

Dr ELENI P. ANDREOU , CPD, RD,LD
 Registered Clinical Dietitian, Nutritionist
 (Active CyDA, ADA, AODA Member)
 48 Themistokli Dervi Str., Off. 207
 Athienitis Centennial Bldg, 1066 Nicosia-Cyprus
 Tel. Of. 22452288/9 - Fax: 22452292
 E-mail: aeleni@spidernet.com.cy



Δρ ΕΛΕΝΗ Π. ΑΝΔΡΕΟΥ, CPD, RD,LD
 Εγγεγραμμένη Κλινική Διαιτολόγος, Διατροφολόγος
 (Ενεργό Μέλος Συ.Δι.Κυ, ADA, AODA)
 Θεμιστοκλή Δέρβη 48, Γρ. 207
 1066 Λευκωσία - Κύπρος
 Τηλ. Γρ. 22-452288/9 - Φαξ: 22-452292
 E-mail: aeleni@spidernet.com.cy

CURRICULUM VITAE

DR ELENI ANDREOU, LD, RD

E-mail: aeleni@spidernet.com.cy , andreou.el@unic.ac.cy

Education:

Undergraduate work:

BSc “Food & Nutrition Dietetics”, (*Summa Gum Laude*)Youngstown State University, OH, USA 1990

Graduate work:

- (1)CPD/RD (postgraduate), “Clinical Dietetics”, YSU, &CDR, USA 1991-1992(honored-internship/academic program started from sophomore year)
- (2) Doctorate in Professional Studies (DProf), “Clinical Dietetics, Nutrition Sciences and Health Education”, Middlesex University, 2011
- (3) Certificates (CPE) for courses on following subjects:
 - Renal Dietitian Course, 1992 Diet,*
 - Weight Control and Eating Disorders, 1993*
 - Diet, Exercise and Fitness.1994*
 - Cholesterol, Diet and Heart Disease, 1995*
 - Diet, Addiction and Recovery, 1996*
 - Herbal Supplements, 2002*
 - Nutrition For Young Athletes, 2002*

Positions Held:

(Reverse chronological order)

1991	Up to date	Self Employed	Nicosia	Private Consultant,Clinical Dietitian
1991	Up to date	Paraskevaïdion Renal Transplant Center	Nicosia	Clinical Dietitian , advisor
1992	2007	Intercollege	Nicosia	Part time Lecturer
2008	Up to date	University of Nicosia/Intercollege	Nicosia	Associate Lecturer(coordinator of the College Nutrition Program) Course leader for Dietetics/ Nutrition for franchised programme of UH at Intercollege

Dr ELENI P. ANDREOU , CPD, RD,LD
 Registered Clinical Dietitian, Nutritionist
 (Active CyDA, ADA, AODA Member)
 48 Themistokli Dervi Str., Off. 207
 Athienitis Centennial Bldg, 1066 Nicosia-Cyprus
 Tel. Of. 22452288/9 - Fax: 22452292
 E-mail: aeleni@spidernet.com.cy



Δρ ΕΛΕΝΗ Π. ΑΝΔΡΕΟΥ, CPD, RD,LD
 Εγγεγραμμένη Κλινική Διαιτολόγος, Διατροφολόγος
 (Ενεργό Μέλος Συ.Δι.Κυ, ADA, AODA)
 Θεμιστοκλή Δέρβη 48, Γρ. 207
 1066 Λευκωσία - Κύπρος
 Τηλ. Γρ. 22-452288/9 - Φαξ: 22-452292
 E-mail: aeleni@spidernet.com.cy

Areas of Concentration/ Research Interests: Nutrition/ Dietetics, Obesity, Immunonutrition, Food Composition of Cypriot Foods

Professional Associations

Organization/field	Title
(1) Cyprus Dietetic and Nutrition Association	President (1999-up to date)
(2) Cyprus Registration Board for Food Scientists/Technologists and Dietitians	Vice President (1996-up to date)
(3) American Overseas Dietetic Association	President (2005-2008)
(4) American Dietetic Association	Active Member
(5) EFAD (European Federation of Dietetic Associations) / ICDA (International Confederation for Dietetic Ass.)	Cyprus Representative (1998-up to date)
(6) Charity /educational board “MAZI” (Eating disorder foundation)	Vice President (2009-up to date)

Awards/Distinctions: *Outstanding Dietitian of the Year* for 2007 granted by American Overseas Dietetic Association and American Dietetic Association

Languages: Greek-fluent, English-fluent

Research & Publications

1. “1st Epidemiological Study on Obesity for Cypriot Adults”(coordinator)
2. “Preventive Immuno-Reinforcing Nutrients in Critically Ill Patients” (researcher-primary investigator, coordinator of the dietitians team)
3. “Analysis of the nutrient components of Cypriot foods and the digital coupling of consumers, health professionals and food service facilities” (researcher-primary investigator, coordinator of the dietitians team)
4. EPOWECARD- Helping Young Children and Adolescents make Healthy lifestyle Choices in School Canteens (2008-2001, EURECA, Cy RFP)
5. DIETS2 project from 1st October 2010 to 30th September 2013. Project title: DIETS2 “Dietitians ensuring education, teaching and professional quality” Reference number: 2010 - 177201-LLP-1-2010-1-UK-ERASMUS-ENWA

Dr ELENI P. ANDREOU , CPD, RD,LD
Registered Clinical Dietitian, Nutritionist
(Active CyDA, ADA, AODA Member)
48 Themistokli Dervi Str., Off. 207
Athienitis Centennial Bldg, 1066 Nicosia-Cyprus
Tel. Of. 22452288/9 - Fax: 22452292
E-mail: aeleni@spidernet.com.cy



Δρ ΕΛΕΝΗ Π. ΑΝΔΡΕΟΥ, CPD, RD,LD
Εγγεγραμμένη Κλινική Διαιτολόγος, Διατροφολόγος
(Ενεργό Μέλος Συ.Δι.Κυ, ADA, AODA)
Θεμιστοκλή Δέρβη 48, Γρ. 207
1066 Λευκωσία - Κύπρος
Τηλ. Γρ. 22-452288/9 - Φαξ: 22-452292
E-mail: aeleni@spidernet.com.cy

Doctoral Dissertation: “The Use and Effectiveness of Behavioural Modification Techniques in Achieving and Maintaining Normal Weight and Fitness. The Total Life Style Changes for Adults in Cyprus”.
Private Funding & partial funding by private companies (Nutrifit, EMA) (research proposal for the doctorate, 2007-2009, 34.000 euro)

Books Edited, Written or Translated

- Author of the book “Healthy Recipes and Principles of Good Nutrition”, 1996, ISBN: 9963-8194-0-0. 2nd Edition is currently prepared.
- Andreou et al (2000), «Your own cooking for poultry and not only», Nicosia, Komitis Ltd, ISBN: 9963-8933-0-9
- Co-Author of the book “ Nutrition and Cancer: Nutrition Guidelines for patients, family and nutrition awareness”, 2007, ISBN 978-9963-9370-0-4
- Author of the educational children book “The good and Healthy Nutrition for Kids”, 2002, ISBN 9963-9008-0-1
- Author and editor of the “Code of Ethics for Dietitians in Cyprus” (2001-2002) which is now included in the Cyprus Dietetic Association’s Bylaws.
- Author of the booklet “Diabetic Exchanges Booklet” (adjusted to Cypriot foods). The booklet was published by the Cyprus Ministry of Health in 1999 and reprinted twice since then.
- Co-Author of the “Manual of the Strategic Planning of the Cyprus Dietetic Association” (2007).
- Andreou E and Philippou C (2007) “Manual of the Strategic Planning of the American Overseas Dietetic Association”, UK: Middlesex University.
- Andreou E & Philippou C (2008). Good Nutrition For Fitness and Exercise with emphasis to children and adolescents. Nicosia: Cyprialife, ISBN 978-9963-8446-1-6
- Andreou et al (2009). Nutritional Educational Tool for children by the Cyprus Dietetic Association. Nicosia: Delema, ISBN 978-9963-9008-1-7
- Andreou E (2010). Eating Disorders- A contemporary Issue. Nicosia: MAZI, ISBN 978-9963-9779-0-1
- Author/editor of the book Nutrition and Cancer: Nutrition Guidelines , 2nd edition, 2012 ISBN 978-9963-9370-1-1
- Andreou E et al (2011). Morbid obesity- Bariatric Surgery and Nutrition Intervention, Nicosia, ISBN 978-9963-9876-1-0
- Andreou E (2012). Detoxification now – the absolute nutrition book, Library publications

Chapters in Books

- Nutrition and Exercise National Guidelines for Adolescents (in press) (Authors: Andreou, Fessas, Neofytou and cooperation with Ministry of Health)
- Nutrition and Exercise National Guidelines for Adults (2007) (Authors: Andreou, Fessas, Neofytou and cooperation with Ministry of Health)
- Nutrition and Exercise National Guidelines for Children (2008) (Authors:

Dr ELENI P. ANDREOU , CPD, RD,LD
Registered Clinical Dietitian, Nutritionist
(Active CyDA, ADA, AODA Member)
48 Themistokli Dervi Str., Off. 207
Athienitis Centennial Bldg, 1066 Nicosia-Cyprus
Tel. Of. 22452288/9 - Fax: 22452292
E-mail: aeleni@spidernet.com.cy



Δρ ΕΛΕΝΗ Π. ΑΝΔΡΕΟΥ, CPD, RD,LD
Εγγεγραμμένη Κλινική Διαιτολόγος, Διατροφολόγος
(Ενεργό Μέλος Συ.Δι.Κυ, ADA, AODA)
Θεμιστοκλή Δέρβη 48, Γρ. 207
1066 Λευκωσία - Κύπρος
Τηλ. Γρ. 22-452288/9 - Φαξ: 22-452292
E-mail: aeleni@spidernet.com.cy

Andreou, Fessas, Neofytou and cooperation with Ministry of Health, ISBN:978-9963-38-621-5)

- **Myths and truths in our nutrition**, (2010) 1st edition, (Authors: Andreou E, Papachristos P, Gregorakis D, Chrisou Y) ISBN 978-9963-9871-0-8
- **Low Caloric Sweeteners: The role and benefits** (2012), Macmillan Publishers LTD

Journal Articles – in print or submitted for publication(selection)

- Journals (refereed)

- ** Invited papers
- *** Electronic Journal
- **** Non-refereed Journals

-Editor/ writer of the CyDA newsletter published quarterly and other CyDA publications (ISSN1450-474 X) (published since 1999) (***/****)

- Articles in American Overseas Dietetic Association (AODA) journal (**)

1. **Eleni P Andreou** & Christiana M Philippou (2009). THE USE AND EFFECTIVENESS OF BEHAVIOURAL MODIFICATION TECHNIQUES IN ACHIEVING AND MAINTAINING NORMAL WEIGHT AND FITNESS – THE TOTAL LIFESTYLE CHANGES FOR ADULTS IN CYPRUS, *DIETS NEWSLETTER*, ISSUE 17, MAY 2009
2. S. Kountouri¹, G. Mixidis², P. Tsokkou², T. Avraam³, C. Christoforou⁴, E. Georgiou⁵, M. Loizou⁶, **E. Andreou**⁷, T. Kiprianou², (2007). SUCCESSFUL IMPLEMENTATION OF ENTERAL FEEDING PROTOCOL IN A “CLOSED” ICU MODEL IS UNRELATED TO ICU NURSES LEVEL OF RELEVANT THEORETICAL KNOWLEDGE. *20th ESICM conference, Berlin*
3. C. Petrou*¹, P. Tsokkou², E. Mboutzouka³, M. Loizou⁴, **E. Andreou**², T. Avraam¹, A. Dietis⁵, P. Symeonides⁴, G. Baltopoulos³, T. C. Kyprianou¹, (2008). EARLY IMMUNO-ENHANCING ENTERAL FEEDING IN A COHORT STUDY OF CRITICALLY ILL PATIENTS WITH SEVERE TRAUMATIC BRAIN INJURY. *21th ESICM conference, Barcelona*
4. **Andreou E** et al (2008). NUTRITIONAL ANALYSIS OF CYPRUS FOODS AND THE DIGITAL CONNECTION BETWEEN CONSUMERS, HEALTH PROFESSIONALS AND FOOD INDUSTRY, *DIETS NEWSLETTER*, 14.
5. **Andreou E** & Kyriakou K, et all (2009). “CYPRUS DIETETIC ASSOCIATION EPIDEMIOLOGICAL STUDY TO DETERMINE THE PERCENTAGE OF OBESITY AND OVERWEIGHT IN CYPRUS AND THE DIETARY/NUTRITIONAL HABITS OF THE CYPRIOT POPULATION”, *ψΗΠΕτης July- August 2009, Issue 26*
6. **Andreou Eleni** (2008). Initial Results “OBESITY PROBLEM IN CYPRUS”. *Scientific Cyprus Dietetic Association Newsletter, Summer –Fall 2008, Issue 20, ISBN 1450-474X*
7. **Andreou Eleni** (2009). “THE DIETARY/NUTRITIONAL HABITS OF THE CYPRIOT POPULATION”. *Scientific Cyprus Dietetic Association Newsletter, Summer 2009, Issue 21, ISBN 1450-474X*
8. **Andreou Eleni** (2010). “CYPRUS DIETETIC ASSOCIATION EPIDEMIOLOGICAL STUDY TO DETERMINE THE PERCENTAGE OF OBESITY AND OVERWEIGHT IN



- CYPRUS AND THE DIETARY/NUTRITIONAL HABITS OF THE CYPRIOT POPULATION”, 8^ο *Hellenic Medical Conference for Obesity*
9. **Andreou E**, Philippou C, Papandreou D (2011). “Effects of an intervention and maintenance weight loss diet with and without exercise on anthropometric indices in overweight and obese healthy female subjects from Cyprus”, International Journal of Food Sciences and Nutrition
 10. **Andreou E**, Philippou C, Papandreou D, et al (2012). "Effects of Diet and Exercise in 337 overweight/obese adults", Hippokratia
 11. **Andreou E**, Philippou C, Papandreou D (2012). "Dietary intakes and anthropometric indices of 337 adults from Cyprus" Nutrition and Food Science
 12. **Andreou E**, Philippou C, Papandreou D (2011). “Effects of an Intervention and Maintenance Weight Loss Diet with and without Exercise on Anthropometric Indices in Overweight and Obese Healthy Women”, Annals of Nutrition and Metabolism,
 13. **Andreou E**, Philippou C, Papandreou D (2011). “Effects of an Intervention and Maintenance Weight Loss Diet with and without Exercise on Anthropometric Indices in Overweight and Obese Healthy Women”, PubMed
 14. **Andreou Eleni**, et al (2011). “Biochemical parameters of adult individuals involved in epidemiological research to determine the rate of obesity and eating habits of Cypriots adults”, Hellenic Journal of Nutrition and Dietetic, Volume 2

Experience

Administrative

- President of Cyprus Dietetic Association and Vice president of The Cyprus Registration Board for Dietitians , President of AODA
- Coordinator and researcher to the research with the title “1st Epidemiological Study on Obesity for Cypriot Adults” conducted by the Cyprus Dietetic Association, funded by the Cyprus Research Promotion Foundation and approved by the Bioethics Committee.
- Strategic Plan for CyDA and AODA (2006-2007)
- Member of the CyDA committee for composition and amendment of the Cyprus Law for the protection of the profession of the dietetics, food scientists and technologists (1994 up to date).Draft of code of the ethics for dietitians in Cyprus (2001-2002)
- Member of the National Committee for Diabetes of the Cyprus Ministry of Health
- Member of the National Committee for Health and Nutrition of the Cyprus Ministry of Health

Dr ELENI P. ANDREOU , CPD, RD,LD
Registered Clinical Dietitian, Nutritionist
(Active CyDA, ADA, AODA Member)
48 Themistokli Dervi Str., Off. 207
Athenitis Centennial Bldg, 1066 Nicosia-Cyprus
Tel. Of. 22452288/9 - Fax: 22452292
E-mail: aeleni@spidernet.com.cy



Δρ ΕΛΕΝΗ Π. ΑΝΔΡΕΟΥ, CPD, RD,LD
Εγγεγραμμένη Κλινική Διαιτολόγος, Διατροφολόγος
(Ενεργό Μέλος Συ.Δι.Κυ, ADA, AODA)
Θεμιστοκλή Δέρβη 48, Γρ. 207
1066 Λευκωσία - Κύπρος
Τηλ. Γρ. 22-452288/9 - Φαξ: 22-452292
E-mail: aeleni@spidernet.com.cy

- Member of the National Committee of School Lunches of the Cyprus Ministry of Health
- Member of the national Committee of Food Day of the Ministry of Agriculture
- Writer of the first draft of the Nutritional Guidelines for Adults and Children (reviewed and revised by the National Committee of Health and Nutrition)-appointed by the Minister of Health (2006-up to date)