framework (NSRF) 2007-13, Greek Ministry of Education - General Secretariat for Research & Technology (2011-2013)
4. Member of Implementation committee of undergraduate students’ Internship program, School of Agriculture, Aristotle University of Thessaloniki, Greece (2014-2022).
5. Committee member for the supply and receiving equipment and consumables funded by research programs of the School of Agriculture, Aristotle University of Thessaloniki, Greece.
6. Director, Lab. Food Chemistry & Biochemistry, Faculty of Agriculture, Aristotle University of Thessaloniki, Greece (2018-2024).
7. Committee member of the M.Sc. Graduate Program in ‘Food Science and Nutrition’, Department of Food Science and Technology, School of Agriculture, Aristotle University of Thessaloniki, Greece (2018- present).
8. Coordinator of the Internal Evaluation Group (O.M.E.A.) of School of Agriculture of Aristotle University of Thessaloniki, Greece (2022-present).

Organization of conferences – workshops

1. Member of the organizing committee for the Workshop: ‘Understanding, measuring and predicting the shelf life of foods: Theory-Applications’, 27-28 May, 2010, Thessaloniki, Greece.
2. Member of the local organizing committee for the Conference: 7th Cereals & Europe Spring Meeting, “Cereals: Archaic food of the future”, 6-8 April, 2022, Thessaloniki, Greece.
3. Member of the organizing committee for the Workshop: Presentation of the book, ‘*Sito: Cereals in the culture of nutrition in ancient Greece and their future perspectives*’ and the products of the project ‘SITO’, 22 December, 2022, Thessaloniki, Greece.
4. Member of the scientific and local organizing committee for the Conference: 21st Gums & Stabilisers for the Food Industry Conference’, 6-9 June, 2023, Thessaloniki, Greece.

8. PUBLICATIONS

I. Peer-reviewed publications (SCI & Scopus)

1. Biliaderis, C. G., **Lazaridou, A.**, & Arvanitoyannis, I. (1999). Glass transition and physical properties of polyol-plasticized pullulan-starch blends at low moisture. *Carbohydrate Polymers*, 40: 29-47. [http://dx.doi.org/10.1016/S0144-8617\(01\)00261-2](http://dx.doi.org/10.1016/S0144-8617(01)00261-2)
2. **Lazaridou, A.**, Biliaderis, C.G., & Izydorczyk, M.S. (2000). Structural characteristics and rheological properties of locust bean galactomannans: a comparison of samples from different carob tree populations. *Journal of the Science of Food and Agriculture*, 81: 68-75. [https://doi.org/10.1002/1097-0010\(20010101\)81:1<68::AID-JSFA780>3.0.CO;2-G](https://doi.org/10.1002/1097-0010(20010101)81:1<68::AID-JSFA780>3.0.CO;2-G)
3. **Lazaridou, A.** & Biliaderis, C.G. (2002). Thermophysical properties of chitosan, chitosan-starch and chitosan-pullulan films near the glass transition. *Carbohydrate Polymers*, 48: 179-190. [http://dx.doi.org/10.1016/S0144-8617\(01\)00261-2](http://dx.doi.org/10.1016/S0144-8617(01)00261-2)
4. Biliaderis, C.G., **Lazaridou, A.**, Mavropoulos, A., & Barbayiannis, N. (2002). Water plasticization effects on crystallization behavior of lactose in a co-lyophilized amorphous polysaccharide matrix and its relevance to the glass transition. *International Journal of Food Properties*, 5: 463-482. <http://dx.doi.org/10.1385/ABAB:97:1:01>
5. **Lazaridou, A.**, Biliaderis, C.G., Roukas, T., & Izydorczyk, M.S. (2002). Production and characterization of pullulan from beet molasses using a non-pigmented strain of *Aureobasidium pullulans* in batch culture. *Applied Biochemistry and Biotechnology*, 97: 1-22. <http://dx.doi.org/10.1385/abab:97:1:01>
6. **Lazaridou, A.**, Roukas, T., Biliaderis, C.G., & Vaikousi, H. (2002). Characterization of pullulan produced from beet molasses by *Aureobasidium pullulans* in a stirred tank reactor under varying agitation. *Enzyme and Microbial Technology*, 31: 122-132. [http://dx.doi.org/10.1016/S0141-0229\(02\)00082-0](http://dx.doi.org/10.1016/S0141-0229(02)00082-0)
7. **Lazaridou, A.**, Biliaderis, C. G. and Kontogiorgos, V. (2003). Molecular weight effects on solution rheology of pullulan and mechanical properties of its films. *Carbohydrate Polymers*, 52: 151-166. [http://dx.doi.org/10.1016/S0144-8617\(02\)00302-8](http://dx.doi.org/10.1016/S0144-8617(02)00302-8)
8. Skendi, A., Biliaderis, C.G., **Lazaridou, A.**, & Izydorczyk, M.S. (2003). Structure and rheological properties of water soluble β -glucans from oat cultivars of *Avena sativa* and *Avena bysantina*. *Journal of Cereal Science*, 38: 15-31. [http://dx.doi.org/10.1016/S0733-5210\(02\)00137-6](http://dx.doi.org/10.1016/S0733-5210(02)00137-6)
9. **Lazaridou, A.**, Biliaderis, C.G., & Izydorczyk, M.S. (2003). Molecular size effects on rheological properties of oat β -glucans in solution and gels. *Food Hydrocolloids*, 17: 693-712. [http://dx.doi.org/10.1016/S0268-005X\(03\)00036-5](http://dx.doi.org/10.1016/S0268-005X(03)00036-5)
10. **Lazaridou, A.**, Biliaderis, C.G., Bacandritsos, N., & Sabatini, A. G. (2004). Composition, thermal and rheological behavior of selected Greek honeys. *Journal of Food Engineering*, 64: 9-21. <http://dx.doi.org/10.1016/j.jfoodeng.2003.09.007>
11. **Lazaridou, A.**, Biliaderis, C.G., Micha-Screttas, M., & Steele, B.R. (2004). A comparative study on structure-function relations of mixed linkage (1 $\rightarrow$ 3), (1 $\rightarrow$ 4) linear β -glucans. *Food Hydrocolloids*, 18: 837-855. <http://dx.doi.org/10.1016/j.foodhyd.2004.01.002>
12. **Lazaridou, A.*** & Biliaderis, C.G. (2004). Cryogelation of cereal β -glucans: structure and molecular size effects. *Food Hydrocolloids*, 18: 933-947. <http://dx.doi.org/10.1016/j.foodhyd.2004.03.003>
13. Papageorgiou, M., Lakhdara, N., **Lazaridou, A.**, Biliaderis C.G., & Izydorczyk, M.S. (2005). Water extractable (1 $\rightarrow$ 3, 1 $\rightarrow$ 4)- β -D-glucans from barley and oats: an intervarietal study on their structural features and rheological behaviour. *Journal of Cereal Science*, 42: 213-224. <http://dx.doi.org/10.1016/j.jcs.2005.03.002>
14. Kontogiorgos, V., Vaikousi, H., **Lazaridou, A.**, & Biliaderis, C.G. (2006). A fractal analysis approach to viscoelasticity of physically cross-linked barley β -glucan gel networks. *Colloids and Surfaces B: Biointerfaces*, 49: 45-52. <http://dx.doi.org/10.1016/j.colsurfb.2006.03.011>

15. **Lazaridou, A.***, Duta, D., Papageorgiou M., Belc, N., & Biliaderis, C.G. (2007). Effects of hydrocolloids on dough rheology and bread quality parameters in gluten-free formulations. *Journal of Food Engineering*, 79: 1033-1047. <http://dx.doi.org/10.1016/j.jfoodeng.2006.03.032>
16. Vaikousi, H., **Lazaridou, A.**, Biliaderis, C.G., & Zawistowski, J. (2007). Phase transitions, solubility and crystallization kinetics of phytosterols and phytosterol-oil blends. *Journal of Agricultural and Food Chemistry*, 55: 1790-1798. <http://dx.doi.org/10.1021/jf0624289>.
17. **Lazaridou, A.***, & Biliaderis, C.G. (2007). Molecular aspects of cereal β -glucan functionality: physical properties, technological applications and physiological effects. *Journal of Cereal Science*, 46: 101-118. <http://dx.doi.org/10.1016/j.jcs.2007.05.003>.
18. **Lazaridou, A.**, & Biliaderis, C.G. (2007). Cryogelation phenomena in mixed skim milk powder- barley - β -glucan - polyol aqueous dispersions. *Food Research International*, 40: 793-802. <http://dx.doi.org/10.1016/j.foodres.2007.01.016>
19. **Lazaridou, A.**, Vaikousi, H., & Biliaderis, C.G. (2008). Effects of polyols on cryostructurization of barley β -glucans. *Food Hydrocolloids*, 22: 263-277. <http://dx.doi.org/10.1016/j.foodhyd.2006.11.012>
20. **Lazaridou, A.**, Vaikousi, H., & Biliaderis, C.G. (2008). Impact of mixed-linkage (1 $\rightarrow$ 3, 1 $\rightarrow$ 4) β -glucans on physical properties of acid-set skim milk gels. *International Dairy Journal*, 18: 312-322. <http://dx.doi.org/10.1016/j.idairyj.2007.08.005>
21. **Lazaridou, A.**, Chornick, T., Biliaderis, C.G., & Izydorczyk, M.S. (2008). Sequential solvent extraction and structural characterization of polysaccharides from the endosperm cell walls of barley grown in different environments. *Carbohydrate Polymers*, 73: 621-639. <http://dx.doi.org/10.1016/j.carbpol.2008.01.001>
22. **Lazaridou, A.**, Chornick, T., Biliaderis C.G., & Izydorczyk, M.S. (2008). Composition and molecular structure of polysaccharides released from barley endosperm cell walls by sequential extraction with water, malt enzymes, and alkali. *Journal of Cereal Science*, 48: 304-318. <http://dx.doi.org/10.1016/j.jcs.2007.09.011>
23. **Lazaridou, A.**, Chornick, T., & Izydorczyk, M.S. (2008). Variations in morphology and composition of barley endosperm cell walls. *Journal of the Science of Food and Agriculture*, 88: 2388-2399. <http://dx.doi.org/10.1002/jsfa.3361>
24. **Lazaridou, A.***, & Biliaderis, C.G. (2009). Concurrent phase separation and gelation in mixed oat β -glucans / sodium caseinate and oat β -glucans / pullulan aqueous dispersions. *Food Hydrocolloids*, 23: 886-895. <http://dx.doi.org/10.1016/j.foodhyd.2008.05.008>
25. **Lazaridou, A.**, Papoutsis, Z., Biliaderis, C.G., & Moutsatsou, P. (2011). Effect of oat and barley β -glucans on inhibition of cytokine-induced adhesion molecule expression in human aortic endothelial cells: molecular structure – function relations. *Carbohydrate Polymers*, 84: 153-161. <http://dx.doi.org/10.1016/j.carbpol.2010.11.019>
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 99. Charitou, G., Dimitrellou, D., **Lazaridou, A.**, Michaelidou, A. M., & Moschakis, T. (2026). Effect of ethanol pre-treated whey nanoparticles on the stabilization of oil-in-water emulsions and *in vitro* lipid digestion. *Food Hydrocolloids*, 170: 111676. <https://doi.org/10.1016/j.foodhyd.2025.111676>

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II. Editorial articles

1. Biliaderis, C.G. & **Lazaridou, A.** (2024). Preface “21st Gums and Stabilisers for the food industry conference” special issue. *Food Hydrocolloids*, 151: 109777. <https://doi.org/10.1016/j.foodhyd.2024.109777>

III. Peer-reviewed publications in proceedings journals

1. Biliaderis, C.G. & **Lazaridou, A.** (2009). Cereal non-starch polysaccharides as functional food ingredients: structure - physical property relations. *Journal on Processing and Energy in Agriculture*, 13(3): 197-201.
2. Moschakis, T., **Lazaridou, A.**, & Biliaderis, C.G. (2011). Using particle tracking to probe the local dynamics of barley β -glucan solutions. *Procedia Food Science*, 1: 297-301. <http://dx.doi.org/10.1016/j.profoo.2011.09.046>.
3. Bouloumpasi, E., Hatzikamari, M., **Lazaridou, A.**, Chatzopoulou, P., Biliaderis, C. G., & Irakli, M. (2021). Antibacterial and Antioxidant Properties of Oregano and Rosemary Essential Oil Distillation By-Products. *Biology and Life Sciences Forum*, 6: 47. <https://doi.org/10.3390/Foods2021-11020>.

IV. Books (editor)

1. Valamoti, S. M. & **Lazaridou, A.** (2022). ‘Sito: Cereals in the culture of nutrition in ancient Greece and their future perspectives’ (in Greek), University Studio Press, Thessaloniki, Greece. (pp. 206).

V. Book Chapters

Va. Chapters in international Books

1. **Lazaridou, A.**, Biliaderis, C.G., & Izydorczyk, M.S. (2007). Cereal β -glucans: structure, physical properties and physiological functions. In *Functional Food Carbohydrates*, C.G. Biliaderis & M.S. Izydorczyk (eds.), CRC Press, Boca Raton, FL, USA, pp. 1-72.
2. Nazare, J.-A., Laville, M., Biliaderis, C.G., **Lazaridou, A.**, Onning, G., Salmenkallio-Marrtila, M., & Triantafyllou, A. (2007). β -glucans. In *Novel Food Ingredients for Weight Control*, C.J.K. Henry (ed.), Woodhead Publishing Ltd., Cambridge, UK, pp. 131-152.
3. **Lazaridou, A.** & Biliaderis, C.G. (2009). Gluten-free Doughs: Rheological Properties, Testing Procedures-Methods and Potential Problems. In *Gluten – free Food Science and Technology*, E. Gallagher (ed.), Blackwell Pub. Professional, UK, pp. 52-82.
4. **Lazaridou, A.** & Biliaderis, C.G. (2020). Edible Films and Coatings with Pectin. In *Pectin: Technological and Physiological Properties*, V. Kontogiorgos (ed.), Springer, Cham, Switzerland, pp. 99-123.

Vb. Chapters in national Books

1. **Lazaridou A.** (2020). Water in Foods (Chapter 2). In *Introduction in Food Chemistry*, C. G. Biliaderis & A. D. Zampelas (Eds.), Broken Hill Publisher LDT, Nicosia, Cyprus, pp. 71-140 (English book translation to Greek: J. W. Brady. 2013. *Introductory Food Chemistry*, Cornell University Press).
2. **Lazaridou A.** & Biliaderis, C.G. (2022). ‘Ancient’ and ‘modern’ wheat species: Their place in modern nutrition and bakery. In ‘Sito: Cereals in the culture of nutrition in ancient Greece and

- their future perspectives*' (in Greek), S. M. Valamoti & A. Lazaridou (Eds.), University Studio Press, Thessaloniki, Greece, pp. 127-150.
3. Kotsiou, K., **Lazaridou A.**, & Biliaderis, C.G. (2022). Current trends in the fortification of wheat bakery products. In *'Sito: Cereals in the culture of nutrition in ancient Greece and their future perspectives'* (in Greek), S. M. Valamoti & A. Lazaridou (Eds.), University Studio Press, Thessaloniki, Greece pp. 151-172.
 4. Nouska, C., Hatzikamari, M., **Lazaridou A.**, & Biliaderis, C.G. (2022). The use of sourdough in bakery. In *'Sito: Cereals in the culture of nutrition in ancient Greece and their future perspectives'* (in Greek), S. M. Valamoti & A. Lazaridou (Eds.), University Studio Press, Thessaloniki, Greece pp. 173-197.

VI. Conference Books

1. **Lazaridou, A.**, Vaikousi, H., & Biliaderis, C.G. (2004). Molecular size effects on gelation of barley and oat β -glucans. In *Gums and Stabilizers for the Food Industry 12*, P.A. Williams & G.O. Phillips (eds.), The Royal Society of Chemistry, UK, pp. 108-115.

VII. International Conference Proceedings

1. **Lazaridou, A.** (2001). Production and characterization of pullulan from pretreated beet molasses using a non-pigmented strain of *Aureobasidium pullulans*. In *Proceedings of 6th Workshop on the 'Developments in the Italian and European PhD Research in Food Science and Technology'*, pp. 110-115.
2. **Lazaridou, A.**, Vaikousi, H., & Biliaderis, C.G. (2005). Structure development in mixed-linkage (1 $\rightarrow$ 3), (1 $\rightarrow$ 4) β -D-glucan hydrogels as probed by calorimetry and small deformation dynamic rheometry. In *Proceedings of Medicta, 7th Mediterranean Conference on Calorimetry and Thermal Analysis*, pp. 157-162.
3. Vaikousi, H. **Lazaridou, A.**, Biliaderis, C.G., & Zawistowski, J. (2005). Phase transitions of phytosterols and phytosterol-oil blends. In *Proceedings of Medicta, 7th Mediterranean Conference on Calorimetry and Thermal Analysis*, pp. 190-193.
4. Izydorczyk, M.S., **Lazaridou, A.**, Chornick, T., & Dushnicky, L. (2005). Molecular structure and degradation patterns of endosperm cell walls from barley differing in hardness and beta-glucan and protein contents. In *Proceedings of 18th North American Barley Researchers Workshop and 4th Canadian Barley Symposium*, pp. 93-98.
5. **Lazaridou, A.**, Vaikousi, H., & Biliaderis, C.G. (2007). Effects of polyols on barley β -glucan cryogelation in ice cream model systems. In *Proceedings of the 5th International Congress in Food Technology: Consumer Protection through Food Process Improvement & Innovation in the Real World*, Vol. 2, pp. 269-276.
6. Fustier, P., **Lazaridou, A.**, & Biliaderis, C.G. (2007). Compression, creep and stress-relaxation testing of wheat flour and gluten-free doughs – relation to end-product properties. In *Proceedings of the 5th International Congress in Food Technology: Consumer Protection through Food Process Improvement & Innovation in the Real World*, Vol. 1, pp. 173-181.
7. Moschakis, T., **Lazaridou, A.**, & Biliaderis, C.G. (2011). Using particle tracking to probe the local dynamics of barley β -glucan solutions. In *Proceedings of the 11th International Congress on Engineering and Food: Food Process Engineering in a Changing World (ICEF11 Congress Proceedings)*, Vol 1, pp. 143-144.
8. Patsioura, A., Gekas, V., **Lazaridou, A.**, & Biliaderis, C. (2011). Kinetics of heterogeneous amylolysis in oat flour and characterization of hydrolyzates. In *Proceedings of the 11th International Congress on Engineering and Food: Food Process Engineering in a Changing World (ICEF11 Congress Proceedings)*, Vol 3, pp. 2207-2208.

VIII. Invited talks (Conferences, institutes, scientific meetings)

1. **Lazaridou, A.** (2010). Molecular origin of cereal β -glucan functionality - rheological and technological aspects. 'Young Scientist's Award – 2009' by the Rheology division of American Association of Cereal Chemists (AACC) International, A.A.C.C. International Annual Meeting, 24-27 October, Savannah, Georgia, U.S.A.
2. **Lazaridou, A.** (2014). Rheological characterization of food carbohydrate systems. 'Doctorate teaching activities', PhD Program in Food, Agricultural and Biosystems Science and Engineering, Higher Technical School of Agricultural Engineering, University of Valladolid, 24-29 November, Palencia, Spain.
3. **Lazaridou, A.** (2015). Mechanical properties for the determination of firmness retention of sweet cherry fruits. COST ACTION FA1104 Training School, 'Qualitative, physicochemical and phytochemical indicators of cherry fruit quality', Cyprus University of Technology, 2-4 June, Limassol, Cyprus.
4. **Lazaridou, A.** (2015). Quality attributes of sweet cherry fruits: sugar and organic acid analysis. COST ACTION FA1104 Training School, 'Qualitative, physicochemical and phytochemical indicators of cherry fruit quality', Cyprus University of Technology, 2-4 June, Limassol, Cyprus.
5. **Lazaridou, A.** & Biliaderis, C. G. (2017). Analytical tools for exploring functionality of cereal dietary fibers in foods. Mini Symposium, 'Carbohydrates in Food, Pet Food & Feed', Eurofins Carbohydrate Competence Centre, Eurofins Food Testing Netherlands, 27 March, Utrecht, The Netherlands.
6. **Lazaridou, A.** (2018). Technology of gluten free bakery products. 7th Hellenic Conference Agrotica, 3 February, Thessaloniki, Greece.
7. **Lazaridou, A.** (2018). Cereal β -glucans: structure – function relations. School of Industrial Food Engineering, San Agustin National University Arequipa, 13 November, Arequipa, Peru.
8. **Lazaridou, A.** (2018). Cereal β -glucans: applications in formulated food products. School of Industrial Food Engineering, San Agustin National University Arequipa, 16 November, Arequipa, Peru.
9. **Lazaridou, A.,** Biliaderis, C. G., & Kotsiou K. (2020). Development of innovative grain flours, sourdough preparations and baked products for preventing chronic diseases and improving quality of life: research program SITO. 'The research work of the laboratory for Interdisciplinary Research in Archaeology of the department of Archaeology, School of History and Archaeology, Aristotle University of Thessaloniki', department of Archaeology, School of History and Archaeology, Aristotle University of Thessaloniki, LIRA & research program PlantCult, 13 February, Thessaloniki, Greece.
10. **Lazaridou, A.** (2020). Enrichment of bakery products with cereal β -glucans: advantages and challenges for the food industry, 9th ARTOZYMA- Scientific workshop: 'The (+) and (-) in Bakery and Pastry', Hellenic Association of Food Scientists and Technologists (H.A.F.S.T), 23 February, Thessaloniki, Greece.
11. **Lazaridou, A.,** Kotsiou K., Nouska, C., Matsakidou, A., Hatzikamari, M., Papagianni, E., & Biliaderis, C. G. (2022). Research program SITO: Development of bakery products from cereals and legumes with improved quality and nutritional characteristics. 6th Scientific meeting for landraces and Indigenous Varieties: Exploring the world of crop landraces, 31 May-1 June, Aristotle University Research Dissemination Center, Aristotle University of Thessaloniki, Thessaloniki, Greece.
12. **Lazaridou, A.** (2022). Physico chemical, thermal and nutritional methods of analysis of cereal products and their constituents. PROCEREALtech Workshop: Molecular structure of carbohydrates and its effect on techno functional and nutritional properties, 18-20 July, Valladolid, Spain.
13. **Lazaridou, A.,** Nouska, C., Palakas, P., & Biliaderis, C. G. (2022). Impact of sesame cake on physicochemical and sensorial characteristics of wheat breads. International Meet on Food Science and Technology, FOODTECHMEET2022, 18-20 August, Edinburgh, Scotland, UK (keynote speech).

IX. International conference presentations

1. **Lazaridou, A.**, Biliaderis, C. G., & Arvanitoyannis, I. (1999). Glass transition and physical properties of polyol-plasticized pullulan-starch blends at low moisture. In Workshop on 'Molecular Mobility in Foods - MMF', 6-7 April, Camogli, Italy (poster presentation).
2. **Lazaridou, A.** (2001). Production and characterization of pullulan from pretreated beet molasses using a non-pigmented strain of *Aureobasidium pullulans*. 6th Workshop on the 'Developments in the Italian and European Ph.D. Research in Food Science and Technology', 20-22 September, Acitrezza, Italy (oral presentation).
3. **Lazaridou, A.**, Vaikousi, H., & Biliaderis, C.G. (2003). Molecular size effects on gelation of water-soluble barley and oat β -glucans. 12th Gums and Stabilizers for the Food Industry Conference, 23-27 June, Wrexham, UK (oral presentation).
4. **Lazaridou, A.**, Vaikousi, H., & Biliaderis, C.G. (2003). Rheological properties of oat and barley β -glucan aqueous dispersions. 12th Gums and Stabilizers for the Food Industry Conference, 23-27 June, Wrexham, UK (poster presentation).
5. Izydorczyk, M.S., **Lazaridou, A.**, Chornick, T., & Biliaderis, C.G. (2004). Structure and properties of barley endosperm cell walls. 89th Annual Meeting of A.A.C.C., 19-22 September, San Diego, USA (poster presentation).
6. **Lazaridou, A.**, Irakli, M., Izydorczyk, M.S., & Biliaderis, C.G. (2004). Effects of various processing factors on gelation of cereal beta-glucans. 89th Annual Meeting of A.A.C.C., 19-22 September, San Diego, USA (poster presentation).
7. Kontogiorgos, V., Vaikousi, H. **Lazaridou, A.**, & Biliaderis, C.G. (2005). Fractal scaling behavior of cross-linked β -glucan gel networks. 13th Gums and Stabilizers for the Food Industry Conference, 20-24 June, Wrexham, UK (poster presentation).
8. **Lazaridou, A.**, Vaikousi, H., & Biliaderis, C.G. (2005). Structure development in mixed-linkage (1 $\rightarrow$ 3), (1 $\rightarrow$ 4) β -D-glucan hydrogels as probed by calorimetry and small deformation dynamic rheometry. Medicta, 7th Mediterranean Conference on Calorimetry and Thermal Analysis, 2-6 July, Thessaloniki, Greece (oral presentation).
9. Vaikousi, H. **Lazaridou, A.**, Biliaderis, C.G., & Zawistowski, J. (2005). Phase transitions of phytosterols and phytosterol-oil blends. Medicta, 7th Mediterranean Conference on Calorimetry and Thermal Analysis, 2-6 July, Thessaloniki, Greece (poster presentation).
10. Izydorczyk, M.S., **Lazaridou, A.**, Chornick, T., & Dushnicky, L. (2005). Molecular structure and degradation patterns of endosperm cell walls from barley differing in hardness and beta-glucan and protein contents. 18th North American Barley Researchers Workshop and 4th Canadian Barley Symposium, 17-20 July, Red Deer, Alberta, Canada (oral presentation).
11. Izydorczyk, M., **Lazaridou, A.**, Chornick, T., & Biliaderis, C.G. (2005). Degradation of isolated cell walls from barley grains differing in hardness and protein content by malt extracts. AACC International Annual Meeting, 11-14 September, Orlando FL, U.S.A. (poster presentation).
12. **Lazaridou, A.**, Biliaderis, C.G., & Vaikousi, H. (2006). Enrichment of gluten-free bread formulations with water-soluble oat β -glucan: effects on dough rheology and bread quality parameters. Dietary fibre 2006, multifunctional complex of components, 12-14 June, Helsinki, Finland (poster presentation).
13. **Lazaridou, A.** & Biliaderis, C.G. (2006). Effects of sugars on cryogelation of barley β -glucans. 2nd International Congress on Bioprocesses in Food Industries (ICBF 2006), 18-21 June, Patras, Greece (poster presentation).
14. **Lazaridou, A.**, Vaikousi, H., & Biliaderis, C.G. (2007). Effects of polyols on barley β -glucan cryogelation in ice cream model systems. 5th International Congress in Food Technology: Consumer Protection through Food Process Improvement & Innovation in the Real World, 9-11 March, Thessaloniki, Greece (poster presentation).
15. Fustier, P., **Lazaridou, A.**, & Biliaderis, C.G. (2007). Compression, creep and stress-relaxation testing of wheat flour and gluten-free doughs – relation to end-product properties. 5th International Congress in Food Technology: Consumer Protection through Food Process

- Improvement & Innovation in the Real World, 9-11 March, Thessaloniki, Greece (poster presentation).
16. **Lazaridou, A.** Chornick, T. Dushnicky, L., Bazin, S., & Izydorczyk, M.S. (2007). Composition and Molecular Structure of Polysaccharides Released from Barley Endosperm Cell Walls by Sequential Extraction with Water, Malt Enzymes, and Alkali. Canadian Barley Symposium, The Science and Joy of Canadian Barley and Beer, 25-29 June, Winnipeg, Manitoba, Canada (poster presentation).
 17. **Lazaridou, A.** (2008). Challenges and opportunities for gluten-free products. Trends in Cereal Science and Technology: Industrial Applications, Workshop, 4-5 February, Thessaloniki, Greece (oral presentation).
 18. **Lazaridou, A.**, Vaikousi, H., & Biliaderis, C.G. (2008). Molecular size effects on gelation of barley and oat β -glucans. Trends in Cereal Science and Technology: Industrial Applications, Workshop, 4-5 February, Thessaloniki, Greece (poster presentation).
 19. Tzikas, Z., Soutos, N., Ambrosiadis, I., Georgakis, S., & **Lazaridou, A.** (2008). Low-salt restructured Mediterranean horse mackerel (*Trachurus mediterraneus*) products using microbial transglutaminase as cold-set binder. 38th Annual WEFTA (West European Fish Technologists Association) meeting: Seafood from catch and aquaculture for a sustainable supply, 17-19 September, Florence, Italy (oral presentation).
 20. Biliaderis, C.G. and **Lazaridou, A.** (2009). Cereal non-starch polysaccharides as functional ingredients: structure - physical property relations. 1st International Conference on Sustainable Postharvest and Food Technologies INOPTeP 2009, 21-26 April, Divcibare, Serbia (oral presentation).
 21. **Lazaridou, A.** (2009). Structure-functionality relations of cereal beta-glucans in food systems. Cereal beta-glucan in foods - State and functionality, Workshop, 30 June, Vienna, Austria (oral presentation).
 22. Marinopoulou A., **Lazaridou, A.**, & Biliaderis, C.G. (2009). Fate of β -glucans during making of traditional Cretan barley rusks. 4th International Dietary Fibre Conference, 1-3 July, Vienna, Austria (poster presentation).
 23. **Lazaridou, A.**, Biliaderis, C.G., & Vaikousi, H. (2009). Structure-function relations of cereal β -glucans in food model systems. 4th International Dietary Fibre Conference, 1-3 July, Vienna, Austria (poster presentation).
 24. Patsioura, A., Gekas, V., **Lazaridou, A.**, & Biliaderis, C.G. (2009). Study of enzymatic hydrolysis & characterization of oat flour hydrolyzates. 8th European Young Cereal Scientists and Technologists Workshop, 3-5 August, Viterbo, Italy (oral presentation).
 25. Biliaderis, C.G., & **Lazaridou, A.** (2009). Analytical approaches to understanding quality and functionality aspects of cereal dietary fibers. 6th International Conference Instrumental Methods of Analysis Modern Trends and Applications, 4-8 October, Athens, Greece (oral presentation).
 26. **Lazaridou, A.**, Serafimidou, A. Biliaderis, C.G., & Tzanetakis, N. (2010). Effect of oat β -glucan on physicochemical attributes of set yogurt containing a probiotic culture. 13th Food Colloids 2010: On the Road...From Interfaces to Consumers, 22-24 March, Granada, Spain (poster presentation).
 27. Skendi, A., Biliaderis, C.G., & **Lazaridou, A.** (2010). Structural variation and rheological properties of arabinoxylans from six breadmaking greek wheat cultivars. 13th Food Colloids 2010: On the Road...From Interfaces to Consumers, 22-24 March, Granada, Spain (poster presentation).
 28. Moschakis, T., **Lazaridou, A.**, Ioannou, K., & Biliaderis, C. G. (2010). Structural properties of bovine serum albumin / chitosan coacervates. 13th Food Colloids 2010: On the Road...From Interfaces to Consumers, 22-24 March, Granada, Spain (poster presentation).
 29. **Lazaridou, A.** (2010). Water dynamics and water management in food products: ‘water activity’ vs. ‘molecular mobility’ in relation to product stability. Understanding, measuring and predicting the shelf life of foods: Theory-Applications, 27-28 May, Workshop, Thessaloniki, Greece (oral presentation).

30. Biliaderis C.G. and **Lazaridou, A.** 2010. Shelf life of bakery items. Understanding, measuring and predicting the shelf life of foods: Theory-Applications, Workshop, 27-28 May, Thessaloniki, Greece (oral presentation).
31. **Lazaridou, A.** (2010). Molecular origin of cereal β -glucan functionality - rheological and technological aspects. A.A.C.C. International Annual Meeting, 24-27 October, Savannah, Georgia, U.S.A. (oral presentation, invited speech).
32. **Lazaridou, A.**, Marinopoulou, A., Matsoukas, N.P., & Biliaderis C.G. (2010). Effects of flour particle size and autoclaving on physicochemical and functional properties of dough and Cretan barley rusks. A.A.C.C. International Annual Meeting, 24-27 October, Savannah, Georgia, U.S.A. (oral – poster presentation).
33. **Lazaridou, A.**, Papoutsi, Z., Biliaderis, C.G., & Moutsatsou, P. (2010). Impact of molecular structure of cereal β -glucans on anti-inflammatory activity in human aortic endothelial cells. A.A.C.C. International Annual Meeting, 24-27 October, Savannah, Georgia, U.S.A. (poster presentation).
34. Moschakis, T., **Lazaridou, A.**, & Biliaderis, C.G. (2011). Using particle tracking to probe the local dynamics of barley β -glucan solutions. 11th International Congress on Engineering and Food: Food Process Engineering in a Changing World, ICEF11, 22-26 May, Athens, Greece (oral presentation).
35. Patsioura, A., Gekas, V., **Lazaridou, A.**, & Biliaderis, C.G. (2011). Kinetics of heterogeneous amylolysis in oat flour and characterization of hydrolyzates. 11th International Congress on Engineering and Food: Food Process Engineering in a Changing World, ICEF11, 22-26 May, Athens, Greece (poster presentation).
36. **Lazaridou, A.**, Vouris, D., Nikolaou, K., & Manthopoulos, P. (2013). *In vitro* digestion assay of glucose release in biscuits differing in dietary fiber content. 2nd International Conference on Food Digestion, 2nd ICFD, 6-8 March, Madrid, Spain (poster presentation).
37. **Lazaridou, A.**, Marinopoulou, A., Matsoukas, N.P., & Biliaderis C.G. (2013). Effect of particle size and hydrothermal processing of flour on nutritional functionality of barley rusks as evaluated by *in vitro* digestion assays. 2nd International Conference on Food Digestion, 2nd ICFD, 6-8 March, Madrid, Spain (poster presentation).
38. Vouris, D., **Lazaridou, A.**, & Biliaderis, C.G. (2013). Effect of flour particle size on rheology and starch gelatinization of wheat doughs. Cereals and Europe Spring Meeting 2013, Unlocking the full potential of cereals: challenges for science-based innovation, 29-31 May, Leuven, Belgium (poster presentation).
39. **Lazaridou, A.**, Marinopoulou, A., Matsoukas, N.P., & Biliaderis C.G. (2013). Functional properties of traditional Cretan barley rusks from flour differing in particle size. Cereals and Europe Spring Meeting 2013, Unlocking the full potential of cereals: challenges for science-based innovation, 29-31 May, Leuven, Belgium (poster presentation).
40. **Lazaridou, A.**, Biliaderis, C.G., Syllaidopoulos, A., & Christidis, P. (2013). Functional and sensory evaluation of sugar-free biscuits enriched in barley beta-glucan according to the new EFSA's health claims. A.A.C.C. International Annual Meeting, 29 September-2 October, Albuquerque, New Mexico, U.S.A. (poster presentation).
41. Mygdalia, A., **Lazaridou, A.**, & Biliaderis, C.G. (2013). A submerged chickpea fermentation extract used as leavening agent for improving quality of gluten-free breads. A.A.C.C. International Annual Meeting, 29 September-2 October, Albuquerque, New Mexico, U.S.A. (oral – poster presentation).
42. Vouris, D., **Lazaridou, A.**, & Biliaderis, C.G. (2013). Impact of jet milling on physical properties of wheat flour doughs. International Annual Meeting, 29 September-2 October, Albuquerque, New Mexico, U.S.A. (oral – poster presentation).
43. Moschakis, T., **Lazaridou, A.**, & Biliaderis, C.G. (2014). Exploring the local dynamics of β -glucan solutions with different molecular characteristics by using particle tracking microrheology. 15th Food Colloids Conference, 13-16 April, Karlsruhe, Germany (poster presentation).
44. **Lazaridou, A.**, Kritikopoulou, K., & Biliaderis, C.G. (2014). Barley β -glucan cryostructures as encapsulation matrices for controlled delivery of proteins. 12th International Hydrocolloids Conference. 5-9 May, Taipei, Taiwan (oral presentation).

45. **Lazaridou, A.,** & Biliaderis, C.G. (2014). Phase separated cereal β -glucan / milk protein systems in model and real dairy products. 12th International Hydrocolloids Conference. 5-9 May, Taipei, Taiwan (poster presentation).
46. Goulas V., Kourdoulas P.M., Minas, I.S., **Lazaridou, A.,** Molassiotis, A., Gerothanasis, I., & Manganaris, G.A. (2014). High-throughput NMR-based targeted metabolite profiling to elucidate postharvest performance of sweet cherry (*Prunus avium*) fruit. 5th International Postharvest Unlimited. 10-13 June, Limassol, Cyprus (poster presentation).
47. Kouzounis, D., **Lazaridou, A.,** & Katsanidis, E. (2014). Structuring of edible oleogels with monoglycerides and phytosterols - implementation in meat products. 1st International Conference on: "Global Trends in the Agro-food Sector", 11-13 September, Kalamata, Greece (oral presentation).
48. **Lazaridou, A.,** Vouris, D., Biliaderis C.G., & Zoumpoulakis, P. (2014). Impact of jet-milling on physicochemical properties of wheat flour, dough and breads. A.A.C.C. International Annual Meeting, 5-8 October, Providence, Rhode Island, U.S.A. (oral presentation).
49. Gkountenoudi-Eskitzi, I., **Lazaridou, A.,** Goula, A.M., & Biliaderis, C.G. (2014). Development of gluten-free breads enriched with chickpea and acorn flours using response surface methodology. A.A.C.C. International Annual Meeting, 5-8 October, Providence, Rhode Island, U.S.A. (poster presentation).
50. Gkountenoudi-Eskitzi, I., **Lazaridou, A.,** Irakli, M. N., Bosnea, L., & Biliaderis, C.G. (2014). Evaluation of phenolic compounds and antioxidant activity of gluten-free bread formulations enriched with acorn and chickpea flours. International Conference of Emerging Trends in Biotechnology (ICETB 2014), 6-9 November, New Delhi, India (poster presentation).
51. Gkountenoudi-Eskitzi, I., **Lazaridou, A.,** & Biliaderis, C.G. (2015). *In vitro* starch digestibility and *in vivo* glycemic response of gluten-free bread enriched with chickpea and acorn flours. 4th International Conference on Food Digestion, 4th ICFD, 17-19 March, Naples, Italy (poster presentation).
52. Theologidou, G., Zoric, L., **Lazaridou, A.,** Lukovic, J., & Tsialtas, J.T. (2015). Cooking time of lentils (*Lens culinaris*) as related to seed coat anatomy, cultivar and P fertilization. Eucarpia International Symposium on Protein Crops-V Meeting AEL: Plant proteins for the future, 4-7 May, Pontevedra, Spain (poster presentation).
53. Perez-Quirce S., **Lazaridou A.,** Biliaderis C.G., & Ronda, F. (2015). Impact of oat β -glucan molecular weight on viscoelastic behavior of gluten-free rice-based doughs. 6th International Dietary Fibre Conference 2015, From Fibre Functionality to Health, 1-3 June, Paris, France (oral presentation).
54. Karagianis, E., Minas, I., **Lazaridou, A.,** & Molassiotis, A. (2016). The impact of modified atmosphere and 1-MCP in the quality traits of sweet cherry. Final COST FA1104 Conference, Sustainable production of high-quality cherries for the European market, 4-8 April, Naoussa, Greece (oral presentation).
55. Michailidis, M., Karagianis, E., Rodovitis, I., Savvidis, S., **Lazaridou, A.,** & Molassiotis, A. (2016). The effect of preharvest and postharvest CaCl_2 application on sweet cherry quality. Final COST FA1104 Conference, Sustainable production of high-quality cherries for the European market, 4-8 April, Naoussa, Greece (poster presentation).
56. Biliaderis, C. G., & **Lazaridou, A.** (2016). Cell wall polysaccharides from cereal grains as functional ingredients in formulated food products: structure – function relations. XIV Cell Wall Meeting, 12-17 June, Chania, Greece (oral presentation).
57. **Lazaridou, A.,** Tananaki, C., Polatidou, K., & Biliaderis, C. G. (2016). Kinetics of production of creamed honey from unblended Greek varieties. International congress FoodTech 2016: III International congress 'Food Technology, quality and safety, 25-27 October, Novisad, Serbia (poster presentation).
58. Dapcevic-Hadnadev, T., Hadnadev, M., **Lazaridou, A.,** Moschakis, T., & Biliaderis, C. G. (2016). Physicochemical properties of hemp (*Cannabis Sativa L.*) protein isolates: Effects of isolation technique and conditions. International congress FoodTech 2016: III International congress 'Food Technology, quality and safety, 25-27 October, Novisad, Serbia (oral presentation).

59. Biliaderis, C. G., & **Lazaridou, A.** (2016). Structural features, functionality and formulation challenges with fibers from cereal grains. International congress FoodTech 2016: III International congress 'Food Technology, quality and safety, 25-27 October, Novisad, Serbia (oral presentation).
60. **Lazaridou, A.**, & Biliaderis, C. G. (2017). Analytical tools for exploring functionality of cereal dietary fibers in foods. Mini Symposium, 'Carbohydrates in Food, Pet Food & Feed', Eurofins Carbohydrate Competence Centre, Eurofins Food Testing Netherlands, 27 March, Utrecht, The Netherlands (oral presentation).
61. Katsanidis, E., Moschakis, T., **Lazaridou, A.**, Biliaderis, C.G., & Kouzounis, D. (2017). Lipid structuring as a means for trans and saturated fat reduction. 5th International Conference: Sustainable Postharvest and Food technologies – INOPTeP 2017, 23-28 April, Vršac, Serbia (oral presentation).
62. **Lazaridou, A.** (2018). *In vitro* starch digestibility in functional bakery products. COST ACTION FA1005: Improving health properties of food by sharing our knowledge on the digestive process, INFOGEST, 13th Workshop, 12-13 April, Leeds, UK (oral presentation).
63. Christofi, M. N., Mourtzinos, I., Drogoudi, P., **Lazaridou, A.**, Biliaderis, C. G., & Manganaris, G. A. (2018). Elaboration of protocols to define sensorial attributes and mechanical properties of canned peaches. 30th International Horticultural Congress, 12-16 August, Istanbul, Turkey (oral presentation).
64. Valamoti, S. M., Petridou, C., Heiss, A. G., Azorin, M. B., Stika, H.-P., Fiorentino, G., Primavera, M., Biliaderis, C. G., **Lazaridou A.**, Sereti, V., Fyntikoglou, V., Symponis, K., & Papadopoulou, L. (2019). Sitos: an interdisciplinary investigation of 'cereal food' in the ancient Greek world integrating literary sources, experimentation, food science, archaeobotany and scanning electron microscopy. 18th Conference of the International Workgroup for Palaeoethnobotany, 3-8 June, Lecce, Italy (oral presentation).
65. Zampouni, K., Biliaderis, C. G., Soniadis, A., **Lazaridou, A.**, Moschakis, T., & Katsanidis, E. (2019). Physicochemical properties of olive oil oleogels structured with monoglycerides. 1st International Conference in Advanced Production and Processing, 10-11 October, Novi Sad, Serbia (poster presentation).
66. Soniadis, A. Biliaderis, C. G., Zampouni, K., Moschakis, T., **Lazaridou, A.**, & Katsanidis, E. (2019). Improvement of the nutritional profile of Greek sausages by animal fat substitution. 1st International Conference in Advanced Production and Processing, 10-11 October, Novi Sad, Serbia (poster presentation).
67. Wagner, J., Maras, A., Prodromidis, P., Kandylis, P., **Lazaridou, A.**, Biliaderis, C. G., & Moschakis, T. (2019). Production of a novel whey cheese by using complex coarcevation. 12th International Scientific and Professional Conference WITH FOOD TO HEALTH, 24-25 October, Osijek, Croatia (poster presentation).
68. Kotsiou, K., **Lazaridou, A.**, and Biliaderis, C. G. (2019). Fortification of wheat bread with flours from processed legume seeds and impact on product quality attributes. 33rd EFFoST International Conference: Sustainable Food Systems - Performing by Connecting, 12-14 November, Rotterdam, The Netherlands (oral presentation).
69. **Lazaridou, A.**, Gidari – Gounaridou, C., Kotsiou, K., & Biliaderis, C. G. (2019). Impact of dry sourdough from chickpea fermentation extract on quality characteristics of gluten-free bread. 33rd EFFoST International Conference: Sustainable Food Systems - Performing by Connecting, 12-14 November, Rotterdam, The Netherlands (oral presentation).
70. Kokkinomagoulos, E., Kandylis, P., Prodromidis, P., Sereti, V., Zampouni, K., Wagner, J., Katsanidis, E., **Lazaridou, A.**, Moschakis, T., & Biliaderis, C. G. (2020). Impact of yeast strain, fermentation temperature and sugar content on pomegranate alcoholic beverage production and characteristics. ISEKI Food Association, e-conference (Vienna, Austria), Food Quality and Texture in Sustainable Production and Healthy Consumption, 18-19 November (oral presentation).
71. Prodromidis, P., Mourtzinos, I., Wagner, J., Kokkinomagoulos, E., Kandylis, P., Sereti, V., Zampouni, K., Katsanidis, E., **Lazaridou, A.**, Biliaderis, C. G., & Moschakis, T. (2020). Use of phenol-rich red onion skin waste extracts as natural colorants in yoghurt-like products. ISEKI Food Association, e-conference (Vienna, Austria), Food Quality and Texture in

- Sustainable Production and Healthy Consumption, 18-19 November (oral – poster presentation).
72. **Lazaridou, A.**, Keramari, S., Sereti, V., & Biliaderis, C. G. (2020). Impact of sourdough from a commercial starter culture on gluten free rice breads supplemented with chickpea flour. ISEKI Food Association, e-conference (Vienna, Austria), Food Quality and Texture in Sustainable Production and Healthy Consumption, 18-19 November (poster presentation).
 73. **Lazaridou, A.**, Mouzakis, C.-K., Sereti, V., Wagner, J., & Biliaderis, C. G. (2020). Physicochemical properties and application of zein based edible coatings for extending wheat bread shelf life. ISEKI Food Association, e-conference (Vienna, Austria), Food Quality and Texture in Sustainable Production and Healthy Consumption, 18-19 November (poster presentation).
 74. Sereti, V., **Lazaridou, A.**, & Biliaderis, C. G. (2020). Rheological aspects of barley emulsion gels used as fat replacers in reduced fat biscuits. ISEKI Food Association, e-conference (Vienna, Austria), Food Quality and Texture in Sustainable Production and Healthy Consumption, 18-19 November (poster presentation).
 75. Kotsiou, K., Sacharidis, D.-D., **Lazaridou, A.**, & Biliaderis, C. G. (2020). Rheological, textural and sensorial characteristics of wheat dough and bread formulations fortified with yellow split pea flours. ISEKI Food Association, e-conference (Vienna, Austria), Food Quality and Texture in Sustainable Production and Healthy Consumption, 18-19 November (poster presentation).
 76. Sereti, V., **Lazaridou, A.**, Kokkinomagoulos, E., Prodromidis P., Wagner, J., & Biliaderis, C. G. (2021). Development of barley emulsion gels and evaluation of their rheological Properties. VII: International Congress, Engineering, Environment and Materials in Process Industry, EEM2021, 17-19 March, Jahorina, Republic of Srpska, Bosnia and Herzegovina (poster presentation).
 77. Papagianni, E., Stavratou, T., Kotsiou, K., Biliaderis C.G., & **Lazaridou, A.** (2021). Fortification of Wheat Bread with Plant Protein Isolates. 6th International ISEKI-Food Conference (ISEKI-Food 2021), e-conference (Vienna, Austria), Sustainable development goals in food systems: challenges and opportunities for the future, 23-25 June (poster presentation).
 78. Sereti, V., **Lazaridou, A.**, Biliaderis, C.G., & Valamoti S. M. (2021). Functional properties of flours, doughs and breads from grains and seeds used in the ancient and present cuisine. 6th International ISEKI-Food Conference (ISEKI-Food 2021), e-conference (Vienna, Austria), Sustainable development goals in food systems: challenges and opportunities for the future, 23-25 June (poster presentation).
 79. Sereti, V., **Lazaridou, A.**, Tananaki, C. & Biliaderis, C.G. (2021). A multi-instrumental approach for the physicochemical characterization of a cotton honey-based spread produced by controlling compositional and processing parameters. 12th International Conference on Instrumental Methods of Analysis Modern Trends and Applications (IMA 2021), virtual event (Thessaloniki & Athens, Greece), 20-23 September (oral presentation).
 80. Kotsiou, K., **Lazaridou, A.**, & Biliaderis, C.G. (2021). Physical properties and quality evaluation of composite dough and bakery products using a multi-analytical instrumental approach. 12th International Conference on Instrumental Methods of Analysis Modern Trends and Applications (IMA 2021), virtual event (Thessaloniki & Athens, Greece), 20-23 September (oral presentation).
 81. Nouska, C., Hatzikamari, M., Biliaderis, C.G., & **Lazaridou, A.** (2021). Physicochemical and sensorial properties of wheat bread with sourdough made from starter culture isolated from a submerged chickpea fermentation extract. 12th International Conference on Instrumental Methods of Analysis Modern Trends and Applications (IMA 2021), virtual event (Thessaloniki & Athens, Greece), 20-23 September (oral presentation).
 82. Bouloumpasi, E., Hatzikamari, M., **Lazaridou, A.**, Chatzopoulou, P., Biliaderis, C. G., & Irakli, M. (2021). Antibacterial and Antioxidant Properties of Oregano and Rosemary Essential Oil Distillation By-Products. The 2nd International Electronic Conference on Foods - "Future Foods and Food Technologies for a Sustainable World (e-Conference), Foods 2021, 15-30 October (oral presentation).

83. Papagianni, E., Kotsiou, K., Biliaderis, C.G., & **Lazaridou, A.** (2021). Exploring the development of a “clean-label” gluten free bread. ISEKI Food Association, e-conference (Timisoara, Romania), Food Texture, Quality Safety and Biosecurity in the Global Bioeconomy, 10-12 November (oral - poster presentation).
84. Dimakopoulou-Papazoglou, D., **Lazaridou, A.**, Biliaderis, C.G., & Katsanidis, E. (2021). Thermal transition of osmotically processed beef meat by differential scanning calorimetry. ISEKI Food Association, e-conference (Timisoara, Romania), Food Texture, Quality Safety and Biosecurity in the Global Bioeconomy, 10-12 November (poster presentation).
85. Papagianni, E., Kotsiou, K., Biliaderis, C.G., & **Lazaridou, A.** (2022). Development of a “clean-label” gluten-free bread fortified with flaxseeds and sprouted lentils. 7th Cereals & (ανηρτημένη ανακοίνωση Europe Spring Meeting, “Cereals: Archaic food of the future”, 6-8 April, Thessaloniki, Greece (poster presentation).
86. **Lazaridou, A.** (2022). Strategies for improving the shelf-life of breads: the cases of sourdough and edible coatings. Whorkshop: Innovations in Dairy, Baking, Meat and Wine industries – Ingredients and new technologies, 18 June, Thessaloniki, Greece (oral presentation).
87. Nouska, C., Palakas, P., & Biliaderis, C.s G. Impact of sesame cake on physicochemical and sensorial characteristics of wheat breads. International Meet on Food Science and Technology, FOODTECHMEET2022, 18-20 August, Edinburgh, Scotland, UK (oral presentation, invited Keynote Speech).
88. Zampouni, K., Kotsiou, K., Kasiouras, G., **Lazaridou, A.**, & Katsanidis, E. (2022). Evaluation of *in vitro* bioaccessibility of beta-carotene using edible oleogels and bigels as carriers. 5th edition of the ISEKI e-conferences (virtual event): ‘Current food innovation trends; the texture and consumer perception perspective’, 23-25 November (oral - poster presentation).
89. Nouska, C. Deligeorgaki, M., Biliaderis, C.G. & **Lazaridou, A.** (2023). The influence of extraction method on functional and thermal properties of sesame cake protein isolates. 21st Gums & Stabilisers for the Food Industry Conference: Meeting industry's needs, consumers' expectations and sustainability challenges, 6-9 June, Thessaloniki, Greece (oral presentation).
90. Moschakis, T., Andreadis, M., Charitou, G., Chatzitaki, A. T., **Lazaridou, A.**, & Fatouros, D.G., Biliaderis, C.G. (2023). Formation of nanoparticles and gels from ethanol pretreated whey proteins. 21st Gums & Stabilisers for the Food Industry Conference: Meeting industry's needs, consumers' expectations and sustainability challenges, 6-9 June, Thessaloniki, Greece (oral presentation).
91. Mouzakis, C.K., Kotsiou, K., Pontikakos, G., Biliaderis, C.G., & **Lazaridou, A.** (2023). Physicochemical properties of alkaline extracted wheat bran arabinoxylans as affected by pre-treatment with ammonia under mild conditions. 21st Gums & Stabilisers for the Food Industry Conference: Meeting industry's needs, consumers' expectations and sustainability challenges, 6-9 June, Thessaloniki, Greece (oral presentation).
92. Sereti, V., **Lazaridou, A.**, Kotsiou, K., & Biliaderis, C.G. (2023). Emulsion gels enriched with β -glucan concentrate for reducing saturated fat in biscuits. 21st Gums & Stabilisers for the Food Industry Conference: Meeting industry's needs, consumers' expectations and sustainability challenges, 6-9 June, Thessaloniki, Greece (oral presentation).
93. Prodromidis, P., Katsanidis, E., A. **Lazaridou A.**, Biliaderis CG., & Moschakis, T. (2023). Effect of Tween 20 in monoglyceride-based structured oleogels and emulsion gels. 21st Gums & Stabilisers for the Food Industry Conference: Meeting industry's needs, consumers' expectations and sustainability challenges, 6-9 June, Thessaloniki, Greece (oral presentation).
94. Mouzakis, C.K., Kotsiou, K., Pontikakos, G., Biliaderis, C.G., & **Lazaridou, A.** (2023). Effect of alkaline extraction agents on wheat bran arabinoxylans gelling capacity. 21st Gums & Stabilisers for the Food Industry Conference: Meeting industry's needs, consumers' expectations and sustainability challenges, 6-9 June, Thessaloniki, Greece (poster presentation).
95. Pissia, M.A., Matsakidou, A., **Lazaridou, A.**, Paraskevopoulou, A., & Kiosseoglou, V. (2023). Gellan gum fluid gels for stabilizing snail meat particle suspension. 21st Gums & Stabilisers for the Food Industry Conference: Meeting industry's needs, consumers' expectations and sustainability challenges, 6-9 June, Thessaloniki, Greece (poster presentation).

96. Moschakis, T., Chatzitaki, A.T., Charitou, G., **Lazaridou, A.**, & Fatouros, D.G. (2023). Whey protein nanoparticles produced by electrospraying. 21st Gums & Stabilisers for the Food Industry Conference: Meeting industry's needs, consumers' expectations and sustainability challenges, 6-9 June, Thessaloniki, Greece (poster presentation).
97. Papagianni, E., Kotsiou, K., Matsakidou, A., Biliaderis, C.G., & **Lazaridou, A.** (2023). Development of a novel “clean-label” gluten-free bread with flaxseed slurry and sesame cake. 21st Gums & Stabilisers for the Food Industry Conference: Meeting industry's needs, consumers' expectations and sustainability challenges, 6-9 June, Thessaloniki, Greece (poster presentation).
98. Nouska, C., Deligeorgaki, M., Irakli, M., Biliaderis, C. G., & **Lazaridou, A.** (2023). Physicochemical properties of sesame cake protein isolates prepared by two different isolation techniques. International Congress on Engineering and Food, ICEF14, 20-23 June, Nantes, France (poster presentation).
99. Kalaitzis, P., Perrakis, A., Kaloudas, D., Denic, D., Anezakis, N., Blazakis, K., Giannoutsou, E., Bitas, C., Krokida, A., Rizou, M., Kouhen, M., **Lazaridou, A.**, Mekkaoui, K., Belaidi, S., El Zein, Z., Ezzat, L., Monzer, A., Adamakis, I.-D., Driouich, A., Biliaderis, C., Bouzayen, M., & Kalogerakis, N. (2023). Silencing and over-expression of prolyl 4 hydroxylase 3 causes alterations in tomato abscission. Ethylene 2023 - XII Symposium of Ethylene, 26-30 June, Toulouse, France (oral presentation).
100. Kotsiou K., Andreadis M., **Lazaridou A.**, Biliaderis CG., Basdagianni Z., Bossis I., & Moschakis T. (2023). Rheological evaluation of rennet-induced curdling of goat milks from different farming systems. International Congress on Animal Science co-organised by the European Federation of Animal Science (EAAP), the World Association for Animal production (WAAP) and Interbull, 26 August-1 September, Lyon, France (oral presentation).
101. Bouloumpasi E., Hatzikamari M., **Lazaridou A.**, Biliaderis CG., Chatzopoulou P., & Irakli M. (2023). Assessment of potential antioxidant and antimicrobial properties of hydroethanolic extracts originating from selected solid residues of the essential oil distillation process. 4th Conference on Food Bioactives & Health, 18–21 September 2023, Prague, Czech Republic (poster presentation).
102. Nouska, C., Palakas, P., Irakli, M., Biliaderis, C. G., & **Lazaridou, A.** (2023). Impact of sesame cake fat level on quality and nutritional attributes of wheat breads. 3rd Food Chemistry Conference: Shaping a Healthy and Sustainable Food Chain Through Knowledge. 10-12 October, Dresden, Germany (poster presentation).
103. Papagianni, E., Mouzakis, C.-K., Kotsiou, K., Biliaderis, C. G., & **Lazaridou, A.** (2023). Development of Pickering emulsions stabilized by cellulose nanocrystals and fortified with omega-3 fatty acids. 3rd Food Chemistry Conference: Shaping a Healthy and Sustainable Food Chain Through Knowledge. 10-12 October, Dresden, Germany (poster presentation).
104. Sereti, V., Biliaderis, C. G., & **Lazaridou, A.** (2023). Oil-in-water apple pomace emulsion for reducing saturated fat in biscuits. 3rd Food Chemistry Conference: Shaping a Healthy and Sustainable Food Chain Through Knowledge. 10-12 October, Dresden, Germany (poster presentation).
105. Mouzakis, C.-K., Kotsiou, K., Pontikakos, G., Biliaderis, C. G., & **Lazaridou, A.** (2023). Mechanical properties of composite hydrogels consisting of cellulose nanocrystals and arabinoxylans. 3rd Food Chemistry Conference: Shaping a Healthy and Sustainable Food Chain Through Knowledge. 10-12 October, Dresden, Germany (poster presentation).
106. Mouzakis, C.-K., Kotsiou, K., Pontikakos, G., Biliaderis, C. G., & **Lazaridou, A.** (2023). Rheological and textural properties of skimmed milk acidified gels fortified with wheat bran arabinoxylans. 3rd Food Chemistry Conference: Shaping a Healthy and Sustainable Food Chain Through Knowledge. 10-12 October, Dresden, Germany (poster presentation).
107. Kotsiou, K., Palassaros, G., Loziou, E., Tcharkhalashvili, D., Irakli, M., Biliaderis, C. G., & **Lazaridou, A.** (2023). Sensory and physicochemical characteristics of wheat breads fortified with yellow split pea flours. 3rd Food Chemistry Conference: Shaping a Healthy and Sustainable Food Chain Through Knowledge. 10-12 October, Dresden, Germany (poster presentation).

108. Nouska, C., Deligeorgaki, M., Kyrkou, C., Michaelidou, A.-M., Biliaderis, C. G., & **Lazaridou, A.** (2023). The effect of extraction on functional properties of sesame cake protein isolates. 3rd Food Chemistry Conference: Shaping a Healthy and Sustainable Food Chain Through Knowledge. 10-12 October, Dresden, Germany (poster presentation).
109. Vicente, A., Mate, M., Villanueva, M., Caballero, P. A., **Lazaridou, A.**, Biliaderis, C. G., & Ronda, F. (2023). An alternative technology to improve gluten-free bread quality: microwave-assisted hydrothermal treatment of buckwheat grains. 6th International Symposium on Gluten-Free Cereal Products and Beverages: "Designing Food for Individual Needs and Choices". 18-20 October, Rome, Italy (oral presentation).
110. Freitas, D., Gwala, S., **Lazaridou, A.**, Duijsens, D., Henry, G., Wheller, F., Zobel, H., Lopez-Rodulfo, I. M., Kotsiou, K., Corbin, K. R., Alongi, M., Martinez, M. M., Tomassen, M.M. M., Perez-Moral, N., Vidal, N. P., Ariens, R. M. C. Simsek, S., El, S. N., Karakaya, S., Balance, S., Le Feunteun, S., Bastiaan-Net, S., Krause, S., & Grassby T. (2024). Amylase activity assay evaluation and optimization: an INFOGEST international ring trial. 8th International Conference on Food Digestion (ICFD2024). 9-11 April, Porto, Portugal (oral presentation).
111. Mouzakis, C.-K., Kotsiou, K., Pontikakos, G., Irakli, M., Zervou, M., Matzapetakis, M., Biliaderis, G. C., & **Lazaridou, A.** (2024). Rheological properties and possible application of alkali-extractable wheat bran arabinoxylans as affected by their structural heterogeneity. 19th Food Colloids Conference: Using colloid science to find new sustainable solutions in food. 14-18 April, Thessaloniki, Greece (oral presentation).
112. Kalogeridis, E., Mouzakis, C.-K., Kotsiou, K., Biliaderis, G. C., & **Lazaridou, A.** (2024). Aqueous extraction of dietary fibers from wheat shorts under subcritical conditions and incorporation into cocoa flavored milk for κ -carrageenan replacement. 19th Food Colloids Conference: Using colloid science to find new sustainable solutions in food. 14-18 April, Thessaloniki, Greece (poster presentation).
113. Sereti V., Kotsiou K., Nouska, C., Patras, A., Biliaderis, G. C., & **Lazaridou, A.** (2024). Olive Oil-Water Emulsions Stabilized by Apple Pomace used as a Solid Fat Substitute in Biscuits. 19th Food Colloids Conference: Using colloid science to find new sustainable solutions in food. 14-18 April, Thessaloniki, Greece (poster presentation).
114. Vicente, A., Villanueva, M., Caballero, P. A., **Lazaridou, A.**, Biliaderis, C.G., & Ronda F. (2024). Improving the quality of gluten-free breads by using microwave-treated pseudocereals. 10th Conference of Women Researchers of Castilla y León: The adventure of science and technology, 18-19 April, Valladolid, Spain (oral presentation).
115. Vicente, A., Villanueva, M., Caballero, P. A., **Lazaridou, A.**, Biliaderis, C.G., & Ronda F. (2024). A new physically modified ingredient for quality improvement of quinoa-enriched gluten-free bread. 21st European Young Cereal Scientists and Technologists Workshop, 3-5 June, Lisbon, Portugal. (oral presentation).
116. Kotsiou, K., Mouzakis, C.-K., **Lazaridou, A.**, Biliaderis, C. G., Basdagianni, Z., & Bossis I. (2024). 75th European Federation of Animal Science (EAAP) Annual Meeting: Global quality: environment, animals, food, 1-5 September, Florence, Italy. (poster presentation).
117. Vicente, A., Villanueva, M., Caballero, P. A., **Lazaridou, A.**, Biliaderis, C.G., & Ronda F. (2024). Microwave treatment of quinoa flour: A promising approach to improve gluten-free bread quality. 2024 ICC International Conference: GRAINS FOR ONE HEALTH. 25-27 November, Taipei, Taiwan (poster presentation).
118. Kotsiou, K., Mouzakis, C.-K., Kalogeridis, E., Biliaderis, G. C., & **Lazaridou, A.** (2024). By-products from wheat milling industry as additives in 'clean label' milk-based products. 2024 ICC International Conference: GRAINS FOR ONE HEALTH. 25-27 November, Taipei, Taiwan (poster presentation).

Reviewer for international scientific journals

Κριτής εργασιών (> 100 εργασίες) για τα εξής διεθνή περιοδικά:

1. Cereal Chemistry
2. Food Hydrocolloids

3. International Journal of Food Science and Technology
4. Journal of Food Engineering
5. LWT - Food Science and Technology
6. Food Chemistry
7. Journal of Cereal Science
8. Bioactive Carbohydrates and Dietary Fibre
9. European Food Research and Technology
10. Journal of Food Science and Technology
11. Journal of Texture Studies
12. Carbohydrate Polymers
13. Innovative Food Science and Emerging Technologies
14. Journal of Food Processing and Preservation
15. Critical Reviews in Food Science and Nutrition
16. Food Research International
17. International Journal of Biological Macromolecules
18. Food Hydrocolloids for Health
19. Food Chemistry Advances
20. Food and Bioprocess Technology

9. BRIEF PRESENTATION OF ACADEMIC WORK - RECOGNITION

- Peer-reviewed publications (SCI & Scopus): **99**
- Citations (23/9/2025):
SCI: **4.920** / Scopus: **6.005** / Google Scholar: **8.509**
- h-Index (23/9/2025): SCI: **34** / Scopus: **38** / Google Scholar: **45**
- Publications in journal with IF (Impact factor, IF₂₀₂₄): **99** (97 research articles and 2 review articles) with ***IF* 7.6**, **IF₅₀ 5.8** and **$\sum$ IF:747.1**
- Editorial articles: **1**
- Peer-reviewed publications in proceedings journals: **3**
- Books (co-editor): **1** (in Greek)
- Chapters in international scientific books: **4**
- Chapters in national books: **3**
- Chapters in scientific books (translation from English to Greek): **1**
- Full articles in Conference Books: **1**
- Full articles in Conference Proceedings: **8**
- Invited talks (Conferences, institutes, scientific meetings): **13**
- Presentation at international scientific conferences: **118**
- Supervision of **16** M.Sc. theses (12 completed and 4 in progress).
- Supervision of **2 PhD** (1 completed and 1 in progress)
- Co-supervision of **1** PhD thesis
(University of Valladolid, Spain with prize of extraordinary PhD thesis)
- Supervision of post-doctoral fellows: **3**
- Advisor of Ph.D. theses: **9** (6 completed and 3 in progress)
- Examiner of Ph.D. theses: **6**
- External examiner / Rapporteur of Ph.D. theses from foreign Universities: **6**
- Scientist-in-charge / coordinator of research programs: **10**
- Participating researcher in research programs: **29**
- Associate editor in peer-reviewed international scientific journals: **2**
'Food Research International' (IF₂₀₂₃=8.0) και *'Food Hydrocolloids'* (IF₂₀₂₃=12.4)
- Editor of special issue *'21st Gums & Stabilisers for the Food Industry Conference Proceedings'*
published in *'Food Hydrocolloids'* journal.
- Editorial board in peer-reviewed international scientific journals: **2**, *'Food Hydrocolloids'* και
'Bioactive Carbohydrates and Dietary Fiber'
- Member of the scientific and/or organizing committee of international conferences: **2**
- Member of research groups: **3**