

# MARIA N. HASSAPIDOU

## PERSONAL DATA

---

Surname/Forename : Hassapidou Maria  
Place-Date Of Birth : Thessaloniki, 1958  
Nationality : Greek  
Marital Status : Married, 2 Children  
Home Address : 10 Riga Feraiou Str., Pilea, Thessaloniki 55535, Greece  
Telephone/Fax : +30-2310-302642  
Office Address : Department of Nutrition and Dietetics  
School of Food Technology And Nutrition,  
A.T.E.I.-Thessaloniki, 54101 Thessaloniki, Greece  
Telephone /Fax : +30-2310-791591 / +30-2310-302642  
E-mail : mnhas@nutr.teithe.gr

## CURRENT POSITION

---

Professor of Nutrition and Dietetics  
Head of the school of Food Technology and Nutrition  
Department of Nutrition and Dietetics  
A.T.E.I.-Thessaloniki, Greece.

## EDUCATION

---

1970-1976: 'ANATOLIA' AMERICAN COLLEGE, THESSALONIKI.  
1977-1979: NORTH EAST LONDON UNIVERSITY, LONDON.  
Diploma of Higher Education in Food Science and Nutrition.  
1979-1981: THE UNIVERSITY OF NORTH LONDON, LONDON.  
Bachelor of Science (B.Sc., Honours) in Biology / Nutrition.  
1981-1982: QUEEN ELIZABETH COLLEGE, UNIVERSITY OF LONDON.  
Master of Science (M.Sc.) in Nutrition.  
1986-1991: DEMOCRITOS RESEARCH CENTER / AGRICULTURAL  
UNIVERSITY OF ATHENS.  
Doctor's of Philosophy Degree(Ph.D.) in Nutrition.

## WORK EXPERIENCE

---

- 1982-1983: NUTRICIA BABY FOODS INT., Athens.  
Clinical Nutrition Products department.,  
Head of the department
- 1983-1987: HAROKOPIO school of Home Economics, Athens.  
Department of Dietetics.  
Lecturer in Nutrition.
- 1987-1988: UNIVERSITY OF CRETE, MEDICAL SCHOOL.  
Primary health care and nutrition programs.  
Research Associate
- 1993-1993: UNIVERSITY OF RHODE ISLAND, USA  
Food Science and Nutrition Research Centre  
Visiting professor
- 1989-Today: ALEXANDER TECHNOLOGICAL EDUCATIONAL  
INSTITUTION OF THESSALONIKI (A.T.E.I),  
THESSALONIKI, GREECE.  
School of Food Science and Nutrition, Department of Nutrition,  
Professor of Nutrition.
- 1996-1996: UNIVERSITY OF RHODE ISLAND, USA  
Food Science and Nutrition Research Centre  
Visiting professor

---

## SCIENTIFIC PUBLICATIONS

### A . In Journals

1. Andrikopoulos N., Hassapidou M., Manoukas A., The tocopherol content of Greek olive oils, *The Journal of Science of Food and Agriculture*, Vol. 46, pp 502-503, 1989.
2. Hassapidou M., Valaora A., Nutritional habits of Greek elderly men, *Nutrition and Dietetics (Greek)*, 3(4) pp 218-221, 1991.
3. Efstratiou E., Kitsou S., Hassapidou M., Klefouri K., Assessment of nutritional status of “Heracles” basketball team, *Nutrition and Dietetics (Greek)*, 3(4) pp 226-230, 1991.
4. Kiritsakis A., Hassapidou M. The role of olive oil in healthy nutrition and fitness. *World Review of nutrition and Dietetics. Nutrition and Fitness for Athletes*, 1992, 71, 180
5. Hasapidou M., Klefouri K., Efstathiou E., Kitsou S. Nutritional Assessment of the Greek team of basketball players, *Nutrition and Fitness for Athletes*, 1992, 71, 176.
6. Papadokoustantaki M., Pavlou K., Hasapidou M. Nutrient Intake of Greek elite athletes, *Nutrition and Fitness for Athletes*, 1992, 71, 183-184.
7. Hassapidou M., Manoukas A., Tocopherol and tocotrienol composition of the raw table olive fruit, *The Journal of Science of Food and Agriculture*, 61, pp 277-280, 1993.

8. Hassapidou M., Balatsouras G., Manoukas A., Effect of processing upon the tocopherol and tocotrienol composition of table olives, *The Journal of Food Chemistry*, 50, pp 111-114, 1994.
9. Hassapidou M., Kafatos A., Manoukas A., Dietary vitamin E intake and plasma tocopherol levels of Cretan adolescents, *International Journal of Food Science and Nutrition*, 47, pp. 365-68, 1996.
10. Kiritsakis A., Kafatos A. and Hassapidou M., Olive oil and Health, *Handbook of Lipids in Human Nutrition*, CRC Press Inc, 3.3 , 153-155, 1996.
11. Hassapidou M. Fotiadou E. and Maglara E .A nutrition intervention program in lower secondary schools, *Health Education Journal*, 56, 134-144, 1997.
12. Hassapidou M., Paraskevopoulos S., Karakoltsides P., Petridis D., Fotiadou E., Food habits of renal stone patients in Greece, *Journal of Human Nutrition and Dietetics*, 1999, 12 47-51.
13. Hassapidou M., Fortin R., Manstrantioni A., English C., Caldwell M., Body composition energy balance and eating disturbances assesment of elite female athletes. A cross-cultural study between U.S.A and Greece, *Nutrition and Food Science*, 1999, 2 (3), 66-72.
14. Rodopeos N., Lagouras S., Hassapidou M. Nutritional habits of Greek muslim soldiers. *Scandinavian Journal of Nutrition*, 1999, 25, 79-79.
15. Hassapidou M., Grammatikopoulou M. Nutritional habits of Greek fishermen. *Scandinavian Journal of Nutrition*, 1999, 25, 85-85.
16. Grammatikopoulou M., Liarigovinos T., Hassapidou M. Dietary intakes of Greek professional football players. *Scandinavian Journal of Nutrition*, 1999, 25, 92-92.
17. Papanikolaou G., Hassapidou M., Andrikopoulos N., Dietary intakes of an elderly population in Athens – Greece, *Journal of Nutrition for the Elderly*, 2000, 19(2), 17-29
18. Hassapidou M., Fotiadou E., Dietary intakes and food habits of adolescents in Northern Greece, *International Journal of Food Science and Nutrition*, 2001, 52, 109-116.
19. Hassapidou M. Dietary intakes of elite male athletes in Greece. *Nutrition and Food Science*, 2001, 31,(1),31-34.
20. Hassapidou M., Grammatikopoulou M., Liarigovinos T. Dietary intakes of Greek professional football players. *Nutrition and Food Science* 2000, 30, (4), 191-193.
21. Hassapidou M., Papadopoulou N., Dietary assessment of pregnant women in Cyprus. *Nutrition and Food Science*, 30, 2, 2000.
22. Hassapidou M., Bairaktari M. Anthropometric assesment and diet of Greek schoolchildren aged 10-12 yrs. *Nutrition and Food Science*, 30, 4, 2000.
23. Hassapidou M., Grammatikopoulou M., Liarigovinos T. Dietary intakes of Greek professional football players. *Nutrition and Food Science* 2000, 30,(4),191-193.
24. Manoukas A.G., Hassapidou M.N. Chemical Content and Biological Value of olive fruit with emphasis on tocopherols. *Biologica Gallo Hellenica*, 2001, 27, 47-62.
25. Manoukas A.G., Hassapidou M.N. Vitamin E:  $\alpha$ -,  $\beta$ -, and  $\gamma$ - tocopherol content of Greek Table Olive fruits. *Annals of Nutrition and Metabolism*, 2001, 45(1), 595.

26. Hassapidou M., Mastrantoni A. Dietary intakes of elite female athletes in Greece. *Journal of Human Nutrition and Dietetics*, 2001, 14, 391-396.
27. Hassapidou M., Valasiadou L., Makri M. Assessment of the diet of Greek adolescent swimmers. *Australian Journal of Nutrition and Dietetics*, 2002, 59, 38 – 42.
28. Hassapidou M., Fotiadou E., Pangalos G. Comparison between dietary intakes of overweight and non overweight adolescents in Northern Greece. *International Journal of Obesity*, 2002, 26(1), 89.
29. Hassapidou M., Fourtounopoulos D., Ephstratiou E., Kitsou S., Papakitsos C. Dietary intakes of elite basketball players. *Nutrition and Food Science*, 2003, 33 (1), 23-27.
30. Andrikopoulos N.K., Kalogeropoulos N., Zerva A., Zerva U., Hassapidou M., Kapoulas V.M. Evaluation of Cholesterol and Other Nutrient Parameters of Greek Cheese Varieties. *Journal of Food Composition and Analysis* , 2003,16,155-167
31. Kalogeropoulos N.,Andrikopoulos N.,Hassapidou M.,Dietary evaluation of Mediterranean fish and molluscs pan-fried in virgin olive oil. *Journal of the Science of Food and Agriculture*,84,1750-1758,2004
32. Papadopoulou S., Hassapidou M.,Papadopoulou S., Physical activity of adolescents in Thessaloniki, *Turkish Journal of Sports Medicine*, 39,87-94,2004
33. Hassapidou M., Papadopoulou S., Food choice criteria in adolescents according to body image .*Songklanakar J Sci.Tecnology.*,2006,28,suppl 1,:173-177
34. Hassapidou.M., Fotiadou,E., Relationship of energy intake, Diet composition, Energy expenditure and body fatness in Greek adolescents. *Obesity (Silver Spring)*. 2006 May;14(5):855-62
35. Klonaridou V., Papadopoulou S.K., Fahantidou A., Hassapidou M. "Physical activity effect on snacks' choice of children". *Nutrition and Food Science*, 2006, 36(6), 400-406.
36. Bandyopadhyay A., Chatterjee S., Chatterjee P, Papadopoulou S.K., Hassapidou M. "Body composition and cardiorespiratory fitness in obese and non-obese boys". *Journal of Human Movement Studies*, 2006, 51(3), 167-180.
37. Hassapidou M., Papadopoulou K.S. "Obesity prevalence in adolescents in Thessaloniki". *Obesity Surgery Including Laparoscopy and Allied Care*, 2004, 14(4), 472.
38. Hassapidou M., Pangalos G., Papadopoulou S,K., Kugiumtzis D. "Obesity prevalence, dieting status and food choice criteria in adolescents in Thessaloniki, Greece: results from database processing and analysis". *Obesity Reviews*, 2006, 7(2), 352.
39. Hassapidou MN, Papadopoulou SK, Frossinis A, Kaklamanou M, Kaklamanos I, Tzotzas T. Sociodemographic, ethnic and dietary factors associated with childhood obesity in Northern Greece. *Obesity Reviews*, 8(3), 9, 2007.
40. Tzotzas T, Kaklamanou M, Papadopoulou SK, Frossinis A, Kaklamanos I, Hassapidou MN. A nutrition intervention-education program for school children in northern Greece. *Obesity Reviews*, 8(3), 12, 2007.
41. Gerathanasi K., Papadopoulou S.K, Diamantopoulos K., Dimitrelia G., Hassapidou M. and Kiranas E. (2007). "Effect of thermal processing on caloric value, water, ash and mineral levels of Greek free-range and cagen

- hen eggs". Asia Pacific Journal of Clinical Nutrition, 16 (Suppl 3):82 .
42. Kiranas E., Papadopoulou S.K., Gerothanasi K., Dimitrelia G., Diamantopoulos K. and Hassapidou M. (2007). "Changes in the mineral profile of cooked vegetables consumed in Greece" Asia Pacific Journal of Clinical Nutrition, 16 (Suppl 3):115
  43. Papadopoulou S., Barkoukis V., Dalkirani A., Hassapidou M., "Validation of a questionnaire assessing food frequency and nutrition intake in Greek adolescents". International Journal of Food Sciences and Nutrition, 2008, 59(2), 148-154.
  44. Hassapidou M., Papadopoulou S., Frossinis A, Kaklamanou M, Kaklamanos I, Tzotzas T. (2009). Sociodemographic, ethnic and dietary factors associated with childhood obesity in Thessaloniki, Northern Greece. *Hormones* 8(1), 53-59.
  45. Roditis ML, Parlapani ES, Tzotzas T, Hassapidou M, Krassas GE (2009) Epidemiology and predisposing factors of obesity in Greece: from the Second World War until today. *J .Pediatr.Endocrinol.Metab.* ,22(5):389-405.
  46. Papadopoulou S.K., Hassapidou, M. (2009). BMI and Body fat as indexes of obesity in adolescents. *Obesity Facts*, 2 (Suppl): 95-96
  47. Hassapidou M., Vlahavas G., Kapantais T., Kaklamanos I., Papadopoulou S.K., Kaklamanou M., Tzotzas (2009). The effect of nutrition, physical activity and lifestyle habits on the obesity and health status of the Greek population: Results from the EIEP epidemiological study. *Obesity Facts*, 2 (Suppl): 15
  48. Paletas K, Athanasiadou E, Sarigianni M, Paschos P, Kalogirou A, Hassapidou M, Tsapas A.(2010)The protective role of the mediterranean diet on the prevalence of metabolic syndrome in a population of greek obese subjects. *J.Am.Coll*; 29(1):41-5.
  49. Hassapidou M,Papadopoulou SK,Tzotzas Th,Kaklamanou M.Kapantais Th.(2010)The impact of physical activity and leasure activity patterns on obesity and related diseases in Greek adults.*Obesity Reviews*,11(1),381
  50. Papadopoulou SK, Hassapidou M,Petrakis A(2010)The effect of exercise on anthropometric and dietetic characteristics of elders .*Obesity Reviews*,11(1),395
  51. Kalogeropoulos, N. Chiou, A. Ioannou, M. Karathanos, V. T. Hassapidou, M. Andrikopoulos, N. K. (2010) Nutritional evaluation and bioactive microconstituents (phytosterols, tocopherols, polyphenols, triterpenic acids) in cooked dry legumes usually consumed in the Mediterranean countries. *Food Chemistry*, 121;3,682-690

## **B .In conference proceedings**

52. Hassapidou M., Papanikolaou G., Principles of a healthy nutrition, Proceedings of the 1st Greek conference of nutrition and dietetics, Athens, 1985.
53. Hassapidou M., Vitamin E in the olive fruit and its oil, Proceedings of the 2nd Greek Conference of Nutrition and Dietetics, Athens, 1988.
54. Hassapidou M., The effect of cooking on the nutritional value of foods, Proceedings of the 2nd Greek Conference of Nutrition and Dietetics,

Athens, 1988.

55. Hassapidou M., Vitamin E in the olive fruit and its oil, Proceedings of the second Greek conference on nutrition and dietetics, Athens 1988.
56. Manoukas A., Hassapidou M., Tocopherol and tocotrienol composition of olives and their oil, Proceedings of the "Premier Congress Eurolipid", June, France, 1989.
57. Hassapidou M., The nutritional composition of the olive fruit, Proceedings of the 6th European nutrition conference, Athens, 1991.
58. Papadokonstantaki M., Hassapidou M., Pavlou K., The nutritional status of the Greek national team of cyclists, Proceedings of the 1st Macedonian conference on Nutrition and Dietetics, Thessaloniki, 1991.
59. Hassapidou M., The effects of processing on the nutritional value of the olive fruit, Proceedings of the 1st Macedonian conference on Nutrition and Dietetics, Thessaloniki, 1991.
60. Hassapidou M., The role of olive oil in human health, Proceedings of the 3rd Greek conference on Nutrition and Dietetics, Athens, 1991.
61. Hassapidou M., Kleftouri K., Kitsou S., Nutritional assessment of a team of basketball players, Proceedings of the 2nd International Conference on Nutrition and Fitness, Athens, 1992.
62. Papadokonstantaki M., Pavlou K., Hassapidou M., Nutrient intake of Greek elite athletes, Proceedings of the 2nd International Conference on Nutrition and Fitness, Athens, 1992
63. Hassapidou M., Nutritional assessment methodology. Proceedings of the first symposium on enteral nutrition, Athens 1992
64. Mastrantoni A., Harahousou Y., Hassapidou M., Kabitsis C., Godolias G., Kalpakis J., Assessment of dietary consumption in elite female athletes of various sports, Proceedings of the International Sports Science Conference, June, 1993
65. Hassapidou M., Assessment of Energy Balance. Its importance in the treatment of obesity Proceedings of the symposium on Nutrition and Obesity Thessaloniki, 1994
66. Valasiadou L., Makri M., Hassapidou M., Food intake and nutritional habits of Greek adolescent swimmers, Proceedings of the 2nd Macedonian Conference on Nutrition and Dietetics, Thessaloniki, 1994.
67. Babajimopoulou M., Hassapidou M., Fotiadou E., Food habits of schoolchildren, Proceedings of the 2nd Macedonian Conference on Nutrition and Dietetics, Thessaloniki, 1994.
68. Hassapidou M., Nutrition education and consumer protection, Proceedings of the 4<sup>th</sup> Greek conference on Nutrition and Dietetics, Athens, 1994
69. Hassapidou M., Hunt C., Babatzimopoulou M., Maglara E., Fotiadou E., Bakaliou F., Gurney J. A nutrition intervention program for lower secondary schools in Greece and England, proceedings: Nutrition et sante autour de la Mediterranee, Marseille, 1995.
70. Hassapidou M., Babatzimopoulou M., Fotiadou E., Maglara E. and Hunt C.. Dietary intakes of children in lower secondary schools in Greece and England, Proceedings of the 7th European Nutrition. Conference., Vienna 1995
71. Hassapidou M., Hunt C., Babatzimopoulou M., Maglara E., Fotiadou E., Bakaliou F., Gurney J. A nutrition intervention program for lower secondary schools in Greece and England, Proceedings of the conference: Nutrition et sante autour de la Mediterranee, Marseille, Feb, 1995.

72. Babatzimopoulou M., Fotiadou E., Hassapidou M. Etude des habitudes alimentaires des adolescents de la region de Thessalonique (Nord de la Grece), Proceedings of the conference: Nutrition et sante autour de la Mediterranee, Marseille, Feb, 1995.
73. Hassapidou M., Babatzimopoulou M., Fotiadou E., Maglara E., Hunt C. Dietary intakes of children in lower secondary schools in Greece and England, Proceedings of the 7<sup>th</sup> European Nutrition Conference, Vienna 1995.
74. Hassapidou M. Fotiadou E. and Maglara E. Nutrition intervention program in schools. Proceedings of the XIIth International Congress of Dietetics, Manila, 1996.
75. Hassapidou M., Rodopeos N. and Lagouras S., Dietary intakes and nutritional habits of Greek soldiers. Proceedings of the 3rd International Conference on Nutrition and Fitness, May 1996.
76. Hassapidou M., Dietary recommendation for the elderly and quality of life. Proceedings of the Second European Forum for Dietitians, Denmark, Sep.1997 .
77. Hassapidou M., Fotiadou E., Maglara E. Dietary intakes and Nutritional habits of Greek adolescents , Proceedings of the 16<sup>th</sup> International Congress of Nutrition. Montreal, August 1997.
78. Lagouras S., Rodopeos N., Hassapidou M. Nutritional habits of Greek soldiers, Proceedings of the 16<sup>th</sup> International Congress of Nutrition , Montreal, August 1997.
79. Hassapidou M. Mediterranean diet and lifestyle, Proceedings of the Third European Forum for Dietitians, Delphi, June 1999.
80. Hassapidou M., Grammatikopoulou M. Nutritional habits of Greek fishermen, Proceedings of the 3<sup>rd</sup> European Forum for Dietitians, Delphi, June 1999.
81. Hassapidou M., Andrikopoulos N., Pangalos G., Papadopoulou S.K. (2004). "Composition of greek cheeses varieties in fatty acids and cholesterol".Proceedings of the 10<sup>th</sup> World Congress on Clinical Nutrition, Phuket, Thailand,2004
82. Papadopoulou S.K., Papadopoulou S.D., Patsanas T., Dalkiranis A., Papadopoulos G.K., Hassapidou M. (2004). "Anthropometric characteristics of volleyball and waterpolo players". Proceedings of the 2004 Pre-Olympic Congress, Thessaloniki
83. Papadopoulou S.K., Hassapidou M., Papadopoulou S.D., Dalkiranis A., Petrakis A., Fachantidou A. (2004). "Food choice criteria in adolescents according to obesity status". 2004 Proceedings of the Pre-Olympic Congress, Thessaloniki.
84. Klonaridou V., Papadopoulou S.K., Hassapidou M., Fachantidou A. (2004). "The effect of physical activity on snack consumption of elementary school students". 2004 Proceedings of the Pre-Olympic Congress, Thessaloniki
85. Papadopoulou S., Hassapidou M., Pashalidou D. (2004). "Dieting status and food choice criteria in adolescents". Proceedings of the 5<sup>th</sup> International Conference on Nutrition and Fitness, Athens.
86. Hassapidou M., Papadopoulou K.S. (2004). Proceedings of the Obesity prevalence in adolescents in Thessaloniki. IFSO European Symposium, Praga.
87. Papadopoulou S.K., Hassapidou M., Papadopoulou S.D., Petrakis A.,

- Dalkiranis A., Fahantidou A. (2004). Physical activity of adolescents in Thessaloniki Proceedings of the 13th Balkan Sports Medicine Congress, 7th International Congress of Sports Medicine Association of Greece, 4th Greek-Cypriot Sports Medicine Congress, Drama.
88. Papadopoulou S.K., Pantoulas E., Dalkiranis A., Petrinis S., Hassapidou M. (2003). "Nutrition intake of adolescent swimmers". Proceedings of the VIIth Olympic World Congress on Sport Sciences "Physical, Nutritional and Psychological care of the Athlete in the 21st century", Athens.
89. Klonaridou V., Papadopoulou S.K., Hassapidou M., Fachantidou A. (2003). "The Effect of sex and physical activity on the opinion of elementary school students for healthfulness degree of snacks". Proceedings of the VIIth Olympic World Congress on Sport Sciences "Physical, Nutritional and Psychological care of the Athlete in the 21st century", Athens.
90. Papadopoulou S.K., Petrakis A., Hassapidou M. (2008). Efficacy of weight loss programs on overweight and obese Greek adults. Proceedings of the 3rd Balkan Congress on Obesity, Thessaloniki.
91. Hassapidou M., Kaklamanou M., Vlahavas G., Kaklamanos I., Kapantais E., Papadopoulou S.K. (2008). The impact of lifestyle parameters on obesity status. Proceedings of the 3rd Balkan Congress on Obesity, Thessaloniki.
92. Hassapidou M., Kaklamanou D., Vlahavas G., Kapantais Th., Kaklamanos I., Papadopoulou S.K. (2008). The effect of lifestyle and drinking habits on the health status of the Greek population. Proceedings of the 3rd Balkan Congress on Obesity, Thessaloniki.
93. Hassapidou M., Papadopoulou S.K., Tzotzas Th. (2009). Prevalence of obesity in preschool children in Northern Greece. Proceedings of the 19th Workshop of the European Childhood Obesity Group, Dublin.
94. Papadopoulou SK, Xyla E, Hassapidou M. (2010). Nutrition intakes and practices of marathon swimmers. Proceedings of the 2nd Congress of European College of Sport & Exercise Physicians & 12th Scientific Conference in SEM, Centre for Sports and Exercise Medicine, Queen Mary, University of London.
95. Hassapidou M. (2010). Carbohydrate needs of elite athletes. Proceedings of the 2nd Congress of European College of Sport & Exercise Physicians & 12th Scientific Conference in SEM, Centre for Sports and Exercise Medicine, Queen Mary, University of London

#### 96. BOOKS – STUDENT NOTES (SELECTION OF)

---

- Hassapidou M. (Co-Author), Home Economics-1 (Nutrition Chapters), Official Secondary School Book (1st Grade), Greek Ministry Of Education, 1984.
- Hassapidou M. (Co-Author), Home Economics-2 (Nutrition Chapters), Official Secondary School Book (2nd Grade), Greek Ministry Of Education, 1985.
- Hassapidou M., Population Nutrition, Student Notes, HAROKOPIO , 1985.



- Hassapidou M., Nutrition For The Elderly, Student Notes, TEI-Th., 1989.
- Hassapidou M., Food Habits And Tradition, Student Notes, TEI-Th., 1989.
- Hassapidou M., Nutrition And Weight Control, Student Notes, TEI-Th., 1990.
- Hassapidou M., Nutrition For The Athletes, Student Notes, TEI-Th., 1990.
- Kafatos A., Hassapidou M., et.al., 1992-1994. Series of Nutrition Education Books Financed By The EU (On The Following Subjects: Nutrition And Health, Nutrition And Obesity, Nutrition And Cholesterol, Infant Nutrition)
- Kafatos A., Hassapidou M., 1992-1994. Public Health Education Books For The Greek Primary Schools (One For Each Of The Six School Years).
- Kafatos A., Hassapidou M., 1999-1994. Public Health Education Manuals For The Teachers Of Primary Schools (One For Each Of The Six School Years).
- Hassapidou M., et. al.1997-1999, Series Of Booklets For Secondary School Students On Various Nutritional Topics, Funded By The EU Program 'Europe Against Cancer'
- Lazaridis H, Hassapidou M, 1997, 'We Are What We Eat' (Book For Children), Greek Centre For Consumer Protection, KEPKA, Financed By The Cultural Capital Of Europe Program..
- Hassapidou M., Fahandidou A., 2002, Nutrition For Athletes, University Studio Press ed, Thessaloniki.
- Hassapidou M., 2004, Assessment of dietary intake in obese patients .Chapter in the book:Obesity in the clinical practice,Kapantais E.,Vita ed.
- Hassapidou M., 2009,Nutrition,Chapter in the Greek edition, Biesalski Hans-Konrad ,Grimm Peter ,Pashalidis ed, Athens

#### FUNDED RESEARCH PROJECTS

---

- Nutrition intervention programs  
 Role: Researcher  
 Duration: 1987 - 1988  
 Funding: E.U., Mediterranean integrated programs  
 Participants: University of Crete
- Evaluation of the nutritional habits of secondary school children in Thessaloniki  
 Role: Scientist  
 Duration: 1992 - 1994

Funding: TEI, Greece

- Nutrition intervention program in lower secondary schools with emphasis on the encouragement of the consumption of fruits and vegetables  
Role: Scientist in charge - coordinator  
Duration: 1993 - 1994  
Funding: EU (Public Health - Europe Against Cancer)  
Participants: TEI, University of Huddersfield, Greek Ministry of Health
- Nutrition intervention program in lower secondary schools  
Role: Scientist in charge - coordinator  
Duration: 1994 - 1995  
Funding: EU (Public Health - Europe Against Cancer)  
Participants: TEI, University of Huddersfield, Greek Ministry of Health  
University of North London
- EFID program (food allergies)  
Role: Scientist  
Duration: 1993 - 1996  
Funding: EU (Public Health - Europe Against Cancer)  
Participants: Universities - Institutions from 10 European countries
- Assessment of the nutritional status of elite female athletes  
Role: Scientist in charge  
Duration: 1994 - 1996  
Funding: TEI, University of Rhode Island (USA)  
Participants: TEI, University of Rhode Island (USA)
- Program for the practical training of students of the department of nutrition  
Role: Scientist in charge  
Duration: 1996 -1999  
Funding: EU, EPEAEK (Ministry of Education)
- Helopotamos - A pilot plan for the improvement of traditional fishing in Greece-The nutritional value of fish and fish products  
Role : Researcher  
Duration : 1996 – 1999  
Funding: EU (AAIR program)
- Program for education for the department of nutrition  
Role: Researcher  
Duration: 1997 – 1999  
Funding: EU, EPEAEK (Ministry of Education)
- Greek Food tables  
Role : Scientist in charge  
Duration : 1999 – 2001  
Funding: EU,EPET (Ministry of Research, Greece)  
Participants: University of Thessaloniki, Harokopio University of Athens

- Program for the practical training of students of the department of nutrition  
 Role: Scientist in charge  
 Duration: 2001 – Today  
 Funding: EU, EPEAEK (Ministry of Education)
  
- Program for education for the department of nutrition  
 Role: Researcher  
 Duration: 2001 – Today  
 Funding: EU, EPEAEK (Ministry of Education)
  
- Protein Analysis of Traditional Greek Foods  
 Role: Scientist in charge  
 Duration: 2000 – Today  
 Funding: Research Committee of TEI
  
- Chemical Analysis of Traditional Greek Foods  
 Role: Researcher  
 Duration: 2003 – 2006  
 Funding: EU / Ministry of Education (Archimedes)
  
- Database for the nutrition of Greek Athletes  
 Role: Scientist in charge  
 Duration: 2003 – 2006  
 Funding: EU / Ministry of Education (Archimedes)  
 Participants: University of Thessaloniki
  
- Greek Food tables  
 Role : Researcher  
 Duration : 1999 – 2001  
 Funding: EU / Ministry of Education (Archimedes)  
 Participants: University of Thessaloniki ,Harokopio university
  
- Healthgrain  
 Role : Member of NIN (Nutrition information network)  
 Duration : 2006-2010  
 Funding: EU
  
- Diets  
 Role : University representative  
 Duration : 2006-2009  
 Funding: E.U., Socrates
  
- Eurreca  
 Role : President of the scientific committee  
 Duration : 2008-2011  
 Funding: FP6

Participation in more than 200 conferences / congresses on Food Science and Nutrition (paper presentation, organising committee, invited speaker):

- First Greek Conference of Nutrition and Dietetics, Athens, 1985 (paper presentation)
- 9th Greek Conference of the Biological Sciences Society, Thessaloniki 1987 (paper presentation)
- 1st International Conference of Nutrition and Fitness, Olympia Greece, 1988 (paper presentation)
- Second Greek Conference of Nutrition and Dietetics Athens, 1988 (presentation of 2 papers)
- Congress International Chevreul pour l' etude de Corps Gras, France, 1989 (paper presentation)
- 6th European Nutrition Conference, Athens, 1991 (paper presentation)
- 1st Macedonian Conference of Nutrition and Dietetics, Thessaloniki, 1991 (vice-president of the organising committee, presentation of 2 papers)
- 3rd Greek conference of Nutrition and Dietetics, Athens, 1991 (presentation of 2 papers)
- Forum on Olive Oil, International Olive Oil Council, Paris October 1992 (Greek delegation)
- Symposium on Enteral Nutrition, Athens, 1992 (paper presentation)
- 2nd International Conference on Nutrition and Fitness, Athens, 1992 (presentation of 3 posters)
- 1st Conference on Athletic Medicine, Rhodes, 1993 (paper presentation)
- 1st Conference on Sports and Physical Education, Komotini, 1993 (session co-chairing, paper presentation)
- 1st International Conference on Obesity and Exercise, Athens, 1994 (member of organising committee, presentation of 3 papers)
- 9th Greek Medical Conference, Thessaloniki, 1994 (participation in round table)
- 2nd Greek Conference on Physical Education, Athens, 1994. (participation in round table)
- 2nd Macedonian Conference in Nutrition and Dietetics, Thessaloniki, 1994 (president of organising committee, presentation of 2 papers)
- 1st Greek Conference on Foods and Nutrition, Athens, 1994 (paper presentation)
- 7th European Nutrition Conference, Vienna, 1995 (paper presentation)
- XII International Conference on Dietetics, Manila, 1996 (paper presentation)
- 2nd European Forum for Dieticians ,Denmark 1997, [invited speaker, chairman of workshop]
- 16th International Congress of Nutrition, Montreal, 1997 (presentation 2 posters)
- 3rd European Forum for Dietitians, Delphi, 1999 (invited speaker, chairman of workshop)
- 1st Northern Greek conference on Aesthetics and Dietetics, Thessaloniki, 1998 (vice president, chairman)
- 4th Macedonian Nutrition Conference, Thessaloniki 1999 (chairman of session, paper presentation)
- 3rd Greek Conference on Obesity, Athens 1999 (invited speaker)

- Panhellenic Conference on Pathology, Athens 2000 (invited speaker)
- Cypriot Athletic Conference, Nicosia 2000 (invited speaker)
- 6<sup>th</sup> Panhellenic conference on Dietetics, Athens 2000 (invited speaker)
- Panhellenic conference on sports, Thessaloniki 2001 (invited speaker)
- Greek Conference on Obesity, Athens 2003 (invited speaker)
- 6<sup>th</sup> Macedonian Nutrition Conference, Thessaloniki 2004 (vice president, chairman of session, paper presentation)
- 5<sup>th</sup> International Conference on Nutrition and Fitness, Athens, 2004 (member of organising committee chairman of session, paper presentation)
- 6<sup>o</sup> Panhellenic conference on Obesity, Thessaloniki 2006 ( president of the scientific committee ,chairman of session, paper presentation)
- 17<sup>th</sup> Annual Meeting of the European Childhood Obesity Group (ECOG). Athens,2007(member of organising committee, chairman of session, invited speaker)
- 5<sup>o</sup> International Conference on Food Technology, Thessaloniki 2007, (chairman of session, paper presentation)
- 7<sup>th</sup> Panhellenic conference on Obesity, Thessaloniki 2008 (president of the scientific committee ,chairman of session, paper presentation)
- 7<sup>th</sup> Macedonian Nutrition Conference, Third Balcan Conference on obesity, 2009(president, chairman of session, paper presentation)
- 8<sup>th</sup> Panhellenic conference on Obesity, Athens 2009 (vice-president of the scientific committee ,chairman of session, paper presentation)
- 11<sup>th</sup> International Congress on Obesity, IASO, July 2010, Stockholm, Sweden. (paper presentation)
- Diets, Lisbon,2010 (paper presentation)
- 6<sup>th</sup> Cyprus Dietetic and Nutrition Conference ,Sep 2010 (paper presentation)

## TEACHING EXPERIENCE

---

1983-1987: HAROKOPIO School of Home Economics, Athens

Department of Dietetics.

Subjects taught include:

- Population Nutrition,
- Nutritional Physiology,
- Nutritional evaluation of foods,
- Experimental food preparation,
- Nutrition during the life cycle (lectures and laboratories).

1984-1987: MILITARY NURSING ACADEMY, ATHENS.

School of Nursing.

Subjects taught:

- Human Nutrition,
- Dietetics.

1988-Today: A.T.E.I. THESSALONIKI, GREECE.

Department of Nutrition.

Lectures, research and direction of laboratories on areas related to Nutrition and Dietetics. Subjects taught include:

- Nutrition during the life cycle,
- Sports nutrition,
- Clinical nutrition,
- Dietary treatment of obesity,
- Childhood nutrition.

## LANGUAGES

---

- Greek, Fluently
- English, Fluently
- French, Read and Write

## MEMBERSHIP IN SCIENTIFIC SOCIETIES AND ASSOCIATIONS

---

- Hellenic Medical Association for Obesity (General secretary)
- Greek Dietetic Association
- Greek Food and Nutrition Society
- Hellenic Society for Renal Nutrition and Metabolism
- Northern Greek Society for the study of diabetes.
- Northern Greek society for the study of atherosclerosis (member of steering board)
- Hellenic College of sports medicine(member of steering board)

## OTHER PROFESSIONAL ACTIVITIES

---

- Vice-President of the steering research committee, TEI, 1996 - 2003.
- Member of the Research Committee, TEI, 2008-Today.
- Member of the national committee for Nutrition Policy (Ministry of Health), 2003–2005
- Member of the national committee for Childhood obesity, (Ministry of Health), 2005–2008
- President of the committee for Social Policy , TEI. 2009-Today
- Member of the Socrates committee ,1994-1998
- Head of the department of Nutrition and Dietetics, TEI, 2006-2008
- Head of the departmental Nutrition and Dietetics Division, TEI, 1991 - 94.
- Head of the departmental postgraduate course on Food Science and Nutrition,TEI,2003-Today
- Head of the Students' practical training committee, TEI, 1991 - today
- Supervisor of Students' practical training, 1996 - today.
- External examiner for the National Scholarship Institution (IKY), 1993 - today
- Advisor and Supervisor of Doctoral students studying Food science and Nutrition abroad, National Scholarship Institution, 1994 - today.

- Member of the TEI's food committee (responsible for institution's diet planning, food hygiene and safety), 1995 - today.
-