

CURRICULUM VITAE

Thessaloniki, Greece, 2026

Personal data

Surname: **Michaelidou**

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Date and place of birth: 24 June 1965, Thessaloniki

Academic Qualifications

1997: PhD in Food Science & Technology
School of Agriculture, Aristotle University of Thessaloniki (AUTH)

1988: Degree in Agriculture, School of Agriculture, AUTH (Hons)
Greek Ministry of Education Undergraduate Scholarships (IKY): 1984-85, 85-86, 87-88

1983: High school degree, Deutsche Schule, Thessaloniki

Foreign languages

English: Certificate of English Proficiency (University of Cambridge),
Certificate of English Proficiency (University of Michigan)

German: Abitur, Deutsche Schule

IT skills

Word, Excel, Power Point, SPSS, Web

Past & Present Employment

1992-2002: Research Associate, Laboratory of Dairy Technology, Department of Food
Science & Technology, School of Agriculture, AUTH.

2000-2002: Laboratory Assistant Teaching Staff, School of Agriculture, AUTH

2002-2010: Lecturer, Department of Food Science & Technology, School of
Agriculture, AUTH.

- 2010– 2018: Assistant Professor, Department of Food Science & Technology, School of Agriculture, AUTH.
- 2018-2024: Associate Professor, Department of Food Science & Technology, School of Agriculture, AUTH.
- 2024-: Professor, Department of Food Science & Technology, School of Agriculture, AUTH.

Teaching in

Undergraduate Courses

- 1997-2013: Food Analysis Practice
Department of Food Science and Technology, School of Agriculture, AUTH.
- 2002-2013: Human Nutrition
Department of Food Science and Technology, School of Agriculture, AUTH.
- 2003-2005: Topics in Food Science (Operational Programme for Education and Initial Vocational Training II) (co-teaching)
School of Agriculture, AUTH.
- 2006-2008: Dairy Technology
School of Agriculture, AUTH.
- 2008- : Food Analysis (co-teaching)
Department of Food Science and Technology, Faculty of Agriculture, Forestry and Natural Environment, AUTH.
- 2013- : Food and Nutrition
Faculty of Agriculture, Forestry and Natural Environment, AUTH.
- 2013- : Nutrition and Metabolism
Department of Food Science and Technology, Faculty of Agriculture, Forestry and Natural Environment, AUTH.
- 2017-2018 : Applied Nutrition of non-ruminant farm animals
Department of Animal Production, Faculty of Agriculture, Forestry and Natural Environment, AUTH.
- 2022-2023 : Organic chemistry
Faculty of Agriculture, Forestry and Natural Environment, AUTH.

Postgraduate Courses

- 2002-2018: Advanced Food Chemistry and Biochemistry: Lipids (2002-2004), Proteins (2005-2018) (co-teaching),
Department of Food Science and Technology, Faculty of Agriculture, Forestry and Natural Environment, AUTH.
- 2008 - 2014: Instrumental Analysis of Food (co-teaching),
Department of Food Science and Technology, Faculty of Agriculture, Forestry and Natural Environment, AUTH.

- 2008 - 2018: Advanced Courses in Human Nutrition, Department of Food Science and Technology, Faculty of Agriculture, Forestry and Natural Environment, AUTH.
- 2015 - 2018: Advanced Courses in Human Nutrition, School of Chemistry, Faculty of Sciences, AUTH.
- 2018 - : Food Chemistry and Nutrition: Proteins (co-teaching), Postgraduate Educational Program "Food Science and Nutrition", Department of Food Science and Technology, Faculty of Agriculture, Forestry and Natural Environment, AUTH.
- 2018 - : Special Topics in Food Science and Nutrition, Postgraduate Educational Program "Applied Nutrition and Health Promotion", School of Medicine, Faculty of Health Sciences, AUTH.
- 2018 - : Research approach of the topic of MSc thesis, Postgraduate Educational Program "Applied Nutrition and Health Promotion", School of Medicine, Faculty of Health Sciences, AUTH.
- 2018 - : Nutritional Education - Health Education, Postgraduate Educational Program "Applied Nutrition and Health Promotion", School of Medicine, Faculty of Health Sciences, AUTH.
- 2019 - : Food Chemistry and Nutrition (co-teaching), Postgraduate Educational Program "Food Law", Department of Food Science and Technology, Faculty of Agriculture, Forestry and Natural Environment, AUTH.
- 2019 - : Food Law II: product-specific regulations (co-teaching), Postgraduate Educational Program "Food Law", Department of Food Science and Technology, Faculty of Agriculture, Forestry and Natural Environment, AUTH.
- 2020 - 2021: Participation as invited speaker in the Postgraduate Educational Program "Maternal Fetal Medicine", School of Medicine, Faculty of Health Sciences, AUTH. Lecture title: "-omics technologies: Metabolomics in amniotic fluid"

Summer schools – Guest instructor in international educational programs

- 2023: *"Fundamental in Nutrition & Metabolism"*
EPICUR Summer School 2023.
 The European Partnership for Innovative Campus Unifying Regions, EPICUR, the European University Alliance

Textbooks

- **Michaelidou, A.M.**, "Bioactive milk peptides: Origin, Biological Action, Biochemical Properties" (included in "Topics in Food Science" for the Operational Programme for Education and Initial Vocational Training II)
- **Michaelidou, A.M.**, Textbook in "Human Nutrition"
- **Michaelidou, A.M.**, Textbook in "Food and Nutrition"

- **Michaelidou, A.M.**, Textbook in "Nutrition and Metabolism"
- Vafopoulou-Mastrogiannaki, A. and **Michaelidou, A.M.**, Textbook in "Food Biochemistry Practices".

Scientific collaborations

- 1stDepartment of Obstetrics and Gynaecology, School of Medicine, Faculty of Health Sciences, AUTH
- 3rdDepartment of Obstetrics and Gynaecology, School of Medicine, Faculty of Health Sciences, AUTH
- 1st Neonatal and Intensive Care Clinic, School of Medicine, Faculty of Health Sciences, AUTH
- 2nd Department of Obstetrics & Gynecology, Medical School National & Kapodistrian University of Athens, Aretaieio Hospital
- School of Chemistry, Faculty of Sciences, AUTH
- School of Pastoral and Social Theology, Faculty of Theology, AUTH
- Agricultural University of Athens, Greece
- Faculty of Medicine, School of Health Sciences, University of Ioannina, Greece
- Department of Pre-school education, School of Education, University of Ioannina, Greece
- Department of Primary education, School of Education, University of Crete, Greece
- Department of Production and Management Engineering of the Democritus University of Thrace.
- The Institute of Organic and Pharmaceutical Chemistry (IOPC) of National Hellenic Research Foundation, Athens, Greece
- Center for Interdisciplinary Research & Innovation (KEDEK)
- Interdisciplinary Agri-Food Center (KEAGRO)
- Centre for Research and Technology Hellas (CERTH), Thessaloniki, Greece
- Thessaloniki Science Center and Technology Museum "NOESIS", Thessaloniki, Greece
- University General Hospital of Thessaloniki AHEPA, Greece
- General Hospital of Thessaloniki Papageorgiou, Greece
- General Hospital of Thessaloniki Ippokrateio, Greece
- General Hospital of Thessaloniki G. Gennimatas, Greece
- Theageneio Anti-Cancer Hospital of Thessaloniki, Greece
- Greek Dairy Industry MEVGAL S.A.
- EXANDIA P.C.
- Pagonis-dairy company
- Vezyroglou & Co.
- Municipality of Pavlos Melas, Greece
- Municipality of Thessaloniki, Greece
- Municipality of Pilea-Hortiatis, Greece
- Mandoulides Schools, Greece
- FoodOmicsGR Research Infrastructure

Coordination of Scientific Programs

- "Study of the stability of olive oil nutritional factors (oleic acid and antioxidants) in the matrix of yogurt during the preservation of a new product", 2008-2009, MEVGALS.A.
- "An Investigation of the nutritional value of selected leafy vegetables", 2019, A. Vezyroglou and Co
- Optimizing the technofunctional and biofunctional attributes of a yoghurt-based product using Bacterial Cellulose Fiber from spent coffee grounds", 2020-2023, Operational Programme "Competitiveness, Entrepreneurship and Innovation" (EPAnEK), Action "RESEARCH – CREATE – INNOVATE".

Participation in Scientific Programs

- **FLAIR/SENS** CA, COST 902, 1990-94, **European Union**, «Relating sensory, instrumental and consumer choice studies»
- **INTERREG**, 1991-1994, **European Union**, «Exploring the microflora of Feta cheese aiming towards improving the product technology»
- **"Embryometabolomics: Metabolomics as a tool for the assessment of embryo growth and viability in in-vitro fertilisation"**. Thales - Support of the interdisciplinary and/or inter-institutional research and innovation. Operational Programme: Education and lifelong learning "investing in knowledge society", Ministry of Education, Lifelong Learning and Religious Affairs, Greece. National Strategic Reference Framework (NSRF) 2007-2013 "programme for development", European Social Fund, European Union. http://embryometabolomics.web.auth.gr/index_en.php, 2011-2015
- **"Assessment of the contribution of the Greek "Fund for European Aid to the Most Deprived (FEAD/TEBA)"**, Department of Food Science and Nutrition, School of Biotechnology and Development, Agricultural University of Athens, 2018
- **"Emblematic Action: The roads of the vineyards"**, 2019-, Establishment of National Research Networks, Hellenic General Secretariat of Research and Technology (GSRT).
- **"Modulating the functional properties of whey proteins by ethanol: application in dairy products."**, 2020-2024, 1st Call for H.F.R.I. Research Projects to Support Faculty Members & Researchers and Procure High-Value Research Equipment, H.F.R.I.
- **«Sustainable production of functional ingredients from agri-food industry by-products and development of high value-added bakery products"**, Operational Programme "Competitiveness, Entrepreneurship and Innovation», **nationwide action** "RESEARCH-CREATE-INNOVATE (2nd Call/Cycle)", 2020-2023.
- **«Valorisation of second-grade fruits for the production of high value-added products in the Region of Central Macedonia»**, **co-funded by the Hellenic State and the European Union, specifically the European Regional Development Fund (ERDF), under the NSRF 2014-2020 Operational Programme "Central Macedonia", Innovation Investment Plans.**

Coordination of Educational Programs

- **Nutrition in Adolescence.** Program for Health Promotion and Education, 2006-2007, **National Youth Foundation.**

- Educational program for children aged 10-13 years **“Children in the Magical World of Food”**, 2007-2010. **ARISTIDES DASKALOPOULOS Foundation. (IAD)**
- Research-based nutrition educational program for children and adolescents of different age and background entitled **“DAIRY PRODUCTS: PLEASURE-HEALTH-FUN”**, 2010, MEVGAL S.A. http://www.mevgal.gr/frontend/articles.php?cid=181&header_cat=91
- **“Awareness raising activities for the prevention of child obesity in Municipality of Pavlos Melas”**, a European Funded Program of National Strategic Reference Framework NSRF 2007-2013, part of the Operational Program "Human Resources Development" - Priority "Consolidating the reform of Mental Health. Development of Primary Care Health Protection and Public Health of the population"
- **Educational program for children aged 9-14 years “Children in the Nutri-Food World”**, 2011-2020

Participation in Education Programs

- Lifelong Learning Program of universities "Innovative Actions in Minority Learning Environments: Education and Quality of Life - Culture", Department of Early Childhood Education, University of Ioannina - School of Social Theology and Christian Culture, auth - Department of Medicine, University of Ioannina - Department of Primary Education, University of Crete, 2015.

Research Supervision

A. Supervision of Ph.D. Students, Department of Food Science and Technology, Faculty of Agriculture, Forestry and Natural Environment, AUTH

- **Fotiou Maria**, Exploring the impact of maternal nutritional status on the compositional profile of mid-trimester biofluids, 2017.
- **Tsakoumaki Foteini**, Methodological approaches and assessment of maternal nutritional status during pregnancy, 2022.
- **Kyrkou Charikleia**, Potential impact of maternal dietary habits on the prevention of metabolic diseases, 2024.
- **Stamkopoulos Asterios**, Investigation of the nutritional and biofunctional properties of dairy product containing bacterial cellulose (in progress)

Supervision of M.Sc. Students, Department of Food Science and Technology, Faculty of Agriculture, Forestry and Natural Environment, AUTH

1. **Galitsopoulou Augoustina**, Polyamine profiles in ovine and caprine colostrum and mature milk, 2006.
2. **Fotiou Maria**, Amniotic fluid amino acid concentrations in relation to gestational age, maternal nutrient intake and pregnancy outcome in a group of pregnant women, 2009.
3. **Tsiapos Spiros**, Comparison of the in vitro digestion of whey proteins in bovine and caprine milk of indigenous breeds, 2011.
4. **Vasilopoulou Archontia**, Dietary patterns and lifestyle characteristics of patients with a history of atherosclerotic cardiovascular disease, 2011.

5. **Georganta Giannoula**, Adherence to the Mediterranean diet in the second trimester of pregnancy and the potential effect on pregnancy outcome, 2014.
6. **Tsakoumaki Foteini**, Dietary Glycemic Index as a tool for exploring the effect of maternal diet on pregnancy outcome, 2014.
7. **Kyrkou Charikleia**, Development and validation of a semi-quantitative food frequency questionnaire for pregnant women in Greece and potential impact of dietary intake on maternal biological fluids composition, 2015.
8. **Matthaiou Anastasia**, Association between dietary patterns and breast cancer, 2015.
9. **Dimitropoulou Aristeia**, Methodological approaches and evaluation of dietary patterns based on protein intake during pregnancy, 2018.
10. **Stamkopoulos Asterios**, Assessment of usual dietary micronutrient intake during the 2nd trimester of pregnancy, 2021.
11. **Tentzidou K.**, Investigation of the digestibility of whey protein solutions using in vitro techniques, 2022.
12. **Voulgaridis C.**, Optimization of pre-treatment of spend ground coffee for its biotechnological utilization
13. **Pieria, Eirini**, Enzymatic Pre-treatment of Spent Coffee Grounds for the Production of Bacterial Cellulose, 2024.
14. **Bampi, Kallirroï**, Dietary Intake and Investigation of the Effects of Functional Yogurt Products on the Lipid Profile of Healthy Volunteers, 2025.

Supervision of M.Sc. Students: 4 (In progress)

Supervision of > 100 B.Sc. Students

External M.Sc. Supervisor

1. **Symeonidou Maria**, Second trimester amniotic fluid glucose, uric acid, phosphate, potassium, and sodium concentrations in relation to dietary habits and pregnancy outcome, 2010. **School of Medicine, Faculty of Health Sciences, University of Thessaly.**
2. **Chatzigeorgiou Maria**, The nutritional education through technology of animation and multimedia, 2011. **Department of Primary Education, University of the Aegean.**
3. **Daoula Efthymia**, Assessment of adequacy of nutrient intake and calculation of nutritional indexes in a sample of AUTH students, 2021. **School of Medicine, Faculty of Health Sciences, AUTH**
4. **Kyrtopoulos Ioannis**, The potential impact of Mediterranean Diet adherence on anthropometry and body composition parameters in children and adolescents; a systematic review, 2021. **School of Medicine, Faculty of Health Sciences, AUTH**
5. **Kada Stefania**, Investigation of the potential effect of maternal dietary habits on pregnancy evolution and outcome, 2022. **School of Medicine, Faculty of Health Sciences, AUTH**
6. **Andrikopoulou Andriani**, Investigation of the relationship between the intestinal microbiome and the mechanism of obesity in infants and children ,2025 **School of Medicine, Faculty of Health Sciences, AUTH**

Participation in three-member advisory committees of Ph.D. Theses

1. **Athanasiadou Elpiniki.** The impact of maternal dietary intake on 2nd trimester amniotic fluid metabolites, 2020. **School of Medicine, Faculty of Health Sciences, AUTH.**
2. **Bouloumpasi Elisavet.** Determination of nitrogenous compounds in grapes from Greek vine varieties and in the produced wines, (2025). **Department of Food Science and Technology, Faculty of Agriculture, Forestry and Natural Environment, AUTH.**
3. **Kyрана Zacharenia,** Comparison of dimensionality reduction methods and classification into "Data Cubes": Novel methodological approaches and extensions (in progress) **Department of Field Crops and Ecology, Faculty of Agriculture, Forestry and Natural Environment, AUTH.**
4. **Mpinou Panagiota.** Development and study of cereal products with beneficial metabolic effects, (In progress). **Department Of Nutrition And Dietetics, School of Health Science & Education, Harokopio University.**
5. **Mouzakitis Christos-Konstantinos,** Isolation, fractionation, characterization, physicochemical properties and food applications of wheat bran polysaccharides, (In progress). **Department of Food Science and Technology, Faculty of Agriculture, Forestry and Natural Environment, AUTH.**

Participation in examination committees of Ph.D. Theses

A. Participation in examining committees of Ph.D. Theses (AUTH)

1. **Papadakis Emmanouil-Nikolaos,** Methodology for the determination of pesticide residues and bioactive compounds in sesame and bioavailability of its constituents, 2007. Department of plant protection, **Faculty of Agriculture, Forestry and Natural Environment, AUTH.**
2. **Irakli Maria,** Development and validation of high performance liquid chromatography for the determination of antioxidant compounds in cereal samples, 2012. **Department of Chemistry, Faculty of Sciences, AUTH.**
3. **Bozoudi Despoina.** Microbial composition and physicochemical attributes of traditional Feta cheese made in different mountainous regions, 2017. **Department of Food Science and Technology, Faculty of Agriculture, Forestry and Natural Environment, AUTH.**
4. **Nikolaidis Athanasios.** Effect of whey protein denaturation on the physicochemical properties of whey-based products, 2018. **Department of Food Science and Technology, Faculty of Agriculture, Forestry and Natural Environment, AUTH.**
5. **Aitsidou Vasiliki.** Household food waste: socio-ecological dimensions between rural and urban households in the municipality of Eordaia, 2019. **Department of Agricultural Economics, School of Agriculture, Forestry and Natural Environment, AUTH.**
6. **Karamani Evangelia.** Investigation of Consumer Behavior in Differentiated Foods in the Urban Complex of Thessaloniki, 2021. **Department of Agricultural Economics, School of Agriculture, Forestry and Natural Environment, AUTH.**
7. **Andreadis Marios.** Physicochemical properties of structured food systems from ethanol denatured whey proteins, 2022. **Department of Food Science and Technology, Faculty of Agriculture, Forestry and Natural Environment, AUTH.**
8. **Kolvatzis Charalambos.** Association of amniotic fluid metabolomic

profile with preterm birth, 2024. **School of medicine, Faculty of Health Science.**

B. External examiner

Gill Brendon, Analysis of Nucleosides and Nucleotides in Milk and Infant Formula, 2013. **Faculty of Science & Engineering/Department of Chemistry, The University of Waikato, New Zealand**

Publications

A. PhD thesis

Michaelidou-Koniordou, A.M. 1997. Protein hydrolysis, peptide mapping, isolation and characterization during ripening of Feta cheese. PhD thesis, Thessaloniki

B. Book Chapters

B1. Yildiz, F., Kotzekidou, P., **Michaelidou, A.M.** and Nocella, G. 2007. Functional Foods in Mediterranean and Middle Eastern Countries: History, Scope and Dietary Habits. In: *Anti-Angiogenic Functional and Medicinal Foods*, J. Lusso, F. Shahidi and D. Bagchi (eds), CRC Press, p.177-212.

B2. **Michaelidou, A.M.** 2008. Vitamin and Mineral Overconsumption. *Nutrition & Metabolism*, Zambelas, A. (ed). Parisianou scientific editions (Rendering of «*Nutrition and Metabolism*» in Greek), 1st edition, M. Gibney, I.A. Macdonald and H.M. Roche (eds.), Blackwell Publishing Ltd, 2003), p. 418-428.

B3. **Michaelidou, A.M.** 2008. Undernutrition. *Nutrition & Metabolism*, Zambelas, A. (ed). Parisianou scientific editions (Rendering of «*Nutrition and Metabolism*» in Greek), 1st edition, M. Gibney, I.A. Macdonald and H.M. Roche (eds.), Blackwell Publishing Ltd, 2003), p. 429-438.

B4. **Michaelidou, A.M.**, Tsakoumaki, F., Fotiou, M., Kyrkou, C., Athanasiadis, A.P. 2019. Metabolomics in amniotic fluid. In: *New Technologies and Perinatal Medicine: Prediction and Prevention of Pregnancy Complications*, M. Hod, V. Berghella, M. D'Alton, G.C. Di Renzo, E. Gratacos, V. Fanos (eds.), CRC Press, (*in press*).

B5. Kyrkou, C., Tsakoumaki, F., **Michaelidou, A.M.**, Biliaderis, K., Rodriguez-Perez, C., Segura-Carretero, A. 2023. Composition and Analysis of Functional Components of Olive Leaves, Kyrtsakis, A. (ed). (Rendering of Olives and Olive oil as Functional Foods: Bioactivity, Chemistry and Processing (Eds.: Kiritsakis A.P. & Sahidi F.), John Wiley & Sons, Ltd., New York, USA, pp. 383-399).

C. Publications in Peer-reviewed Journals (Science Citation Index)

C1. Alichanidis, E. and **Michaelidou, A.M.** 1990. Glycoproteins in the heat- and

acid-stable fraction of ovine milk. *Journal of Dairy Research* 57: 507- 515.

- C2. Michaelidou, A.,** Alichanidis, E., Urlaub, H., Polychroniadou, A. and Zerfiridis, G.K. 1998. Isolation and Identification of Some Major Water-soluble Peptides in Feta Cheese. *Journal of Dairy Science* 81: 3109-3116. [https://doi.org/10.3168/jds.S0022-0302\(98\)75875-8](https://doi.org/10.3168/jds.S0022-0302(98)75875-8)
- C3.** Polychroniadou, A., **Michaelidou, A.** and Paschaloudis, N. 1999. Effect of time, temperature and extraction method on the trichloroacetic acid-soluble nitrogen of cheese. *International Dairy Journal* 9: 559-568. [https://doi.org/10.1016/S0958-6946\(99\)00122-3](https://doi.org/10.1016/S0958-6946(99)00122-3)
- C4.** Valsamaki, K., **Michaelidou, A.** and Polychroniadou, A. 2000. Biogenic amine production in Feta cheese. *Food Chemistry* 71: 259-266. [https://doi.org/10.1016/S0308-8146\(00\)00168-0](https://doi.org/10.1016/S0308-8146(00)00168-0)
- C5.** Romeih, E.A., **Michaelidou, A.,** Biliaderis, C.G. and Zerfiridis, G.K. 2002. Low-fat, white-brined cheese made from bovine milk and two commercial fat mimetics: Chemical, physical and sensory attributes. *International Dairy Journal* 12: 525-540. [https://doi.org/10.1016/S0958-6946\(02\)00043-2](https://doi.org/10.1016/S0958-6946(02)00043-2)
- C6. Michaelidou, A.,** Katsiari, M.C., Kondyli, E., Voutsinas, L.P. and Alichanidis, E. 2003. Effect of a commercial adjunct culture on proteolysis in low-fat Feta-type cheese. *International Dairy Journal* 13: 179-189. [https://doi.org/10.1016/S0958-6946\(02\)00148-6](https://doi.org/10.1016/S0958-6946(02)00148-6)
- C7. Michaelidou, A.,** Katsiari, M.C., Voutsinas, L.P., Kondyli, E. and Alichanidis, E. 2003. Effect of commercial adjunct cultures on proteolysis in low-fat Kefalograviera-type cheese. *International Dairy Journal* 13: 743- 753. [https://doi.org/10.1016/S0958-6946\(03\)00099-2](https://doi.org/10.1016/S0958-6946(03)00099-2)
- C8. Michaelidou, A.M.,** Alichanidis, E., Polychroniadou, A. and Zerfiridis, G. 2005. Migration of water-soluble nitrogenous compounds of Feta cheese from the cheese blocks into the brine. *International Dairy Journal* 15: 663-668. <https://doi.org/10.1016/j.idairyj.2004.09.013>
- C9. Michaelidou, A.** and Steijns, J. 2006. Nutritional and technological aspects of minor bioactive components in milk and whey: Growth factors, vitamins and nucleotides. Review. *International Dairy Journal* 16: 1421-1426. <https://doi.org/10.1016/j.idairyj.2006.06.018>
- C10.** Papastoyiannidis, G., Polychroniadou, A., **Michaelidou, A.M.** and Alichanidis, E. 2006. Fermented milks fortified with B-group vitamins: Vitamin stability and effect on resulting products. *Food Science and Technology International* 12: 521-529. <https://doi.org/10.1177/1082013206073274>
- C11. Michaelidou, A.,** Katsiari, M.C., Voutsinas, L.P., Polychroniadou, A. and Alichanidis, E. 2007. Effect of multiple-species starters on peptide profile and free amino acids in low-fat Kefalograviera-type cheese. *Food Chemistry* 104:800-807. <https://doi.org/10.1016/j.foodchem.2006.12.041>
- C12. Michaelidou, A.M.** 2008. Factors influencing nutritional and health profile of milk and milk products. *Small Ruminant Research* 79: 42-50. <https://doi.org/10.1016/j.smallrumres.2008.07.007>
- C13.** Plakantara, S., **Michaelidou, A.M.,** Polychroniadou, A., Menexes, G. and Alichanidis, E. 2010. Nucleotides and nucleosides in ovine and caprine milk

- during lactation. *Journal of Dairy Science* 93 :2330–2337. <https://doi.org/10.3168/jds.2009-2836>
- C14.** Athanasiadis, A.P., **Michaelidou, A.M.**, Fotiou, M., Menexes, G., Theodoridis, T.D., Ganidou, M., Tzevelekis, B., Assimakopoulos, E., Tarlatzis, B.C. 2011. Correlation of 2nd trimester amniotic fluid amino acid profile with gestational age and estimated fetal weight. *The journal of maternal-fetal & neonatal medicine*, 24(8), 1033-1038. <https://doi.org/10.3109/14767058.2010.545909>
- C15.** Fotiou, M., **Michaelidou, A.M.**, Athanasiadis, A.P., Menexes, G., Symeonidou, M., Koulourida, V., Ganidou, M., Theodoridis, T.D., Tarlatzis, B.C. 2015. Second trimester amniotic fluid glucose, uric acid, phosphate, potassium, and sodium concentrations in relation to maternal pre-pregnancy BMI and birth weight centiles. *The journal of maternal-fetal & neonatal medicine*, 28(8), 910-915. <https://doi.org/10.3109/14767058.2014.937692>
- C16.** Galitsopoulou, A., **Michaelidou, A.M.**, Menexes, G., Alichanidis, E. 2015. Polyamine profile in ovine and caprine colostrum and milk. *Food Chemistry*, 173: 80-85. <https://doi.org/10.1016/j.foodchem.2014.09.168>
- C17.** Vasilopoulou, A., Galitsianos, I., Fotiou, M., Menexes, G., Tsakoumaki, F., Tsitlakidou, P., Psirropoulos, D., **Michaelidou, A.M.** 2015. An exploratory study of dietary intake patterns among adults diagnosed with cardiovascular risk factors. *International Journal of Food Sciences and Nutrition*, 66(4): 458-465. <https://doi.org/10.3109/09637486.2015.1042841>
- C18.** Athanasiadou, E., Kyrkou, C., Fotiou, M., Tsakoumaki, F., Dimitropoulou, A., Polychroniadou, E., Menexes, G., Athanasiadis, P.A., Biliaderis, G.C., **Michaelidou, A.M.** 2016. A culture-specific semi- quantitative food frequency questionnaire for use in the Mediterranean area: Development and Validation. *Nutrients*, 8, 522, [doi:10.3390/nu8090522](https://doi.org/10.3390/nu8090522)
- C19.** Fotiou, M., **Michaelidou, A.M.**, Masoura, S., Menexes, G., Koulourida, V., Biliaderis, C.G., Tarlatzis, B.C., Athanasiadis, A.P. 2016. Second trimester amniotic fluid uric acid, potassium, and cysteine to methionine ratio levels as possible signs of early preeclampsia: A case report. *Taiwanese Journal of Obstetrics and Gynecology*, 55(6): 874-876. <https://doi.org/10.1016/j.tjog.2016.09.001>
- C20.** Hadnađev M., Dapčević-Hadnađev, T., Lazaridou, A., Moschakis, T., **Michaelidou, A.M.**, Popović, S. and Biliaderis, C.G. 2017. Hempseed meal protein isolates prepared by different isolation techniques. Part I. Physicochemical properties. *Food Hydrocolloids*. Available online on 9 December 2017. DOI: [10.1016/j.foodhyd.2017.12.015](https://doi.org/10.1016/j.foodhyd.2017.12.015).
- C21.** Bozoudi D., Kondyli E., Claps S., Hatzikamari M., **Michaelidou A.**, Biliaderis C.G., Litopoulou-Tzanetaki E. 2018. Compositional characteristics and volatile organic compounds of traditional PDO Feta cheese made at two different mountainous areas of Greece. *International Journal of Dairy Technology*, 71: 1-10. DOI: [10.1111/1471-0307.12497](https://doi.org/10.1111/1471-0307.12497).
- C22.** Kyrkou C., Tsakoumaki F., Fotiou M., Dimitropoulou A., Symeonidou M., Menexes G., Biliaderis C.G., **Michaelidou A.M.** 2018. Changing trends in nutritional behavior among university students in Greece, between 2006 and 2016. *Nutrients*, 10(1), 64. DOI: [10.3390/nu10010064](https://doi.org/10.3390/nu10010064)

- C23.** Fotiou, M., Fotakis, C., Tsakoumaki, F., Athanasiadou, E., Kyrkou, C., Dimitropoulou, A., Tsiaka, T., Chatziioannou, A.C., Sarafidis, K., Menexes, G., Theodoridis, G., Biliaderis, C.G., Zoumpoulakis, P., Athanasiadis, A.P., **Michaelidou, A.M.** 2018. ¹H NMR-based metabolomics reveals the effect of maternal habitual dietary patterns on human amniotic fluid profile. *Scientific Reports*, 8:4076, [DOI:10.1038/s41598-018-22230-y](https://doi.org/10.1038/s41598-018-22230-y).
- C24.** Tsafrakidou, P., **Michaelidou A.M.**, Biliaderis, C.G., Fermented cereal-based products: nutritional aspects, possible impact on gut microbiota and health implications. 2020. *Foods (Special issue Cereal-Based Fermented Foods: Bioactive Components and Potential Health Benefits)* 9(6), 734. <https://doi.org/10.3390/foods9060734>
- C25.** Tsakoumaki, F., Kyrkou, C., Athanasiadis, A.P., Menexes, G., **Michaelidou, A.M.** 2021. Nutritional Inadequacy: Unraveling the Methodological Challenges for the Application of the Probability Approach or the EAR Cut-Point Method—A Pregnancy Perspective. *Nutrients*, 13(10), 3473. <https://doi.org/10.3390/nu13103473>
- C26.** Solomakou, N., Loukri, A., Tsafrakidou, P., **Michaelidou, A.M.**, Mourtzinis, I., & Goula, A.M. 2022. Recovery of phenolic compounds from spent coffee grounds through optimized extraction processes. *Sustainable Chemistry and Pharmacy*, 25, 100592. <https://doi.org/10.1016/j.scp.2021.100592>
- C27.** Tsakoumaki, F., Kyrkou, C., Fotiou, M., Dimitropoulou, A., Biliaderis, C. G., Athanasiadis, A.P., Menexes, G., **Michaelidou, A.M.** 2022. Framework of Methodology to Assess the Link between A Posteriori Dietary Patterns and Nutritional Adequacy: Application to Pregnancy. *Metabolites*, 12(5), 395. <https://doi.org/10.3390/metabo12050395>
- C28.** Tsafrakidou, P., Moutsoglou, A., Prodromidis, P., Moschakis, T., Goula, A., Biliaderis, C. G., & **Michaelidou, A. M.** 2023. Aqueous ammonia soaking pretreatment of spent coffee grounds for enhanced enzymatic hydrolysis: A bacterial cellulose production application. *Sustainable Chemistry and Pharmacy*, 33, 101121. <https://doi.org/10.1016/j.scp.2023.101121>
- C29.** Kolvatzis, C., Tsakiridis, I., Kalogiannidis, I. A., Tsakoumaki, F., Kyrkou, C., Dagklis, T., Daniilidis A., **Michaelidou A.M.**, & Athanasiadis, A. 2023. Utilizing Amniotic Fluid Metabolomics to Monitor Fetal Well-Being: A Narrative Review of the Literature. *Cureus*, 15(3). DOI: 10.7759/cureus.36986.
- C30.** Kyrkou, C., Fotakis, C., Dimitropoulou, A., Tsakoumaki, F., Zoumpoulakis, P., Menexes, G., Biliaderis, C.G., Athanasiadis, A.P., **Michaelidou A-M.** 2023. Maternal Dietary Protein Patterns and Neonatal Anthropometrics: A Prospective Study with Insights from NMR Metabolomics in Amniotic Fluid. *Metabolites* 13(9):977. <https://doi.org/10.3390/metabo13090977>.
- C31.** Kolvatzis, C., Christodoulou, P., Kalogiannidis, I., Tsiantas, K., Tsakiridis, I., Kyrkou, C., Cheilari, A., Thomaidis, N.S., Zoumpoulakis, P., Athanasiadis, A., **Michaelidou, A-M.** Metabolomic Profiling of Second-Trimester Amniotic Fluid for Predicting Preterm Delivery: Insights from NMR Analysis. *Metabolites* 2023, 13, 1147. <https://doi.org/10.3390/metabo13111147>.
- C32.** Nouska, C., Deligeorgaki, M., Kyrkou, C., **Michaelidou, A-M.**, Moschakis, T., Biliaderis, C.G., Lazaridou, A. Structural and physicochemical properties of sesame cake protein isolates obtained by different extraction methods.

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109757.<https://doi.org/10.1016/j.foodhyd.2024.109757>.

- C33** Kyrkou, C., Athanasiadis, A. P., Chourdakis, M., Kada, S., Biliaderis, C. G., Menexes, G., & Michaelidou, A. M. (2024). Are Maternal Dietary Patterns During Pregnancy Associated with the Risk of Gestational Diabetes Mellitus? A Systematic Review of Observational Studies. *Nutrients*, 16(21), 3632.<https://doi.org/10.3390/nu16213632>
- C34.** Kokkinomagoulos, E., Stamkopoulos, A., Michaelidou, A. M., Goula, A. M., & Kandylis, P. (2024). Valorization of the solid fraction of wine lees through optimized accelerated autolysis: Effect of temperature, pH and solid concentration on free-amino acid concentration. *Sustainable Chemistry and Pharmacy*, 42, 101780.<https://doi.org/10.1016/j.scp.2024.101780>
- C35.** Papafilippou, N., Kyrana, Z., Pratsinakis, E., Kiranas, E., Michaelidou, A. M., Markos, A., and Menexes, G. (2025). Integrating Data Analysis Methods with Machine Learning Algorithms for Mixed Data Types: does this combination improve predictive models' accuracy?. *Journal of Data Science and Intelligent Systems*. <https://doi.org/10.47852/bonviewJDSIS52023906>
- C36.** Kyrana, Z., Pratsinakis, E. D., Papafilippou, N., Michaelidou, A. M., Kiranas, E., & Menexes, G. C. (2026). Dimensionality Reduction in Data Cubes With Independent Slices. In *Modern International Developments in Data Analysis and Multivariate Statistical Analysis* (pp. 37-72). IGI Global Scientific Publishing. DOI: 10.4018/979-8-3693-9400-7.ch002
- C37.** 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>

D. Publications of Abstracts of Conferences in SCI Journals

- D1. Michaelidou, A.,** Athanasiadis, A., Fotiou, M., Koutsos, A., Leventis, C. and Bontis, J. 2009. Amniotic fluid amino acid concentrations in relation to gestational age and maternal nutrient intake in a group of pregnant women. The Society for Maternal-Fetal Medicine (SMFM) 29th Annual Scientific Meeting, January 26-31, San Diego, CA, USA. *American Journal of Obstetrics & Gynecology* 199(6-Suppl.A):S208.
- D2.** Fotiou, M., Georganta, G., Tsakoumaki, F., **Michaelidou, A.M.,** Athanasiadis, A., Menexes, G., Ganidou, M., Theodoridis, G., Biliaderis, C.G., Tarlatzis, B. 2013. Second trimester amniotic fluid amino acid levels in relation to maternal pre-pregnancy Body Mass Index. XI World Congress of Perinatal Medicine, June 19-22, Moscow, Russia. *Journal of Perinatal Medicine* 41(Suppl.1): 1397.
- D3.** Athanasiadis, A., Zoumpoulakis, P., **Michaelidou, A.M.,** Fotakis, C., Fotiou, M., Tsakoumaki, F., Georganta, G., Menexes, G., Ganidou, M., Theodoridis, G., Biliaderis, C.G., Tarlatzis, B. 2013. Gestational age and maternal pre-pregnancy body mass index: potential determinants of human amniotic fluid metabolic profile. XI World Congress of Perinatal Medicine, June 19-22, Moscow, Russia. *Journal of Perinatal Medicine* 41(Suppl.1): 1402.

- D4.** Fotakis, C., Fotiou, M., Chatziioannou, A.C., Zoumpoulakis, P., **Michaelidou, A.M.**, Menexes, G., Athanasiadou, N., Kyrkou, C., Tsakoumaki, F., Gika, H., Athanasiadis, A.P., Theodoridis, G., Biliaderis, C.G., Tarlatzis, B.C. 2014. Dietary patterns are reflected in the metabolic profiles of second trimester maternal blood and amniotic fluid. XXIV European Congress of Perinatal Medicine, June 4-7, Florence, Italy. *The journal of maternal-fetal & neonatal medicine* 27(Suppl.1): 337.

E. Publications in Peer-reviewed international conference Proceedings

- E1. Michaelidou, A.M.**, Alichanidis, E., Polychroniadou, A. and Zerfiridis, G. 2004. Equilibrium of water-soluble N of Feta cheese between the cheese blocks and the brine. *4th Symposium on Cheese Ripening, Characterization and Technology*, March 21-25, Prague, Czech Republic, p.76 (abstract).
- E2.** Galitsopoulou, A., **Michaelidou, A.M.** and Vafopoulou, A. 2004. Intracellular aminopeptidase and esterase/lipase activities of propionibacterium *Acidipropionici* 4.6: Influence of pH and NaCl. *4th Symposium on Cheese Ripening, Characterization and Technology*, March 21-25, Prague, Czech Republic, p.124 (abstract).
- E3.** Galitsopoulou, A., **Michaelidou, A.M.** and Polychroniadou, A. 2007. Polyamines in ovine and caprine colostrum and mature milk. *IDF 5th International Symposium on the Challenge to Sheep and Goats Milk Sectors*, April 18-20, Alghero, Italy, p.138-140.
- E4.** Plakantara, S., Polychroniadou, A. and **Michaelidou, A.M.** 2007. Nucleotides and Nucleosides in ovine and caprine colostrums and milk. *IDF 5th International Symposium on the Challenge to Sheep and Goats Milk Sectors*, April 18-20, Alghero, Italy, p.141-143.
- E5.** Dombrou, A., Psomiadou, V. and **Michaelidou, A.M.** 2007. Phosphopeptides in kefalograviera cheese: Detection and crude fractionation. *IDF 5th International Symposium on the Challenge to Sheep and Goats Milk Sectors*, April 18-20, Alghero, Italy, p.328-329.
- E6.** Peristeri, C., Philippidou, N., **Michaelidou, A.M.** and Vafopoulou, A. 2007. Proteolysis and ACE-inhibitory activity in kefalograviera cheese. *IDF 5th International Symposium on the Challenge to Sheep and Goats Milk Sectors*, April 18-20, Alghero, Italy, p.330-332.
- E7. Michaelidou A.** 2007. Factors affecting nutritional and health components in milk and milk products. *IDF 5th International Symposium on the Challenge to Sheep and Goats Milk Sectors*, April 18-20, Alghero, Italy (**invited speaker**)
- E8. Michaelidou, A.**, Alichanidis, E. and Polychroniadou, A. 2008. Protein degradation in Feta cheese: a new approach. *5th IDF Symposium on Cheese Ripening*, March 9-13, Bern, Switzerland, p.101 (abstract).
- E9. Michaelidou, A.**, Kondyli, E., Katsiari, M.C., Alichanidis, E. and Voutsinas, L.P. 2008. Proteolysis of Galotyri-type cheese made using different procedures. *5th IDF Symposium on Cheese Ripening*, March 9-13, Bern, Switzerland, p.111 (abstract).

- E10. Michaelidou, A.,** Katsiari, M.C., Kondyli, E., Alichanidis, E. and Voutsinas, L.P. 2008. Effect of Starters on proteolysis during storage of Galotyri-type cheese. *5th IDF Symposium on Cheese Ripening*, March 9-13, Bern, Switzerland, p.120 (abstract).
- E11.** Athanasiadis, A.P., **Michaelidou, A.M.,** Fotiou, M., Menexes, G., Theodoridis, T., Ganidou, M., Assimakopoulos, E. and Tarlatzis, B.C. 2010. 2nd trimester amniotic fluid amino acid levels in relation to gestational age at delivery. *XXII European Congress of Perinatal Medicine*, May 26-29, Granada, Spain. *Advances in Perinatal Medicine*, p.91-93.
- E12.** Fotiou, M., **Michaelidou, A.M.,** Athanasiadis, A.P., Menexes, G., Ganidou, M., Tzevelekis, F., Athanasiadou, E., Assimakopoulos, E. and Tarlatzis, B.C. 2010. 2nd trimester amniotic fluid amino acid levels related to maternal nutrient intake and neonatal growth. *XXII European Congress of Perinatal Medicine*, May 26-29, Granada, Spain. *Advances in Perinatal Medicine*, p.323-326.
- E13.** Athanasiadis, A., **Michaelidou, A.,** Symeonidou M., Fotiou, M., Koulourida, V., Tzevelekis, B., Tonakanian, A., Assimakopoulos, E., Tarlatzis, B. 2011. Second trimester amniotic fluid glucose, uric acid and potassium levels in relation to pregnancy outcome. *9th International Scientific Meeting of the Royal College of Obstetricians and Gynaecologists (RCOG)*, September 27-30, Athens, Greece. P1.204 http://epostersonline.com/rcog2011/?q=node/3508_
- E14.** Athanasiadis, A., **Michaelidou, A.M.,** Menexes, G., Fotiou, M., Tsakoumaki, F., Tsitsia, I., Theodoridis, T., Tzevelekis, B., Assimakopoulos, E., Tarlatzis, B. 2011. The impact of maternal pre-pregnancy body mass index and weight gain on birth size parameters. *10th World Congress of Perinatal Medicine*, November 8-11, Punta del Este, Uruguay. p. 368.
- E15.** Fotiou, M., **Michaelidou, A.M.,** Athanasiadis, A., Menexes, G., Nari, A., Kyrkou, C., Ganidou, M., Tzevelekis, B., Assimakopoulos, E., Tarlatzis, B. 2011. Is dietary pattern of pregnant women associated with neonatal weight? *10th World Congress of Perinatal Medicine*, November 8-11, Punta del Este, Uruguay. p.377.
- E16.** Fotiou, M., Symeonidou, M., Athanasiadis, A., **Michaelidou, A.M.,** Menexes, G., Kyrogianni, A., Theodoridis, T., Tzevelekis, B., Assimakopoulos, E., Tarlatzis, B. 2011. Associations of maternal smoking status, alcohol consumption and dietary caffeine intake with neonatal weight. *10th World Congress of Perinatal Medicine*, November 8-11, Punta del Este, Uruguay. p. 385.
- E17.** Fotiou, M., **Michaelidou, A.M.,** Athanasiadis, A.P., Menexes, G., Koulourida, V., Biliaderis, C.G., Tarlatzis, B.C. 2012. Second trimester amniotic fluid metabolites as early biomarkers of neonatal growth – preliminary results. *Workshop on Holistic Analytical Technologies for BioMedical, Food and Plant Sciences*, November 9-11, Athens, Greece, p. 45.
- E18.** Tsakoumaki, F., Fotiou, M., Georganta, G., **Michaelidou, A.M.,** Athanasiadis, A., Tzevelekis, B., Ganidou, M., Tarlatzis, B. 2013. Dietary Glycemic Index during the 2nd trimester of pregnancy: The potential effect on neonatal weight. *5th South East European Congress of Perinatal Medicine*, March 1-3, Thessaloniki, Greece.

- E19.** Georganta, G., Fotiou, M., Tsakoumaki, F., **Michaelidou, A.M.**, Athanasiadis, A., Tzevelekis, B., Ganidou, M., Tarlatzis, B. 2013. Adherence to the mediterranean diet in the 2nd trimester of pregnancy and the potential effect on neonatal weight. *5th South East European Congress of Perinatal Medicine*, March 1-3, Thessaloniki, Greece.
- E20.** Virgiliou, C., Fotiou, M., **Michaelidou, A.**, Athanasiadis, A.P., Menexes, G., Koulourida, V., Biliaderis, C.G., Tarlatzis, B.C., Theodoridis, G. 2013. HPLC and LC-MS/MS for the detection of early biomarkers of neonatal growth in human amniotic fluid. *39th International Symposium on High-Performance-Liquid-Phase Separations and Related Techniques (HPLC2013)*, June 16-20, Amsterdam, The Netherlands.
- E21.** Fotiou, M., Koulourida, V., Tsakoumaki, F., **Michaelidou, A.M.**, Athanasiadis, A.P., Menexes, G., Theodoridis, T.D., Tarlatzis, B. 2014. Correlation between biochemical markers in amniotic fluid and maternal serum in the 2nd trimester of pregnancy. *30th Jubilee Congress - The fetus as a patient*, May 8–11, Budva, Montenegro.
- E22.** Chatziioannou, A.C., Zoumpoulakis, P., Fotakis, C., Athanasiadis A.P., Fotiou, M., **Michaelidou, A.M.**, Gika, E., Theodoridis, G. 2014. Nuclear magnetic resonance spectroscopic analysis of the metabolic profile of human amniotic fluid and blood serum. MET-GR III workshop: *Metabolic and Protein Network analysis in Systems Biology*, September 18-20, Patra, Greece.
- E23.** Athanasiadis AP, Fotakis C, Tsiaka T, Athanasiadou E, Kyrkou C, Dimitropoulou A, Tsakoumaki F, Fotiou M, Zoumpoulakis P, **Michaelidou AM**, Biliaderis CG, Tarlatzis B. 2015. Reflection of intake of energy generating nutrients in the 2nd trimester: amniotic fluid metabolic profile. 14th World Congress in Fetal Medicine, June 21-25, Crete, Greece.
- E24.** Fotiou, M., Fotakis, C., Athanasiadou, E., Tsakoumaki, F., Kyrkou, C., Tsiaka, T., Dimitropoulou, A., Zoumpoulakis, P., Tarlatzis, B.C., Biliaderis, C.G., **Michaelidou, A.M.**, Athanasiadis, A.P. 2015. Maternal dietary protein intake is reflected in the metabolic profile of second trimester amniotic fluid – an NMR-omics approach. *12th World Congress of Perinatal Medicine*, November 3-6, Madrid, Spain.
- E25.** Fotiou, M., Fotakis, C., Athanasiadou, E., Tsakoumaki, F., Kyrkou, C., Tsiaka, T., Dimitropoulou, A., Zoumpoulakis, P., Tarlatzis, B.C., Biliaderis, C.G., **Michaelidou, A.M.**, Athanasiadis, A.P. 2015. Maternal habitual dietary protein intake is reflected in second trimester amniotic fluid, serum, and urine NMR metabolic profiles. *6th Congress of South East European Society of Perinatal Medicine (SEESPM)*, December 4-6, Zagreb, Croatia.
- E26.** Fotiou, M., Fotakis, C., Tsakoumaki, F., Kyrkou, C., Athanasiadou, E., Tsiaka, T., Chatziioannou, A.C., Dimitropoulou, A., Menexes, G., Theodoridis, G., Tarlatzis, B.C., Biliaderis, C.G., Athanasiadis, A.P., Zoumpoulakis, P., **Michaelidou, A.M.** 2016. Exploring the link between maternal dietary protein intake and the metabolic profile of second trimester amniotic fluid. *4th Workshop on Holistic Analytical Methods for System Biology Studies*, April 17-19, Thessaloniki, Greece.
- Fotiou, M., Fotakis, C., Tsakoumaki, F., Kyrkou, C., Athanasiadou, E., Tsiaka, T., Chatziioannou, A.C., Dimitropoulou, A., Menexes, G., Theodoridis, G., Tarlatzis, B.C., Biliaderis, C.G., Athanasiadis, A.P.,

- Zoumpoulakis, P., **Michaelidou, A.M.** 2016. Exploring the link between maternal dietary protein intake and the metabolomic profile of second trimester amniotic fluid. *XXV European Congress of Perinatal Medicine*, June 15-18, Maastricht, the Netherlands, p. 266.
- E27.** Dimitropoulou A., Fotakis C., Fotiou M., Tsakoumaki F., Kyrkou C., Menexes G., Athanasiadis A.P, Biliaderis C.G., Zoumpoulakis P., **Michaelidou A.M.** 2017. Exploring the link between the circulatory and excreted metabolome during pregnancy – a pilot study. *3rd IMEKOFOODS. Metrology Promoting Harmonization & Standardization in Food & Nutrition*, October 1–4, Thessaloniki, Greece.
- E28.** Fotiou, M., Kyrkou, C., Tsakoumaki, F., Dimitropoulou, A., Virgiliou, C., Fotakis, C., Athanasiadou, E., Loukri, A., Papadopoulou, S., Stamkopoulos, A., Gika, H., Theodoridis, G., Athanasiadis, A.P., Biliaderis, C.G., Zoumpoulakis, P., **Michaelidou, A.M.** 2017. A pilot study to explore the link between habitual diet and urinary biomarkers during pregnancy. 3rd IMEKOFOODS. Metrology Promoting Harmonization & Standardization in Food & Nutrition. 1st – 4th October 2017, KEDEA building, AUTH, Thessaloniki, Greece.
- E29.** Loukri. A., Solomakou. N., Tsafrakidou, P., **Michaelidou, A.M.**, Mourtzinis, I. Goula, A.M. 2021. Recovery of spent coffee grounds phenolic compounds through optimized extraction processes. 8th International Conference on Sustainable Solid Waste Management, 23-26 June 2021, Thessaloniki, Greece
- E30.** Tsafrakidou, P., Goula, A., Mourtzinis, I., Pieria, I., Voulgaridis, C., Menexes, G., Biliaderis, C.G., **Michaelidou, A.M.** 2021. Dilute Acid Hydrolysis of Spent Coffee Grounds at Mild Conditions: A Response Surface Methodology Approach. 8th Joint International PSU-UNS Bioscience Conference – IBSC 2021. 25-26 November 2021, Novi Sad, Serbia
- E31.** Kyrkou, C., Tenzidou, K., Stamkopoulos, A., Tsakoumaki, F. Charitou, G., Moschakis, T., Biliaderis, C.G., **Michaelidou, A.M.** 2021. Evaluating The Potential Effect of Ethanol Treatment On Whey Proteins Digestibility. 8th Joint International PSU-UNS Bioscience Conference – IBSC 2021. 25-26 November 2021, Novi Sad, Serbia
- E32.** Tsafrakidou, P., Moutsoglou, A., Prodromidis, P., Moschakis, T., Goula, A., Biliaderis, C.G., **Michaelidou, A.M.** 2022. Aqueous ammonia soaking pretreatment of spent coffee grounds for enhanced enzymatic hydrolysis. 9th International Conference on Sustainable Solid Waste Management. 15-18 June 2022, Corfu, Greece
- E33.** Tsafrakidou P., Stamkopoulos A., Andreadis M, Prodromidis P., Moschakis T, Biliaderis C.G. **Michaelidou A-M.**, 2023. Exploring the physicochemical properties of a low-fat yogurt-type product after incorporation of bacterial cellulose. The Food Hydrocolloids Trust 21st Gums & Stabilisers for the Food Industry Conference Thessaloniki, Greece, June 6th-9th 2023.
- E34.** Stamkopoulos A, Xenidis V, Kyrkou C, Tenzidou K, Charitou G, Tsakoumaki F, Lazaridou A, Moschakis T, Biliaderis C. G., **Michaelidou A-M.** 2023. Determination of free amino acids in whey protein ethanol-treated solutions after the application of an in vitro digestibility protocol. 4th International Conference on Precision Nutrition and Metabolism in Public Health and Medicine, 25-30 June 2023, Giannena, Greece.

- E35.** Kokkinomagoulos E., Stamkopoulos A., **Michaelidou A-M.**, Goula A., Kandyli. 2023. Sustainable exploitation of wine lees for winemaking applications: a circular economy approach. 10th International Conference on Sustainable Solid Waste Management with title "Sustainable exploitation of wine lees for winemaking applications: a circular economy approach", 21-23rd June 2023, Chania, Greece.
- E36.** Charitou G, Kyrkou C, Lazaridou A, **Michaelidou A-M.** & Moschakis T. 2023. Exploring the potential of ethanol-treated whey proteins to form nanoparticles and their ability to stabilize Pickering emulsions and modify in vitro lipid digestion. 13th NIZO Dairy Conference Innovations in Milk Proteins 17-20 October 2023, Papendal, The Netherlands
- E37.** Nouska C, Deligeorgaki M, Kyrkou C, **Michaelidou A-M.**, Biliaderis CG, 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 2023, Dresden, Germany.
- E38.** Tsafrakidou P, Stamkopoulos A, Kyrkou C, Prodromidis P, Andreadis M, Moschakis T, Mourtzinou I, Biliaderis C, **Michaelidou A-M.**, 2023. Spent coffee grounds valorization for bacterial cellulose production: rheological and sensorial evaluation of yogurt supplemented with bacterial cellulose. 3rd Food Chemistry Conference: Shaping a Healthy and Sustainable Food Chain through Knowledge, 10 - 12 October 2023, Dresden, Germany.
- E39.** Kyrkou, C., Stamkopoulos, A., Charitou G., Tsakoumaki, F., Lazaridou, A., Moschakis, T., Biliaderis, C.G., **Michaelidou A-M.**, 2023. In vitro digestion of a novel whey-based dairy drink: Potential Impact of ethanol treatment. 1st Aristotle Conference on Chemistry, Advances and Challenges in Chemistry, 12 - 15 November 2023, Thessaloniki, Greece.
- E40.** Stamkopoulos, A., Kyrkou, C., Tsafrakidou, P. Babi, K., Doumas, A. Menexes, G., Biliaderis, C.G., **Michaelidou A-M.**, 2023. Potential health-promoting effect of a probiotic yoghurt containing microcrystalline cellulose. 1st Aristotle Conference on Chemistry, Advances and Challenges in Chemistry, 12 - 15 November 2023, Thessaloniki, Greece.
- E41.** Kyrkou, C., Stamkopoulos, A., Tsafrakidou, P., Babi, K., Doumas, A., Menexes, G., Biliaderis, C.G., **Michaelidou A-M.**, 2023. Investigating the physiological role of a probiotic yoghurt containing microcrystalline cellulose on gut microbiome and short-chain fatty acids profile. 6th ISEKI E-Conference, 22-24 November 2023.
- E42.** Stamkopoulos, A., Kyrkou, C., Charitou G., Tsakoumaki F., Lazaridou A., Dumas A., Moschakis T., Biliaderis C.G., Chatzidimitriou M., **Michaelidou A-M.** 2023. Postprandial blood amino acid concentrations in healthy adults after the consumption of a novel dairy drink produced by ethanol-treated whey protein isolates. International Conference On Nutrition and Food (ICNF-23), 21st December 2023 Mandalay, Burma (on line).
- E45.** Stamkopoulos, A, C. Kyrkou, T. Chitikoudi, G. Charitou, T. Biza, T. Moschakis, C.G. Biliaderis, M. Chatzidimitriou, A.-M. Michaelidou. 2025. "Effect of Ethanol Pretreatment on the Digestibility and Absorption of Whey Protein Isolate". 6th Analytical Metabolomics Workshop, 5th - 6th May 2025, Thessaloniki, Greece
- E46.** Stamkopoulos, A, C. Kyrkou, T. Chitikoudi, G. Charitou, T. Biza, T. Moschakis, C.G. Biliaderis, M. Chatzidimitriou, A.-M. Michaelidou. 2025.

- “Metabolic impact of ethanol-pretreated whey protein isolate on postprandial biochemical markers in healthy adults”. 6th Analytical Metabolomics Workshop, 5th – 6th May 2025, Thessaloniki, Greece
- E47.** Kyrana, Z., Papafilippou, N., Pratsinakis, E., Michaelidou, A.M., Dordas, C., Markos, A., and Menexes, G. (2025). Dimensionality reduction method for four-dimensional data cubes based on variability decomposition. 37th Panhellenic and 3rd International Statistics Conference. 24-27 April 2025, Larissa.

F. Publications in Peer-reviewed national conference Proceedings

- F1. Michaelidou, A.** 2008. Nutritional aspects of Cereal foods. *Trends in cerealscience and technology: Industrial applications (ISEKI)*, February 4-5, Thessaloniki(abstract).
- F2. Michaelidou, A.M.** and Zerfiridis, G. 2005. Contribution of milk and milk products to the nutrition of Greeks nowadays. *Three-day workshop: The History of Greek Milk and of its Products*, October 7-9, Xanthi, p. 45- 55.
- F3. Michaelidou, A.M.** 2007. Milk: The archetypal functional food.*17th Scientific Symposium of Hellenic Society of Animal Production Proceedings*, February 10, Thessaloniki, Special Issue No32: p. 59-74.
- F4.** Garsen, A., Petrou, A., Anastasiadou, M., **Michaelidou, A.M.**, Nikolakakis, I. and Ntotas, D. 2008. Composition of adipose tissue of breast and legquarter carcass of broilers as affected by the replacement of soybean meal with chickpea and the addition of vegetable oils. *Proceedings of 2nd Pan- Hellenic Meeting of Inter- scientific Society for food Safety with subject "Current nutritive trends for Food Quality and Safety"*. Presented as poster. Thessaloniki, 6-8 June 2008. p. 42 (abstract).
- F5. Michaelidou, A.M.**2008. Dairy products and nutrition. Perspectives and future trends. *1st Greek Panhellenic Conference for Milk and Dairy Products*, October 9-10, Athens. *Greek Journal of Dairy Science and Technology*, Special Issue 2009: p. 260-273 (**invited speaker**).
- F6.** Hatziantoniou, T., Symeonidou, M. and **Michaelidou, A.** 2008. Record and evaluation of milk and dairy products consumption among children. *1st Greek Panhellenic Conference for Milk and Dairy Products*, October 9-10, Athens. *Greek Journal of Dairy Science and Technology*, Special Issue 2009: p. 616-620.
- F7.** Symeonidou, M., Kotsoni, E., Fotiou, M. And **Michaelidou, A.** 2008. Record and evaluation of milk and dairy products consumption among adolescents. *1st Greek Panhellenic Conference for Milk and Dairy Products*, October 9-10, Athens. *Greek Journal of Dairy Science and Technology*, Special Issue 2009:p. 621-625.
- F8.** Symeonidou, M., **Michaelidou, A.** and Karagiannidou, V. 2008. Record and evaluation of milk and dairy products consumption among students of Aristotle’s University of Thessaloniki. *1st Greek Panhellenic Conference for Milk and Dairy Products*, October 9-10, Athens. *Greek Journal of Dairy Science and Technology*, Special Issue 2009:p. 611-615.
- F9.** Fotiou, M., Koutsos, A., Leventis, C., **Michaelidou, A.** and Athanasiadis, A.

2008. Record and Evaluation of Milk and Dairy Products Consumption in a Group of Pregnant Women. *1st Greek Panhellenic Conference for Milk and Dairy Products*, October 9-10, Athens. *Greek Journal of Dairy Science and Technology*, Special Issue 2009: p. 626-630.
- F10.** Ioannidi, A., **Michaelidou, A.M.** and Vafopoulou-Mastrogiannaki, A. 2008. TNBS and tyrosine-tryptophan methods as criteria of cheese ripening. *1st Greek Panhellenic Conference for Milk and Dairy Products*, October 9-10, Athens. *Greek Journal of Dairy Science and Technology*, Special Issue 2009: p. 554-557.
- F11.** Amboulou, A., Danias, K., Filippidou, N., **Michaelidou, A.**, Vafopoulou, A. and Vasiliadou, D. 2008. Study on proteolysis of fermented milk with probiotic cultures *1st Greek Panhellenic Conference for Milk and Dairy Products*, October 9-10, Athens. *Greek Journal of Dairy Science and Technology*, Special Issue 2009: p. 542-545.
- F12.** **Michaelidou, A.M.** 2008. The importance of milk and milk products in the diet. *Satellite Symposium "Dairy Products – Nutrition and Health", 22nd Military Medicine Conference*, November 8, Thessaloniki (**invited speaker**).
- F13.** Symeonidou, M., Fotiou, M., **Michaelidou, A.** and Karagiannidou, V. 2008. Record and Evaluation of dietary habits among students of Aristotle's University of Thessaloniki. *8th Macedonian Congress on Nutrition and Dietetics*, October 16-17, Thessaloniki, PP013 (abstract).
- F14.** Fotiou, M., Koutsos, A., Leventis, C., **Michaelidou, A.** and Athanasiadis, A. 2008. Record and Evaluation of dietary habits in a group of pregnant Greek women. *8th Macedonian Congress on Nutrition and Dietetics*, October 16-17, Thessaloniki, PP012 (abstract).
- F15.** Fotiou, M., Athanasiadis, A., **Michaelidou, A.**, Tzevelekis, F., Ganidou, M., Zorba, E., Asimakopoulos, E. and Tarlatzis, V. 2009. Record of dietary habits in a group of pregnant Greek women. Relation between dietary intake and amniotic fluid essential amino acids. *11th Panhellenic Congress of Obstetrics and Gynecology*, May 28-31, Athens, p. 98 (abstract).
- F16.** Athanasiadis, A., **Michaelidou, A.**, Koulourida, V., Symeonidou, M., Ganidou, M., Theodoridis, T., Tzevelekis, F., Asimakopoulos, E. and Tarlatzis, V. 2009. Determination of glucose, K and Na ions, phosphate ions and uric acid in amniotic fluid. Correlation with estimated fetal weight, during the 2nd trimester of gestation. *15th Panhellenic Congress of Perinatal Medicine*, September 18-20, Thessaloniki. *Perinatal Medicine and Neonatology* 4:p. 54 (abstract).
- F17.** **Michaelidou, A.**, Athanasiadis, A., Menexes, G., Zorba, E., Fotiou, M., Dambala, P., Tzevelekis, F., Asimakopoulos, E. and Tarlatzis, V. 2009. Determination of free amniotic fluid amino acids. Correlation with estimated fetal weight and birthweight. *15th Panhellenic Congress of Perinatal Medicine*, September 18-20, Thessaloniki, *Perinatal Medicine and Neonatology* 4: p. 83 (**Award**) (abstract).
- F18.** Galitsianos, I., **Michaelidou, A.**, Vasilopoulou, A., Koutsos, A. and Leventis, C. 2009. Dietary habits of adolescence in relation to the risk factors of atherosclerosis and the principles of the Mediterranean Diet. *15th Pan-Hellenic Conference of Internal Medicine*, October 13-17, Athens, p. 87 (abstract).

- F19.** Fotiou, M., **Michaelidou, A.**, Athanasiadis, A., Moustakis, D., Nari, A., Kyrkou, C., Tsakoumaki, F., Athanasiadi, E., Tzevelekis, B., Assimakopoulos, E., Tarlatzis, B. 2011. Record and evaluation of maternal macronutrient intake - Correlation with neonatal somatometric parameters. *16th Panhellenic Congress of Perinatal Medicine*, October 21- 23, Athens, *Perinatal Medicine and Neonatology* 6:p. 101 (abstract).
- F20.** Tsakoumaki, F., Fotiou, M., **Michaelidou, A.**, Athanasiadis, A., Pampori, G., Ragou, F., Tzevelekis, B., Assimakopoulos, E., Tarlatzis, B. 2011. The effect of dietary glycemic index on pregnancy outcome – Review. *16th Panhellenic Congress of Perinatal Medicine*, October 21-23, Athens, *Perinatal Medicine and Neonatology* 6:p. 150-151 (abstract).
- F21.** Fotiou, M., **Michaelidou, A.**, Menexes, G., Tsakoumaki, F., Tsitsia, I., Athanasiadi, E., Tonakanian, A., Athanasiadis, A. 2011. The impact of maternal pre-pregnancy body mass index and weight gain on birth size parameters (Rendering in Greek). *16th Panhellenic Congress of Perinatal Medicine*, October 21-23, Athens, *Perinatal Medicine and Neonatology* 6: p. 152 (abstract).
- F22.** Fotiou, M., Symeonidou, M., **Michaelidou, A.**, Menexes, G., Moustakis, D., Kyrogianni, A., Athanasiadis, A., Tzevelekis, B., Assimakopoulos, E., Tarlatzis, B. 2011. Associations of maternal smoking status, alcohol consumption and dietary caffeine intake with neonatal weight (Rendering in Greek). *16th Panhellenic Congress of Perinatal Medicine*, October 21-23, Athens, *Perinatal Medicine and Neonatology* 6: p. 219 (abstract).
- F23.** Kyrkou, C., Fotiou, M., **Michaelidou, A.**, Athanasiadis, A., Athanasiadi, E., Tzevelekis, B., Tonakanian, A., Assimakopoulos, E., Tarlatzis, B. 2012. Record of maternal dietary micronutrient intake - Correlation with neonatal weight. *12th Panhellenic Congress of Obstetrics and Gynecology*, May 17-20, Thessaloniki, p. 77.
- F24.** Kyrkou, C., Fotiou, M., Symeonidou, M., **Michaelidou, A.**, Athanasiadis, A., Athanasiadi, E., Koulourida, B., Tzevelekis, B., Ganidou, M., Kougioumstidou, A., Assimakopoulos, E., Tarlatzis, B. 2012. Correlation of maternal dietary micronutrient intake with 2nd trimester amniotic fluid composition. *12th Panhellenic Congress of Obstetrics and Gynecology*, May 17-20, Thessaloniki, p.81.
- F25.** Tsakoumaki, F., Georganta, G., Fotiou, M., **Michaelidou, A.M.**, Athanasiadis, A., Tzevelekis, B., Ganidou, M., Tarlatzis, B. 2013. Dietary Glycemic Index during the 2nd trimester of pregnancy: The potential effect on neonatal weight (Rendering in Greek). *17th Panhellenic Congress of Perinatal Medicine*, November 1-3, Athens (Abstract - Rendering in Greek).
- F26.** Georganta, G., Tsakoumaki, F., Fotiou, M., **Michaelidou, A.M.**, Athanasiadis, A., Tzevelekis, B., Ganidou, M., Tarlatzis, B. 2013. Adherence to the Mediterranean diet in the 2nd trimester of pregnancy and the potential effect on neonatal weight. *17th Panhellenic Congress of Perinatal Medicine*, November 1-3, Athens (Abstract - Rendering in Greek).
- F27.** Fotiou, M., Georganta, G., Tsakoumaki, F., **Michaelidou, A.M.**, Athanasiadis, A., Menexes, G., Ganidou, M., Theodoridis, G., Biliaderis, C.G., Tarlatzis, B. 2013. Second trimester amniotic fluid amino acid levels in

relation to maternal pre-pregnancy Body Mass Index. *17th Panhellenic Congress of Perinatal Medicine*, November 1-3, Athens (Abstract - Rendering in Greek).

- F28.** Athanasiadis, A., Zoumpoulakis, P., **Michaelidou, A.M.**, Fotakis, C., Fotiou, M., Tsakoumaki, F., Georganta, G., Menexes, G., Ganidou, M., Theodoridis, G., Biliaderis, C.G., Tarlatzis, B. 2013. Gestational age and maternal pre-pregnancy body mass index: potential determinants of human amniotic fluid metabolic profile (Rendering in Greek). *17th Panhellenic Congress of Perinatal Medicine*, November 1-3, Athens.
- F29.** Georganta, G., Dimitropoulou, A., Done, E., Athanasiadi, E., Kyrkou, C., Tsakoumaki, F., Fotiou, M., Klonos, E., Tarlatzis, B., Athanasiadis, A., **Michaelidou, A.M.** 2015. Correlation of amniotic fluid free amino acid with the daily consumption of food groups. *18th Congress of Perinatal Medicine, 16-18th October*, Athens, Greece.
- F30.** Tsakoumaki, F., Tsaroucha, S., Syroglou, S., Dimitropoulou, A., Georganta, G., Athanasiadi, E., Kyrkou, C., Fotiou, M., Kakanis, S., Tarlatzis, B., Athanasiadis, A., **Michaelidou, A.M.** 2015. Evaluation of the potential role of carbohydrate quality as a measure of the effect of maternal diet on amniotic fluid composition. *18th Congress of Perinatal Medicine, 16-18th October*, Athens, Greece.
- F31.** Fotiou, M., Tsakoumaki, F., Dimitropoulou, A., Kyrkou, C., Athanasiadi, E., Koulourida, V., Menexes, G., **Michaelidou, A.M.**, Toufakis, V., Tarlatzis, B., Athanasiadis, A. 2015. Association between amniotic fluid and maternal blood serum biomarkers during the 2nd trimester of pregnancy. *18th Congress of Perinatal Medicine, 16-18th October*, Athens, Greece.
- F32.** Tsakoumaki F., Kyrkou C., Dimitropoulou A., **Michailidou A.M.** 2018. The educational program "Children in the Nutri-Food World". Pre-conference meeting of the conference "HEALTH EDUCATION: A Valuable Life Gift from teacher to Student. The Collaboration with the Academic community and the Health Services, 20th May 2018, Thessaloniki, Greece (abstract).
- F30.** Kyra, Z., Papafilippou, N., Pratsinakis, E., Michaelidou, A.M., Markos, A., and Menexes, G. (2024). Dimensionality reduction on data cubes: Application and comparison of various analysis strategies. 36th Panhellenic and 2nd International Statistics Conference. 16-19 May 2024, Kozani.
- F31.** Κυρανά, Ζ., Πρατσινάκης, Ε., Παπαφιλιππου, Ν., Μιχαηλίδου, Α. Μ., Μάρκος, Α., Κυρανάς, Ε., και Μενεξές, Γ. (2024). Σύγκριση στρατηγικών μείωσης των διαστάσεων σε κύβους δεδομένων με ανεξάρτητες "φέτες". 12ο Πανελλήνιο Συνέδριο Ανάλυσης Δεδομένων με διεθνή συμμετοχή. 3-5 Οκτωβρίου 2024, Θεσσαλονίκη.
- F32.** Κυρανά, Ζ., Πρατσινάκης, Ε., Παπαφιλιππου, Ν., Μιχαηλίδου, Α. Μ., Μάρκος, Α., και Μενεξές, Γ. (2024). Δομή και συνιστώσες παραλλακτικότητας σε κύβους πολυμεταβλητών δεδομένων. 19ο Πανελλήνιο Συνέδριο Γενετικής Βελτίωσης Φυτών. 16-18 Οκτωβρίου 2024, Λάρισα.

G. Reports

- G1.** Korhonen, H. and **Michaelidou, A.M.**, 2004. IDF Action Team «Appropriate technologies for functional dairy products», 3rd Meeting, IDF World Dairy Summit, November 21-26, Melbourne, Australia.
- G2.** **Michaelidou, A.M.** and Korhonen, H., 2005. IDF Action Team «Appropriate technologies for functional dairy products», 4th Meeting, February 28, Cambridge, UK.
- G3.** **Michaelidou, A.M.**, 2007. *IDF Standing Committee on Nutrition and Health Meeting, IDF World Dairy Summit*, September 29 - October 4, Dublin, Ireland. *Milk Science and Technology* (2008) 1:89-91.
- G4.** **Michaelidou, A.M.**, 2007. *IDF Standing Committee on Nutrition and Health Meeting*, May 21, Amsterdam, The Netherlands.
- G5.** **Michaelidou, A.M.**, 2008. *IDF Standing Committee on Nutrition and Health Meeting*, May 26, Paris, France.
- G6.** **Michaelidou, A.M.**, 2009. *IDF Standing Committee on Nutrition and Health Meeting*, May 25, Amsterdam, The Netherlands. *Milk Science and Technology* (2009)1:64-67.

Patents

Patent No. 1010863 — Granted in the framework of the project "Optimization of the techno-functional characteristics and biofunctional properties of a dairy product through the incorporation of bacterial cellulose derived from coffee-consumption waste", funded under the Operational Programme "Competitiveness, Entrepreneurship and Innovation" (Action "RESEARCH-CREATE-INNOVATE", 2nd Cycle).

Frequent manuscript reviewer for the Journals

- Bioactive Carbohydrates and Dietary Fiber
- International Journal of Environmental Research and Public Health
- International Dairy Journal
- Journal of Chromatography B
- Nutrients
- Nucleosides, Nucleotides and Nucleic Acids
- Journal of Medicinal Food
- Journal of Clinical Medicine
- Mediterranean Journal of Rheumatology
- British Journal of Nutrition

Invited Speaker

- **Michaelidou A.M.** 2005. Traditional foods: Past, Present and Future. Women Cooperative Panorama 27-29 May, American Farm School.
- **Michaelidou A.M.** 2007. Factors affecting nutritional and health components in milk and milk products. IDF 5th International Symposium on the Challenge to Sheep and Goats Milk Sectors, April 18-20, Alghero, Italy.
- **Michaelidou A.M.** 2007. Nutrition situation: National and global trends. Conference "Claim the Right to Food", Ministry of Rural Development and Food, 15-16 October, Larissa.
- **Michaelidou A.M.** 2007. Consumption of dairy products: Current trends and future perspectives. Conference "The protection of Greek dairy and cheese products and the enhance of their competitiveness in the Greek and international market" during the Greek Milk and Cheese Festival, Ministry of Agriculture, 5-7 October, Athens.
- **Michaelidou A.M.** 2007. "Nutrition and Health. Adopting healthy eating behavior from adolescence can be challenging. "Diet and adolescents" under the "Initiatives Education Health Aid Program" EPEAEK II, National Youth Institute, Ministry of Education, June.
- **Michaelidou A.M.** 2008. Milk and dairy products in human nutrition-progress and perspectives. 1st National Scientific Conference for milk and its products, 9-10 October, Athens.
- **Michaelidou A.M.** 2008. Milk in the diet. Functional and nutritional attributes. Satellite Symposium "Milk - Nutrition and Health", 22th Medical Congress Armed Forces, November 8, Thessaloniki.
- **Michaelidou A.M.** 2012. Determining the nutritional value of food. 4th NATIONAL CONFERENCE AGROTICA «New Crops and Technologies in Georgia as Prospect Development", February 5, Thessaloniki.
- **Michaelidou A.M.** 2013. Maternal dietary habits and breast milk composition. Papageorgiou Hospital, 21st World Breastfeeding Week: Focus the nursing mother. Breast Milk - Valuable every drop of, November 4, Thessaloniki.
- **Michaelidou A.M.** 2014. Amniotic fluid uric acid, potassium and amino acid levels in a case-study of preeclampsia. Department of Chemistry, AUTH. Meeting for EmbryoMetabolomics Project-Presentation of Methods and Results, December 11, Thessaloniki.
- **Michaelidou A.M.** 2015. The impact of maternal nutrition on the health of offspring. 11th Macedonian Congress on Nutrition, May 15, Thessaloniki.
- **Michaelidou A.M.** 2016. Fruits and vegetables in our diet. 6^o NATIONAL CONFERENCE AGROTICA "New Crops and Technologies in the cultivation of fruit and vegetables", 30-31 January, Thessaloniki.
- **Michaelidou A.M.** 2017. "Food & Nutrition" "Educational workshop on safe food handlingpractices", Hellenic Support Division, "OPLARHIGOU DIMITRIOU DALIPI" Camp,18th July 2017 Thessaloniki, Greece.
- **Michaelidou, A.M.** 2018. Vitamin D and Pregnancy. Second Mediterranean Experts Meeting on "Vitamin D, in the prevention of health disparities during adult life, Mediterranean experts meeting", 30-31st August 2018, Thessaloniki,

Greece.

- **Michaelidou, A.M.** 2018. "Mediterranean diet: Nutritional and functional attributes of manufactured products of Western Macedonia". Meeting for the anti-cancer foods of the region of Western Macedonia, 20th October 2018, Ptolemaida, Kozani, Greece.
- **Michaelidou, A.M.** 2019. The nutritional value of dairy products. 1st Pancyprian Conference for the Cypriot Dairy Industry "All about dairies", 9th February 2019, Nicosia, Cyprus. (keynote speaker)
- **Michaelidou, A.M.** 2019. "Mediterranean diet: a sustainable dietary pattern". Hellenic Scientific Society for Genetic Improvement of Plants, 22th February, 2019, Thessaloniki, Greece.
- **Michaelidou, A.M.** 2019. "Milk and Dairy products: Nutritional attributes and potential health benefits." 3st Pancyprian Milk Convention, 13th June 2019, Nicosia, Cyprus.
- **Michaelidou, A.M.** 2020. "Nutrition Quality Assurance Standards (HALAL, COSHER)". Postgraduate Educational Program "Food Law", Department of Food Science and Technology, Faculty of Agriculture, Forestry and Natural Environment, AUTH. 16th September 2020, Thessaloniki, Greece.
- **Michaelidou, A.M.** 2020. "The impact of maternal nutrition on pregnancy evolution and outcome: a holistic approach". 13th Macedonian Conference on Nutrition and Dietetics, 25-27 September 2020, Thessaloniki (Round Table Moderator)
- **Michaelidou, A.M.** 2021. The concept of the Mediterranean diet as "a driver of sustainable food systems" to tackle the Global Syndemic of obesity, undernutrition, and climate change. 2nd Annual EPICUR Forum & Festival 24-26 November, Thessaloniki
- **Michaelidou, A.M.** 2022. "Revisit plant proteins: Their potential role on health and sustainability". WORKSHOP 18th June, 2022, Aristotle University of Thessaloniki "Innovations in Dairy, Baking, Meat and Wine industries – Ingredients and new technologies"

Coordination in International Committees

- Representative of the National Dairy Committee "Nutrition and Health" in International Dairy Federation conferences.
- Invited chairman in the session: «Obesity in adulthood» of the **1st International Conference of Nutritional Sciences and Dietetics (ICONSD 2022)**, 27-29 May 2022, Thessaloniki, Greece Venue: Aristotle University Research Dissemination Centre (KEDEA).
- Invited chairman in the Plenary Lecture: «The Five Keys for Successful Management of Sarcopenic Obesity in Young Adults» of the 1st International Conference of Nutritional Sciences and Dietetics (ICONSD 2022), 27-29 May 2022, Thessaloniki, Greece Venue: Aristotle University

Research Dissemination Centre (KEDEA).

Participation in International Committees

- Member of the Action Team "Appropriate technologies for functional dairy products" of the **International Dairy Federation**.
- Member of the Action Team «Up-date of contents of the IDF Nutrition Website» of the **International Dairy Federation**.
- Member, on behalf of the Auth, of the Working Team for the development of the curriculum of EPICUR Learning Pathway on Sustainable Food System. This Learning Pathway focuses on the UN's sustainable development goal 2 "Zero Hunger" and on one of the aims within the European Green Deal of the European Commission "Farm to Fork".

Administrative activities

- Participation in the Committee of Food Science and Technology curriculum of the Department of Food Science and Technology.
- Participation in the Organising Committee of the Workshop "Foods: Quality, Nutrition, Safety" of School of Agriculture, AUTH, in the frame of 80th celebration of the School, Thessaloniki, 2 November 2007.
- Member of the board meetings of Interdisciplinary Postgraduate Program "Landscape Architecture" (2009-2010).
- Representative of the Department of Food Science and Technology in the board meetings of Agricultural School (2009-2010, 2016-2017, 2018-2019, 2019-2020, 2020-2021, 2021-2022, 2022-2023).
- Master of ceremony of Commencement of School of Agriculture, Faculty of Agriculture, Forestry and Natural Environment, Aristotle University of Thessaloniki (November 2015-July 2018, April 2022-December 2023).
- Reciprocal scholarships-Program coordinator in Faculty of Agriculture, Forestry and Natural Environment (2018-2022).
- Reciprocal scholarships for Socially Vulnerable Groups-Program coordinator in Faculty of Agriculture, Forestry and Natural Environment (2019-2022).
- Director and Member of the Steering Committee of the Postgraduate Program "Food Science and Nutrition", Department of Food Science and Technology, School of Agriculture, Faculty of Agriculture, Forestry and Natural Environment, Aristotle University of Thessaloniki (2019-2023).
- Member of the Steering Committee of the Postgraduate Program "Food Science and Nutrition", Department of Food Science and Technology, School of

Agriculture, School of Agriculture, Faculty of Agriculture, Forestry and Natural Environment, Aristotle University of Thessaloniki (2023-).

Social Activities

- "Fruits, Delight and Health", invited speaker Velventos, July 6-8,2007.
- Participation in the event "Who should advise us about our diet?", held by the KEPKA - Consumers Protection Center on, December 2, 2007
- Participation in the event "Nutrition and Health", held by the Women's Cultural Association of the Municipality of Pilea, "Kapoutzida", May 7,2008.
- Participation in the event "Quality – Safety – Foods, held by the Municipality ofThermi, Greece and the "Ecology and Environment" newspaper, February 27, 2008.
- Participation in the event held under the "Initiatives Support Program in Health Education", May 6, 2008, 1st Professional School, Kilkis. Lecture about "Dietary habits ofadolescents".
- Educational programs for children aged 10 to 13 and adults – in the events of "Auth Open Sundays", May 13 & 27, June 10,2012.
- Lecture on "Nutrition & Health: alifelongrelationship", in the seminar "Bee, Nature, Humans", held by Environmental Education Center of Arnaia, April 19, 2013.
- Lecture on "Food & Nutrition". Hellenic Open University of the Municipality of Thermaikos, November 14, 2013.
- Lecture on "Nutrition in school", Department of Programms and Lifelong Learning, Directorate of Education and Sport, Municipality of Thessaloniki, December 1, 2014.
- Lecture on "Nutrition and health." Thessaloniki Science Festival. May 14 & 15, 2015.
- "Balanced Diet" – Educational seminars for parents and teachers. Municipality of Thessaloniki. April 2016.
- Educational programs for children aged 9 to 12 – in the events of "Auth Open Sundays", May 15, 22 & 29, 2016.
- Educational programs for children aged 9 to 12 – in the events of "Auth in town", October 8 & 9, 2016.
- **Michaelidou, A.M.**, Kyrkou, C., Fotiou, M., Tsakoumaki, F., Dimitropoulou, A., 2016. Legumes in human diet. *Georgia-Livestock, Special Issue: legumes*. AgroTypos Publications, 20-22.
- **Michaelidou, A.M.**, Kyrkou, C., Fotiou, M., Tsakoumaki, F., 2016. Functional and nutritional aspect of legumes. "Epi gis". Magazine Publisher:Piraeus Bank, Issue 8, p. 12.

- Lecture on healthy eating behavior entitled "Adopting healthy eating behavior from adolescence can be challenging." Mandoulides Schools, May 19, 2017. In the frame of the "Nutrition week" of Ministry of Education, Lifelong Learning and Religious Affairs.
- Educational programs for children aged 6 to 12 – in the events of "Auth Open Sundays", May 20, 2018.