

Curriculum Vitae

Name (First, Last): Angelos Sikalidis

ORCID: <https://orcid.org/0000-0003-3487-4120>

Positions – Affiliations

- Professor of Nutrition & Dept. Chair; 2025 -

***Roberta M. and John L. Rhoads Endowed Academic Chair in Human Nutrition
(University of Alabama, Dept. Human Nutrition, Hospitality & Sport Management)***

- Professor of Nutrition

(California Polytechnic State University, Dept. Food Science & Nutrition); 2023 – 2025

- Associate Professor of Nutrition

(California Polytechnic State University, Dept. Food Science & Nutrition); 2018 – 2023

- Center for Health Research (California Polytechnic State University); 2022 - 2025

- Graduate Faculty in Master of Applied Nutrition (University of New England); 2022 - 2025

- External Graduate Faculty in Nutrition (University of Maine); 2018 – 2023

- Asst./Assoc. Professor of Nutrition & Metabolism (Founding Faculty)

(Istanbul Yeni Yuzyl University, Dept. Nutrition & Dietetics); 2013-2018 / 2018-2018

Education – Training

Institution	Years Attended	Degree / Qualification	Major Field
N/A	2018	Habilitation - Docent	Nutrition
Harvard Medical School, Boston, MA	2012-2013	Post-Doctorate	Immunology
Military Academy for Reserve Officers	2010-2012	Military Education	Military Law & Regulatory Affairs
Cornell University, NY	2006-2010	PhD	Molecular Nutrition - Metabolism
University of California, Berkeley, CA	2004-2006	MSc	Molecular & Biochemical Nutrition
University of California, Extension program, CA	2003-2004	Post-Baccalaureate	Nutrition & Metabolism
Aristotle University of Thessaloniki, GREECE The School of Agriculture	1998-2003 (5-yr blended program)	BSc/MEng (Cum Laude)	Food Science & Technology

Professional Distinctions

Fellow American College of Nutrition, FACN (since 2019)

Fellow Royal Society of Medicine, FRSM (since 2022)

Research Interests

- Signaling properties of nutrients on the inflammation - T2DM axis.
- Personalized nutrition interventions for T2DM risk reduction.
- Nutritional valorization of agriculture byproducts for development of therapeutic foods.

Publications (the list below does not include reports or colloquial articles)

Scientific Articles in International Refereed Journals (SCI – PubMed – Scopus)

1. Petridis PD, Kristo AS, **Sikalidis AK**, Kitsas IK (2024). A review on trending Machine Learning techniques for type 2 diabetes mellitus management. *Informatics*. 11, 70. <https://doi.org/10.3390/informatics11040070>.
2. Kristo AS, Izler K, Grosskopf L, Kerns JJ, **Sikalidis AK**. (2024) Emotional eating more than external or restrained eating is associated with T2DM patients in a Turkish population; a pilot study. *Diabetology*.5(3), 286-299. <https://doi.org/10.3390/diabetology5030022>.
3. Berger NA, Yang M, Chan YM, Axelrod CL, **Sikalidis AK**, Hu W and Kang L (2023) Editorial: Nutrition, sarcopenia, and sarcopenic obesity. *Front. Nutr*. 10:1335927. doi: 10.3389/fnut.2023.1335927.
4. Derrick SA, Nguyen ST, Marthens JR, Dambacher LL, **Sikalidis AK**, Reaves SK. (2023) A Mediterranean-style Diet Improves the Parameters for the Management and Prevention of Type 2 Diabetes Mellitus. *Medicina*, 59(10):1882. <https://doi.org/10.3390/medicina59101882>.
5. Kwon J, Nishisaka MM, McGrath AF, Kristo AS, **Sikalidis AK**, Reaves SK. (2023) Protein Intake in NCAA Division 1 Soccer Players: Assessment of Daily Amounts, Distribution Patterns, and Leucine Levels as a Quality Indicator. *Sports*, 11(2):45. <https://doi.org/10.3390/sports11020045>.
6. **Sikalidis AK**, Kristo AS, Reaves SK, Kurfess FJ, DeLay AM, Vasilaky K, Donegan L. (2022) Capacity Strengthening Undertaking - Farm Organized Response of Workers Against Risk for Diabetes: (C.S.U. - F.O.R.W.A.R.D. with Cal Poly) – A concept approach to tackling diabetes in vulnerable and underserved farmworkers in California. *Sensors*, 22(21):8299. <https://doi.org/10.3390/s22218299>.
7. Kristo AS, Pınarlı Ç, Kelleher AH, Kucuknil SL, **Sikalidis AK**. (2022) The Risk of T2DM in College Women: The Predictive Power of Financial versus Residential Status in a Cross-Sectional Pilot Study in Turkey. *Behav. Sci*. 12(9):309. <https://doi.org/10.3390/bs12090309>.
8. Nishisaka MM, Zorn SP, Kristo AS, **Sikalidis AK**, Reaves SK. (2022) Assessing Dietary Nutrient Adequacy and the Effect of Season—Long Training on Body Composition and Metabolic Rate in Collegiate Male Basketball Players. *Sports*, 10(9):127. <https://doi.org/10.3390/sports10090127>.
9. Spooner HC, Derrick SA, Maj M, Manjarín R, Fanter RK, Burrin DG, La Frano MR, **Sikalidis AK**, Blank JM. (2021) High-Fructose, High-Fat Diet Alters Muscle Composition and Fuel Utilization in a Juvenile Iberian Pig Model of Non-Alcoholic Fatty Liver Disease. *Nutrients*, 13, 4195. <https://doi.org/10.3390/nu13124195>.
10. Maykish A, Nishisaka MM, Talbott CK, Reaves SK, Kristo AS, **Sikalidis AK**. (2021) Comparison of Whey Versus Almond Protein Powder on Nitrogen Balance in Female College Students; The California Almond Protein Powder Project (CALmond-P³). *Int. J. Environ. Res. Public Health*, 18, 11939. <https://doi.org/10.3390/ijerph182211939>.
11. Kristo AS, Çınar N, **Sikalidis AK**. (2021) Technological Devices and Their Effect on Preschool Children's Eating Habits in Communities of Mixed Socioeconomic Status in Istanbul; a Pilot Cross-Sectional Study. *Behav. Sci*, 11, 157. <https://doi.org/10.3390/bs11110157>.
12. Derrick SA, Kristo AS, Reaves SK, **Sikalidis AK**. (2021) Effects of Dietary Red Raspberry Consumption on Pre-diabetes and Type 2 Diabetes Mellitus Parameters. *Int J Environ Res Public Health* 18 (17): 9364. <https://doi.org/10.3390/ijerph18179364>.
13. Marthens J, Porush S, Sharpless S, Oates M, **Sikalidis AK**, Reaves S (2021). The Effects of a Baseball Season on Various Body Composition Measurements in NCAA Division I Baseball Players. *Journal of Exercise and Nutrition* 4(1)3.
14. Kristo AS, **Sikalidis AK**, Uzun A (2021). Traditional Societal Practices Can Avert Poor Dietary Habits and Reduce Obesity Risk in Preschool Children of Mothers with Low Socioeconomic Status and Unemployment. *Behav Sci*. 11(4)42. doi: 10.3390/bs11040042.
15. **Sikalidis AK**, Kelleher AH, Kristo AK. (2021) Mediterranean Diet. *Encyclopedia*. 1(2) 371-387. doi: 10.3390/encyclopedia1020031.
16. Kelleher AH, **Sikalidis AK**. (2021) The Effects of Mediterranean Diet on the Human Gut Microbiota; a Brief Discussion of Evidence in Humans. *OBM Hepatology and Gastroenterology*. 5(1):16. doi:10.21926/obm.hg.2101056.
17. Maykish A, Rex R, **Sikalidis AK**. (2021) Organic Winemaking and Its Subsets; Biodynamic, Natural, and Clean Wine in California. *Foods* 2021 10(1)127. doi: 10.3390/foods10010127.
18. **Sikalidis AK**, Öztağ M (2020) Optimized snacking is positively associated with socioeconomic status and better Type 2 Diabetes Mellitus management in Turkish patients. *Gazz Med Ital - Arch Sci Med*. 179(7-8):459-67. doi:10.23736/S0393-3660.19.04159-9.

19. **Sikalidis AK**, Karaboğa EP (2020) Healthy diet and self-care activities' adherence improved life-quality and Type 2 Diabetes Mellitus management in Turkish adults. *Gazz Med Ital - Arch Sci Med*. 179(9):528-37. doi:10.23736/S0393-3660.19.04159-7.
20. **Sikalidis AK**, Kelleher AH, Maykish A, Kristo AS. (2020) Non-alcoholic beverages, old and novel, and their potential effects on human health, with a focus on hydration and cardiometabolic health. *Medicina*. 56(10):490. doi:10.3390/medicina56100490.
21. Maykish A, **Sikalidis AK**. (2020) Utilization of Hydroxyl-Methyl Butyrate, Leucine, Lysine, Glutamine and Arginine Supplementation in Nutritional Management of Sarcopenia – Implications and Clinical Considerations for Type 2 Diabetes Mellitus Risk Modulation. *J Pers Med*. 10(1)19. doi:10.3390/jpm10010019.
22. Kristo AS, Gültekin B, Öztağ M, **Sikalidis AK**. (2020) The Effect of Eating Habits' Quality on Scholastic Performance in Turkish Adolescents. *Behav Sci*. 10, 31. doi:10.3390/bs10010031.
23. **Sikalidis AK**, Maykish A (2020) The Gut Microbiome and Type 2 Diabetes Mellitus; discussing a complex relationship. *Biomedicines*. 8(1):8. doi:10.3390/biomedicines8010008.
24. **Sikalidis AK**, Kristo AS, Kelleher AH, Maykish A. (2020) Perception, acceptability and decision-making determinants of H₂O/H₂O⁺, Soft Seltzer, a novel non-alcoholic, low-calorie, no added sugar, no artificial sweetener, carbonated beverage to health-conscious College students in California. *JMCBEM*. 2(11)33-54. doi: 10.7172/2449-6634.jmcbem.2020.2.3.
25. **Sikalidis AK** (2019) From food for survival to food for personalized optimal health. A historical perspective of how food and nutrition gave rise to nutrigenomics. *J Am Coll Nutr*. 38(1):84-95 doi: 10.1080/07315724.2018.1481797.
26. Bourliva A, **Sikalidis AK**, Papadopoulou L, Betsiou M, Michailidis K, Sikalidis C, Filippidis A. (2018) Removal of Cu²⁺ and Ni²⁺ ions from aqueous solutions by adsorption onto natural palygorskite and vermiculite. *Clay Minerals* 53(1):1-15. doi:10.1180/clm.2017.1.
27. Öztağ M, **Sikalidis AK**. (2018) Regulation of Insulin Secretion and Mechanism of Production-Secretion. *Türkiye Klinikleri J Health Sci*. 3(3):263-70. doi: 10.5336/healthsci.2017-58737.
28. **Sikalidis AK** (2018) Epidemiological Transition: a chance for health improvement or a certainty for health detriment? Can we tip the balance in favor of health? *Anosia*. (14)1:58-62, ISSN: 2459-3524.
29. Kristo AS, Klimis-Zacas D, **Sikalidis AK**. (2016) Protective Role of Dietary Berries in Cancer. *Antioxidants*. 5(4)37. doi:10.3390/antiox5040037.
30. Kristo AS, Tzanidaki G, Lygeros A, **Sikalidis AK**. (2015) Bile sequestration potential of an edible mineral (clinoptilolite) under simulated digestion of a high-fat meal; an in vitro investigation. *Food Funct*. 6(12): 3818-3827. doi: 10.1039/c5fo00116a.
31. **Sikalidis AK** (2015) Amino Acids and Immune Response: A role for cysteine, glutamine, phenylalanine, tryptophan and arginine in T-cell function and cancer? *Pathol Oncol Res*. 21(1):9-17. doi: 10.1007/s12253-014-9860-0.
32. Kristo AS, **Sikalidis AK**. (2014) Nutritional status and cardiometabolic risk factors among Turkish adolescent populations. *Am J Biomed Sci*. 6(4): 290-307. doi: 10.5099/aj140400290.
33. **Sikalidis AK**, Mazor KM, Lee J-I, Roman HB, Hirschberger LL, Stipanuk MH. (2014) Upregulation of capacity for glutathione synthesis in response to amino acid deprivation: regulation of glutamate-cysteine ligase subunits. *Amino Acids*. 46(5):1285-1296. doi: 10.1007/s00726-014-1687-1.
34. Varamini B, **Sikalidis AK**, Bradford K. (2014) Resveratrol increases cerebral glycogen synthase kinase phosphorylation as well as protein levels of drebrin and transthyretin in mice: an exploratory study. *Int J Food Sci Nutr*. 65(1):89-96. doi: 10.3109/09637486.2013.832171.
35. **Sikalidis AK**, Mazor KM, Kang M, Liu H, Stipanuk MH. (2013) Total 4E-BP1 Is Elevated in Liver of Rats in Response to Low Sulfur Amino Acid Intake. *J Amino Acids*. 2013:864757. doi: 10.1155/2013/864757.
36. **Sikalidis AK**, Fitch MD, Fleming SE. (2013) Risk of Colonic Cancer is Not Higher in the Obese Lep^{ob} Mouse Model Compared to Lean Littermates. *Pathol Oncol Res*. 19(4):867-874. doi: 10.1007/s12253-013-9656-7.
37. **Sikalidis AK**, Fitch MD, Fleming SE. (2013) Diet Induced Obesity Increases the Risk of Colonic Tumorigenesis in Mice. *Pathol Oncol Res*. 19(4):657-666. doi: 10.1007/s12253-013-9626-0.
38. **Sikalidis AK** (2013) Cellular and Animal Indispensable Amino Acid Limitation Responses and Health Promotion. Can the Two Be Linked? A Critical Review. *Int J Food Sci Nutr*. 64(3):300-311. doi: 10.3109/09637486.2012.738649.
39. **Sikalidis AK**, Varamini B. (2011) Roles of hormones and signaling molecules in describing the relationship between obesity and colon cancer. *Pathol Oncol Res*. 17(4):785-790. doi: 10.1007/s12253-010-9352-9.

40. **Sikalidis AK**, Lee J-I, Stipanuk MH. (2011) Cellular responses to indispensable amino acid deficiency are mediated through the Integrated Stress Response pathway. *Amino Acids*. 41(1):159-171. doi: 10.1007/s00726-010-0571-x.
41. **Sikalidis AK**, Stipanuk MH. (2010) Growing rats respond to a sulfur amino acid-deficient diet by phosphorylation of eIF2 α and induction of adaptive components of the integrated stress. *J Nutr*. 140(6):1080-1085. doi: 10.3945/jn.109.120428.
42. Lee J-I, Dominy JE Jr, **Sikalidis AK**, Hirschberger LL, Wang W, Stipanuk MH. (2008) HepG2/C3A cells respond to cysteine-deprivation by induction of the amino acid deprivation/integrated stress response pathway. *Physiol Genomics*. 33:218–229. doi: 10.1152/physiolgenomics.00263.2007.
43. Franco A, **Sikalidis AK**, Solis Herruzo JA. (2005) Colorectal cancer: influence of diet and lifestyle factors. *Rev Esp Enferm Dig*. 97:432-448.

Google Scholar: <https://scholar.google.com/citations?user=LRUhfXMAAAAJ&hl=en&oi=ao>

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Articles in International Conferences (Proceedings)

Oral Presentations

1. N. Ramos, C. Heiss, J. Avila, R. Rompicharla, **A. Sikalidis**, S. Amin, H. Glanz, The Effect of Adding Mango to a Breakfast Meal on Satiety Markers and Next Meal Food Consumption, *Journal of the Academy of Nutrition and Dietetics*, Volume 123, Issue 9, Supplement, 2023, Page A75, ISSN 2212-2672.
2. **Sikalidis AK** “Epidemiological Transition: a chance for health improvement or a certainty for health detriment? Can we tip the balance in favor of health?” Exploring Novel Medical Frontiers 2018, 26 – 28 January 2018, Thessaloniki, Greece (Plenary talk) – Published in extended form as a selected a short article in special issue of the medical journal *Anosia* (see *Publications* section).
3. Öztağ M, Kristo AS, **Sikalidis AK** “The relationship between amount/quality of snack consumption and socioeconomic status in diabetic patients in Turkey”. 3rd ENMF (Exploring Novel Medical Frontiers) 26 – 28th January 2018 Thessaloniki, Greece.
4. Dandin E, Kristo AS, **Sikalidis AK** “Knowledge level of mother/infant obesity-related pregnancy complications in Turkish women at different socioeconomic status”. 3rd ENMF (Exploring Novel Medical Frontiers) 26 – 28th January 2018 Thessaloniki, Greece. (Received conference award).
5. Uğur P, Kristo AS, **Sikalidis AK** “Association between adherence to self-care activities and quality of life in Turkish adults with Type 2 Diabetes”. 3rd ENMF (Exploring Novel Medical Frontiers) 26 – 28th January 2018 Thessaloniki, Greece.
6. Öztağ M, Kristo AS, Ulutin C, **Sikalidis AK** “Prevention of Chronic Disease through Nutrition to Improve Health Economics” 1st National Health Management Congress – New Approaches in Health Management, 14 – 15 December 2017, Istanbul, Turkey.
7. **Sikalidis AK** “Preoperative Nutritional Assessment in Bariatric Surgery” 2nd Bariatric and Metabolic Surgery Congress, 23 – 26 November 2017, Antalya, Turkey (Invited speaker by the Turkish Association of Bariatric Surgery).
8. Kristo AS and **Sikalidis AK** “Environmental Dimensions of Nutrition and Diet in Public Health and Chronic Disease. A Case for Mediterranean Diet?” MESAEP 18th International Symposium on Environmental Pollution and its Impact on Life in the Mediterranean Region, September 26th – 30th, 2015, Crete, Greece (Chairman of session: Ecotoxicity and Biodiversity).
9. **Sikalidis AK** “Limitation of essential amino acids as an epigenetic environmental nutritional factor for health improvement; in vivo findings”. MESAEP 17th International Symposium on Environmental Pollution and its Impact on Life in the Mediterranean Region, September 28th – October 1st, 2013, Istanbul, Turkey (Chairman of session: Environment and Health I).
10. **Sikalidis AK** and Stipanuk MH. “Cellular and animal responses to indispensable amino acid deficiency are mediated through the Integrated Stress Response pathway.” 11th International Congress on Amino Acids, Peptides and Proteins, August 3rd – 7th, 2009, Vienna, Austria, *AMINO ACIDS Journal* 37, 107, 2009.
11. **Sikalidis AK** “Nutritional Sciences in the Service of Public Health via the Nutrigenomics Approach”. 2nd Panhellenic Conference on Food Safety by the Interdisciplinary Society on Assurance of Food Hygiene June 6th-8th, 2008, Thessaloniki, Greece (Plenary talk).

Poster presentations

1. **Sikalidis AK**, Grosskopf L, Reed TK, Nishisaka MM, Ramirez LZ, Kristo AS, Reaves SK. Seasonal Farm Labor Pattern Negatively Impacts Insulin Sensitivity in Migrant Farmworkers in California Central Coast. *Nutrition* 2025, May 30-June 3, Orlando, FL. *Current Development in Nutrition* 9 Suppl 2 (2025) 106206. <https://doi.org/10.3390/informatics11040070>
2. **Sikalidis AK**, Martin DJ, Ramos N, Kim KS, Heiss CJ. *Nutrition* 2024, June 29-July 2, Chicago, IL. *Current Developments in Nutrition* 8 Suppl 2 (2024) 102325. <https://doi.org/10.1016/j.cdnut.2024.102325>.
3. **Sikalidis AK**, Pinarli C. Relationships among dietary habits, economic status and type 2 diabetes risk on Turkish female university students living with their families or in the dormitory. *Nutrition* 2020, May 30-June 2, 2020, Seattle WA. *Current Developments in Nutrition*, Volume 4, Issue Supplement_2, June 2020, P1348, https://doi.org/10.1093/cdn/nzaa059_065.
4. **Sikalidis AK**, Öztağ M “Good snacking practice is positively associated with better T2DM management in Turkish patients” *Nutrition* 2019, 8-11 June 2019, Baltimore MD.
5. Demir S, **Sikalidis AK**. “Comparison of Dietary Habits and Physical Activity Levels of Rural to Urban Migrants Living in Turkey”. *International Nutrition, Obesity and Community Health Congress*, 26-27 December 2019, Istanbul TR.
6. Gültekin B, Kristo AS, **Sikalidis AK** “The effect of adolescent eating habits on scholastic aptitude in Turkey. 3rd ENMF (Exploring Novel Medical Frontiers) 26 – 28th January 2018 Thessaloniki, Greece.
7. Deliismail A, Kristo AS, **Sikalidis AK** “Sugar-sweetened beverage consumption and risk of T2DM in working females in Istanbul.” 3rd ENMF (Exploring Novel Medical Frontiers) 26 – 28th January 2018 Thessaloniki, Greece.
8. Dandin E, Uğur EP, Uzun A, Kristo AS, Ulutin C, **Sikalidis AK** “The effect of Nutrition education on determining dietary pattern as judged by food group servings in female college student in Turkey”. 6. *National Healthy Life Symposium, 1. Nutrition and Sports for Life Congress*. Istanbul 24-26 May 2017.
9. Dandin E, Uğur EP, Uzun A, Kristo AS, Ulutin C, **Sikalidis AK** “The effect of Nutrition education on dieting decisions of female Turkish college students in urban and rural areas”. *National congress on child, adolescent and adult obesity. Agriculture and Food Systems* 07-10 April 2016, Antalya, Turkey.
10. Varamini B, **Sikalidis AK**, Bradford K, Brenna TJ” Dietary resveratrol induces protective changes in protein levels of transthyretin, drebrin, and glycogen synthase kinase 3-beta but does not affect plaque burden in a transgenic mouse model of Alzheimer's Disease.” *Electronic Proceedings, Conference of the Federation of American Societies of Experimental Biology (FASEB) - Experimental Biology* 2009, New Orleans, LA.
11. Stipanuk MH, **Sikalidis AK**, Kang M “Total 4E-BP1 levels are elevated in livers of rats fed diets low in protein or sulfur amino acids.” *Experimental Biology* 2011 (FASEB) Washington D.C.
12. **Sikalidis AK**, Lee J-I, Hirschberger LL, Stipanuk MH “Cellular responses to cysteine deprivation are mediated by the amino acid deprivation pathway but not the oxidative stress pathway.” *Experimental Biology* 2008 (FASEB) San Diego, CA.
13. **Sikalidis AK**, Fitch MD, Fleming SE “Obesity and the risk of colon cancer in mouse models.” *Experimental Biology* 2006 (FASEB) San Francisco, CA.

Member of conference organizing committee:

Exploring Novel Medical Frontiers International Conference 2018; 26 – 28 January 2018, Thessaloniki, Greece.

Reviewer for conferences:

15th Panhellenic Conference of Nutrition and Dietetics, Athens Greece, Dec 2019.

4th Panhellenic Conference in Clinical Nutrition and Metabolism (GrESPEN), Athens Greece, Dec 2019.

American Society for Nutrition; *Nutrition* 2020, Seattle, WA.

16th Panhellenic Conference of Nutrition and Dietetics, Athens Greece, Dec 2021.

American Society for Nutrition; *Nutrition* 2024, Chicago, IL.

American Society for Nutrition; *Nutrition* 2025, Orlando, FL.

Books Edited

1. **Sikalidis, A. K.**, Berger, N. A., Axelrod, C. L., Yang, M., Chan, Y. M., Hu, W., Kang, L., eds. (2024). *Nutrition, sarcopenia, and sarcopenic obesity*. Lausanne: Frontiers Media SA. ISSN: 1664-8714, ISBN: 978-2-8325-4209-5, doi: 10.3389/978-2-8325-4209-5.

Book Chapters

1. **Sikalidis AK** and Kristo AS. The Role and Mechanisms of Berries and Berry Bioactive Compounds in Cancer. In: Berries and Berry Bioactive Compounds in Promoting Health" Editors: Dorothy Klimis-Zacas and Ana Rodriguez-Mateos, 2022, Chapter 9, Royal Society of Chemistry, London UK. ISBN: 978-1-83916-216-9.
2. **Sikalidis AK**. Nutrition and Microbiome. Why Do We Care? Discussing a Complex Relationship. In: Wu, V.C.H. (Ed.). (2022). The Gut Microbiome: Bench to Table (1st ed.). CRC Press. <https://doi.org/10.1201/b22970>.
3. **Sikalidis AK**, Maykish A, Kristo AS. The Microbiota of the Human Gut and Cardiometabolic Health. Current Issues in Medicine: Surgical and Medical Specialities. Edited by Raj Bawa, Vol. 3, Chapter 9, Copyright © 2023 Jenny Stanford Publishing Pte Ltd. & CRC/Taylor Francis.
4. **Sikalidis AK**, Kristo AS. Epidemiology of Cardiovascular Disease. In: Martyrosyan DM, editor. Functional Foods for Chronic Diseases, Textbook. Food Science Publisher, Functional Food Center Inc. 2016, Volume II, 10 – 33.
5. Kristo AS, **Sikalidis AK**. Biomarkers of Different Cardiovascular Diseases. In: Martyrosyan DM, editor. Functional Foods for Chronic Diseases, Textbook. Food Science Publisher, Functional Food Center Inc. 2016, Volume II, 34 – 57. ISBN-13: 978-1536919431, ISBN-10: 1536919438.

Other Publications

- Doctoral Thesis (Cornell University - archived):
"Cellular and Animal Metabolic Responses to Indispensable Amino Acid Limitation" 2010, by Sikalidis AK. Advisor: Prof. Martha H. Stipanuk, PhD, The James Jamison Endowed Professor of Nutrition. (Since 2018: Professor emerita of Nutrition).
- Master's Thesis (University of California, Berkeley - archived):
"Obesity and its Effect on The Risk of Colonic Cancer in Mouse Models" 2006, by Sikalidis AK. Advisor: Prof. Sharon E. Fleming, PhD. (Since 2013: Professor emerita of Nutrition).
- Bachelor's Honor's Thesis (Aristotle University of Thessaloniki -archived): "Development of a digital image analysis system and its applications to kinetics' study of color alteration in food systems" 2003, by Sikalidis AK.
Advisor: Prof. Konstantinos G. Biliaderis, PhD. (Since 2020: Professor emeritus of Food Chemistry).
- *Conference Publication*:
Sikalidis AK. Nutritional Sciences in the Service of Public Health via the Nutrigenomics Approach. 2nd Panhellenic Conference on Food Safety by the Interdisciplinary Society on Assurance of Food Hygiene June 6th-8th, 2008, Thessaloniki, Greece (Conference Special Paper and Plenary talk) (*in Greek*).
- *Case Blog Publication*:
Assimopoulou AN, Bourliva A, Kristo AS, **Sikalidis AK**. Modified hydroxyapatite-shikonin system; a multipurpose biomaterial for tissue repair. *Int J Clin Med Imaging* ISSN: 2376-0249, (2015) Volume 2/ Issue 12/ 1000407. <http://dx.doi.org/10.4172/2376-0249.1000407>.
- Encyclopedia entries:
 1. Encyclopedia MDPI entry (by invitation) Angelos K. Sikalidis and Adeline Maykish Topic review. Type 2 Diabetes Mellitus and the Gut Microbiota. <https://encyclopedia.pub/588>
 2. Encyclopedia MDPI entry. Angelos K. Sikalidis and Aleksandra S. Kristo. Topic review. The Mediterranean Diet; from Ancient Greek times to Now. <https://encyclopedia.pub/927>
 3. Encyclopedia MDPI entry. Adeline Maykish and Angelos K. Sikalidis. Topic review. Food Waste-Insecurity-Obesity axis, and T2DM in the US. <https://encyclopedia.pub/1091>
 4. Encyclopedia MDPI entry. Adeline Maykish and Angelos K. Sikalidis. Topic review. Clinical nutrition management of sarcopenia/T2DM utilizing amino acids. <https://encyclopedia.pub/1203>
 5. Encyclopedia MDPI entry (by invitation) Angelos K. Sikalidis Topic review. Organic Winemaking and its subsets. <https://encyclopedia.pub/7460>

**Grants/Projects (the list below only includes funded grants serving as the PI)
At Cal Poly**

Funded

- AvoPacific Oils; Nutritional Valorization of Avocado Pulp and Pit for healthy snacks development (Corporate pledged award amount: \$152,000 plus \$5,000 in-kind)
- Agriculture Research Institute seed: Red Raspberry effects on glycemia (\$5,000)
- In-kind match from USDA-ARS for microbiome analyses (\$50,000)
- Agriculture Research Institute young investigator; Investigation of nutritional profile of avocado pulp and pit and potential health effects (grant #21-03-109 amount: \$40,000)
- H2O Sonoma Soft Seltzer Inc. Effects of Soft Seltzer on hydration and oxidative stress (grant #: 22-121 amount: \$13,052 plus \$1,000 in-kind)
- Agriculture Research Institute: Evaluating Plant Proteins for Human Health Benefits (grant # 23-03-106 amount: \$118,994)
- Almond Board California (grant # 22-193 amount \$65,000 cash plus \$3,500 in-kind)
- California Dates Commission (\$30,000 cash plus \$4,000 in-kind)
- Western Foods Inc (\$35,000 + \$30,000 over 2023-2024), "Nutritional Evaluation of Rice Protein"
- Sun-Maid Raisins (\$40,000 plus \$3,000 in-kind), "Investigating the anabolic effects enhancement of raising incorporation to protein supplements".
- CAL FIRE: Firefighters' Health: Enhancing Wildland Firefighting and Firefighter Health and Safety - Intervention to improve sleep, cognition, and behavioral health and nutrition in firefighters (amount: \$107,680).
- USDA NIFA; grant # 2020-70001-31296
 - o Capacity Strengthening Undertaking - Farm Organized Response of Workers Against Risk for Diabetes: (C.S.U. - F.O.R.W.A.R.D.) (\$272,981).

Funding for Equipment Purchase through the College

- Frost Center for Research & Innovation Fund: \$151,619 (towards equipment – Microarray Facility)

Donations & Pledges towards Research Program

- Nu Greek Wine Inc. donation (\$3,100)
- Dr. George Ross, DVM; Cal Poly Alum (\$10,000)

Total extramural funding at Cal Poly (2018-2023): **\$1,140,926**

Prior to Cal Poly

Funded

1. "Health Environment-wide Associations based on Large population Surveys (HEALS)" (Support: European Commission, FP7; 2013-2018) – Research Partner.
2. "Mechanisms of Potential Health Benefits of Protein or Essential Amino Acid Restriction." (Cornell University, College of Human Ecology Seeding Grant; Fall 2008) – Grant Holder.
3. "Development of preparation course for incoming Graduate Student Instructors." (UC Berkeley, Teaching & Resource Center; Fall 2005) – Grant Holder.

Grant Reviewer

California Almond Board; 2023 –

California Polytechnic State University – Division of Research; 2022 – 2024

Supervised Senior Projects & Theses

Senior Projects (Cal Poly)

Spring 2023

1. Liel Grosskopf; "The Effect of Shift Work on Glucose Metabolism".
2. Amber Weese; "The Effect of Synbiotic Supplementation on Oxidative Stress Biomarkers".

Winter 2023

1. Michell Clifford; "Probiotic and Microbiota Transfer Therapy: A Promising Therapy for Children with Autism Spectrum Disorder".
2. Jocelyn Hu; "The Effect of Breastfeeding Compared to Other Types of Feeding on Health in Preterm Infants".
3. Karina Boeckler; "The Effects of Omega-3 Fatty Acids on Bipolar Disorder".
4. Rairaja Cohen; "The Effect of Chronic Stress on Bacterial Populations of the Gut Microbiome".
5. Emily Wagstaf; "The Effect of Probiotics on the Gut Microbiome and Immunity".
6. Rana Willink; "Analysis of Parental Influence on Adolescent Body Dissatisfaction and Disordered Eating Habits".

Spring 2022

1. Aidan Barbieux; "Towards an Effective Application for Diabetes Self-Management in California Farmworkers".
2. Alexandra Marie Black; "The association of ganglioside concentration with the cognitive development of infants".

Fall 2021

1. Avalon Sunshine Hutcher; "Racial disparities in cardiovascular disease".

Fall 2020

1. Maya Smigel; "Can a plant-based diet improve cardiovascular conditions equivalent to statins?"

Winter 2020

1. Justin Heath; "The relationship between, and effects of, alcohol consumption and developing type II diabetes".

Fall 2019

1. Deja Johnson; "Ginseng for reducing severity or slowing onset of T2DM in adults".
2. Kirstyn Middo; "The efficacy of vitamin D treatment on hyperproliferative skin disorders".

Spring 2019

1. Katherine Grace Stutz; "The Influence of Microbiome Alterations on Insulin Resistance".
2. Kayece Marie Rodrigues; "Dietary Intake of Resistant Starch Favorably Alters Gut Microbiome to Help Slow the Progression of Chronic Kidney Disease".
3. Kimberly J. Tuckness; "External Factors that Influence Mindless Eating and its Effect on Obesity".

BSc Theses (Selected from: Istanbul Yeni Yuzyil University; Aristotle University of Thessaloniki; Cornell University)

1. "Awareness and knowledge level on eating disorders of Turkish college students" Rabia Melda Erdoğan, BSc Thesis. June 2018, Istanbul Yeni Yuzyil University.
2. "Effects of saturated fat and low glycemic index carbohydrates on T2DM Turkish patients" Benu Nalbant, BSc Thesis, June 2018. Istanbul Yeni Yuzyil University.
3. "Management of sarcopenia with nutritional support of hydroxyl methyl butyrate, leucine, lysine, glutamine and arginine for geriatric patients" Tuğçe Hatice Özer, BSc Thesis, June 2018. Istanbul Yeni Yuzyil University.
4. "Relationship Between Sugar-Sweetened Beverage Consumption and Type 2 Diabetes Mellitus Risk in Turkish Working Females". Arda Deliismail, BSc Thesis. June 2017, Istanbul Yeni Yuzyil University.
5. "Association between Adherence to Self-Care Activities and Quality of Life in Turkish Adults with Type 2 Diabetes Mellitus". Ebru Pelin Uğur, BSc Thesis. June 2017, Istanbul Yeni Yuzyil University.
6. "Evaluation of the Level of Knowledge of Women in Different Socioeconomic Groups Regarding the Obesity-related Pregnancy Complications on Mother and Infant". Esra Dandin, BSc Thesis. June 2017, Istanbul Yeni Yuzyil University.
7. "Effect of Socioeconomic and Working Status of Mothers on the Dietary Habits of their Preschool Children in Istanbul". Arzu Uzun, BSc Thesis. June 2017, Istanbul Yeni Yuzyil University.
8. "Determination Of The Relationship Between Snack Consumption And Socioeconomic Status In Diabetic Patients" Merve Öztağ. June 2017, Istanbul Yeni Yuzyil University.

9. "The determination of nutrition and dietetic department students and non-nutrition and dietetic department students' awareness towards functional food, their knowledge level and consumption frequency". Pinar Toklu, June 2017, Istanbul Yeni Yuzyil University.
10. "The effect of adolescent eating habits on their success at school" Büşra Gültekin, June 2017, Istanbul Yeni Yuzyil University.
11. "The Relationship Between Gut Microbiota, Brain and Mental Health". Aysel Erdem. June 2017, Istanbul Yeni Yuzyil University.
12. "Vitamin D and bariatric surgery". Ali İmran Daştan. June 2017, Istanbul Yeni Yuzyil University.
13. "Investigation of the bile salts' removal potential using natural clinoptilolite through simulated digestion process". Tzanidaki Garifallia, BSc Thesis. July 2014, Aristotle University of Thessaloniki.
14. "The Role of Elevated 4E-BP1 Expression in Regulating Translation Initiation during Nutrient Deficiency". Minji Kang, Honor's BSc Thesis. May 2009, Cornell University

MSc Theses (at Cal Poly)

Supervisor

1. Mia Gladding "Effects of supplementation with amino acid fortified rice-based protein versus whey protein on Nitrogen balance and postprandial plasma amino acid profile" (graduated MS Nutrition, 2025)
2. Natalie Chekmareva "Chemical and Microbial Profiles of Organic and Conventional Avocado Seeds: Implications for Sustainable Applications" (graduated MS Nutrition, 2025)
3. Keith Kim "Effectiveness of nutrition education on male veterans from Cal Poly San Luis Obispo University" (graduated MS Nutrition, 2025)
4. Colleen Burns "Investigating the hydration potential of H₂O Sonoma Soft Seltzer compared to water and a commercial sports beverage in healthy college-aged women" (graduated MS Nutrition, 2025)
5. Liel Grosskopf "Effects of nutrition education on metabolic factors in male Hispanic farmworkers" (graduated MS Nutrition, 2025)
6. Dante Joseph Martin "Red Raspberries attenuate blood glucose spike of a high glycemic load breakfast cereal" (graduated MS Nutrition, 2024)
7. Rhesa Lacanienta "Diet induced metabolic alterations in the brain tissue of juvenile pigs with non-alcoholic fatty liver disease" (graduated MS Nutrition, 2024)
8. Natalie Ramos; "The effect of adding mango to a breakfast meal on glycemic and satiety responses and meal energy consumption" (graduated MS Nutrition, 2023)
9. Stefani Ann Derrick; "Mediterranean-style diet and exercise improve parameters for management and prevention of type 2 diabetes mellitus" (graduated MS Nutrition, 2022)
10. Anita Haydee Kelleher; "Evaluating traditional and novel modalities of self-monitoring in females with low-literacy & obesity; a feasibility study" (graduated MS Nutrition, 2022)
11. Adeline Elizabeth Maykish; "Comparison of animal versus plant-based protein supplementation to nitrogen balance in female college students" (graduated MS Nutrition/Food Sci, 2021)

Committee Member

1. Jossie Frey (graduated MS Nutrition, 2025)
2. Alexandra McGrath (graduated, MS Nutrition, 2025)
3. Rachel Victor (graduated, MS Nutrition, 2024)
4. Jun Kwon (graduated MS Nutrition, 2022)
5. Morgan Nishisaka (graduated MS Nutrition, 2022)
6. Catherine Miyuki Johnson (graduated MS Nutrition, 2021)
7. Kayla Allison Dillard (graduated MS Nutrition, 2021)
8. Jordan Marthens (graduated MS Nutrition, 2020)
9. Candice Allysha Rodriguez (graduated MS Nutrition, 2019)

CSU Pre-Doctoral Program Advisor

1. Jennifer Luevano; (graduated 2023; Sally Casanova Scholarship)

ARI Next GEN Fellowship; Advisor & Sponsoring Faculty

1. Natalie Chekmareva, 2024-25;

LSAMP - Louis Stokes Alliance for Minority Student Participation in STEM program; Advisor & Sponsoring Faculty

1. Coco Sophia Rael, 2024; NSF-HRD-1826490.

Fellow (by invitation)

- Fellow Royal Society of Medicine, United Kingdom (since 2022)
- Fellow American College Nutrition, United States of America (since 2019)

Alumni Associations Membership

Cornell Alumni Association (since 2010)
California Alumni Association, Berkeley (since 2006) (Golden Bear Life-Membership)
Aristotle University of Thessaloniki Alumni Association (founding members' cohort 2012)

Professional & Scientific Societies and Associations Membership

- Canadian Nutrition Society (since 2025)
- Council on Undergraduate Research (since 2025, via Cal Poly institutional membership)
- New York Academy of Sciences (since 2020)
- American Hellenic Progressive Association (AHEPA) (since 2019)
- Hellenic Scientific Society (since 2016)
- Mediterranean Scientific Association of Environmental Protection (MESAEP) (since 2013)
- Hellenic Bioscientific Association of the USA (since 2009)
- American Society for Nutrition (ASN) USA (since 2007)
- Geotechnical Chamber of Greece (since 2003)
- Institute of Food Technologists (IFT) USA (since 2000)

Reviewer in Peer-reviewed Scientific Journals (selected)

- The Journal of Nutritional Biochemistry "ELSEVIER"
- Nutrients "MDPI"
- Foods "MDPI"
- Food and Function "Royal Society of Chemistry"
- Regulatory Peptides, "ELSEVIER"
- Applied Physiology, Nutrition, and Metabolism "Canadian Science Publishing"
- British Journal of Nutrition, "Cambridge University Press"

Also refer to: ORCID <https://orcid.org/0000-0003-3487-4120>

Member of Editorial Boards

1. Austin Journal of Nutrition & Metabolism, Austin Publications LLC
2. Edelweiss Journal of Biomedical Research and Review
3. Edelweiss Journal of Food Science and Technology
4. Member of editorial board "OBM Hepatology and Gastroenterology
5. Topic Board Editor – Medicina MDPI ISSN 1010-660X

Editorial Invitations for Manuscripts

1. Frontiers in Nutrition – Clinical Nutrition section (ID: 1529270).

Guest Editor for Special Issues

- Special Issue: Frontiers in Nutrition; "Nutrition, Sarcopenia and Sarcopenic Obesity".
- Special Issue: "Diet Quality and Diet-Environment Interactions on Human Health and Disease". *International Journal of Environmental Research and Public Health* (ISSN 1660-4601). This special issue belongs to the section "Health Behavior, Chronic Disease and Health Promotion".

Invited Talks

1. Istanbul Yeni Yuzyil University – Turkey; Medical School special seminar: "Obesity and Colon Cancer Risk, and Metabolic Responses to Indispensable Amino Acid Limitation. Can the Two Be Linked?" (Spring 2012)

2. Aristotle University of Thessaloniki – Greece; Dept. Chemical Engineering seminar series: “*Can nutrition be used as a health management tool to combat modern diseases? The case of the Integrated Stress Response pathway – Findings from in vitro and in vivo studies.*” (Fall 2008)
3. Aristotle University of Thessaloniki – Greece; Dept. Food Science & Technology seminar series: “*Molecular mechanisms of obesity and the effect of obesity on the risk of colon cancer. Findings from studies in mouse models.*” (Fall 2006)

Special Personal Invitations to Stakeholders’ Fora

- The Inaugural Sabri Ülker Center Symposium “Metabolism and Life” Istanbul, 5-6 May 2016.
- Summit on Nutrition and Health Sabri Ülker Foundation. Istanbul, May 5th, 2017.

Seminar Series Invitation

- Biola University, Stewart Speaker Series, November 21, 2024.

Teaching Courses & Seminars

California Polytechnic State University – Dept. Food Science & Nutrition

(Professor, Instructor of record) 2023 – 2025

- FSN 530 Biochemical and Molecular Aspects of Mineral Metabolism (Graduate)
- FSN 529 Biochemical and Molecular Aspects of Vitamin Metabolism (Graduate)
- FSN 528 Biochemical and Molecular Aspects of Macronutrient Metabolism (Graduate)
- FSN 333 Nutrition Metabolism (Lab) (Junior/Senior standing)
- FSN 331 Macronutrient Metabolism (Junior/Senior standing)
- FSN 381 Critical Evaluation of Nutrition Research (Junior/Senior standing)
- FSN 461 Senior Project Coordinator (Senior standing)

University of New England - Master’s in applied nutrition (instructor of record) 2022

APN734 Nutrition Leadership, Community Nutrition and Wellness (On-line)

(Assoc. Professor, Instructor of record) 2018 - 2023

- FSN 581 Graduate Seminar (Graduate)
- FSN 528 Biochemical and Molecular Aspects of Macronutrient Metabolism (Graduate)
- FSN 410/381 Critical Evaluation of Nutrition Research (Junior/Senior standing)
- FSN 333 Nutrition Metabolism (Lab) (Junior/Senior standing)
- FSN 315 Nutrition in Aging (Sophomore, Junior standing)
- FSN 250 Food & Nutrition: Culture and Customs (General Education)
- FSN 202 Introduction to Nutrition (General Education)
- FSN 461 Senior Project Coordinator (Senior standing)

Istanbul Yeni Yuzyil University – Dept. Nutrition & Dietetics

(Asst./Assoc. Professor, Instructor of record) 2013 - 2018

- FHS 116 “Biology of Nutrition”, 1st year
- FHS 114 “Introduction to Biochemistry”, 1st year
- NUT 201 “Nutritional Biochemistry I & II”, 3rd year
- NUT 301 “Medical Nutrition in Adult Disease I & II”, 3rd year
- NUT 308 “Nutrition Seminar in Community Health Education & Food Safety”, 3rd year
- ERASMUS training program in Health Sciences – Food policy and disease prevention

The European Union, ERASMUS Intensive Programme Specialized Instructor 2013

- Multi-professional Approach in Non-communicable Diseases (MAND)
- Topic: Type II Diabetes Mellitus
- The Netherlands, ZUYD University of Applied Sciences, Heerlen, November 2013.

Cornell University – Division of Nutritional Sciences

(Teaching Assistant) 2006-2010

- NS 3320 “Methods in Nutritional Sciences” (*Laboratory class upper level*)
- NS 3410 “Human Anatomy and Physiology” (*Pre-med obligatory upper level, 3 times*)
- NS 4410 “Nutrition and Disease” (*upper level*)
- NS 3200 “Human Biochemistry” (*upper level*)
- NS 3310 “Physiological and Biochemical Bases of Human Nutrition” (*upper level*)

UC Berkeley – Dept. Nutritional Sciences & Toxicology

(Graduate Student Instructor) 2004-2006

- NST 010 “Introduction to Human Nutrition” (*introductory level*)
- NST 103 “Nutrient Function and Metabolism” (*upper level, 2 times*)
- NST 106 “Introduction to Food Science” (*upper level*)

Awards & Distinctions

- Inclusion into “Who’s Who in America”, 2022.
- Honorary Graduate of Lycée Zographeion in Istanbul during the celebration of 122 years (122 to 221 and beyond) for: “*his significant outreach service, pro bono nutritional consultation and for conducting the N.E.W. R.O.M.E. study.*” (2015)
- Special Fellowship for Graduate studies in the USA, Gerondelis Foundation, Inc. (2010)
- Master Teaching Assistant Certificate, Center for Teaching Excellence Cornell University (2009)
- Giff Research Fellowship, Cornell University (2008)
- Carpenter Fellowship for Research, Cornell University (2008)
- Quillman Fellowship for Research; Cornell University (2007)
- Outstanding Graduate Student Instructor Teaching Award of the University of California, Berkeley (2006)
- Industrial Bursary from *Papadopoulos SA* for National academic ranking in the Food Science and Technology Undergraduate program (2002-2003)
- Greek National Foundation for Scholarships (IKY), for entering higher education (1998)

Continuing Education & Professional Development (Seminars – Trainings – Workshops)

Teaching – Advising – Mentoring

CTLT New faculty orientation - Sept 2018; CTLT Online course development workshop - Innovative on-line teaching at Cal Poly – Nov 2018; Curriculum Mapping – CTLT 2- session workshop – Feb 2019; Student Advising Mustang Success Center 3 workshop series: FA101: Nuts and Bolts of Faculty Advising. FA102: Assemble your Faculty Advising Toolkit. FA103: Building Student Success Through Faculty Advising – completion: May 2019; Information literacy workshop in nutrition-Feb 2019; AL\$ Affordable Learning Solutions (CTLT): face-to-face workshop and on-line course – Mar 2019; Student Inclusion and Wellbeing (CTLT community workshop-Mar 2019; Creating Accessible Folders (CTLT on-line workshop) – May 2019; Creating Accessible PolyLearn pages (CTLT on-line workshop) – May 2019; Creating Accessible Videos (CTLT on-line workshop) – May 2019; FSN 281 Teaching cohort course development meetings at CTLT with Dr. Dianna Winslow Jul-Aug 2019; Completed on-line Cultural Intelligence Assessment (on-line) – Sep 2019; Cal Poly’s Pathways to Online Teaching (CTLT workshop) – Oct 2019; Providing Equitable Academic Support Workshop CTLT – Oct 2019; CTLT workshop Myths and Opportunities of online education – Nov 2019; International Faculty and Today’s Cal Poly Student (CTLT learning community) 2019-2020; Getting a good launch (CTLT learning community) 2019-2020; Summer 2020 – Universal Design Learning on-line 4- week workshop 4-week session (CTLT); Summer 2020 – Introduction to On-line Teaching and Learning (IOTL) 3week session (CTLT); Introduction to Equitable and Inclusive Teaching, CTLT- Fall 2020; EdX Cornell’s on-line workshop on DEI – Oct 2020; Blended/Hybrid workshop CTLT-summer 2021; Effective Teaching Program, Learner Centered Teaching cohort CTLT year-long in partnership with ACUE- 2020-2021; ACUE year 2 by CTLT- 2021-2022; Writing in the Discipline Workshop CTLT-Summer 2022; Advancing Inclusive Mentoring (AIM) Program – CSU Long Beach (Summer 2023); CTLT Graduate Curriculum Mapping Workshop for Quarter to Semester conversion (Oct 2023); CTLT Team Based Learning Workshop Series (Spring 2024); U-RISE CIMER Mentoring Training Workshop (Sep 2024); AI Tools for Teaching and Learning – CSU (Oct 2024); Cultivating Connections with the Native Nations - CTLT (Nov 2024 part I, Jan 2025 part II); Belonging - CTLT Book circle (Winter 2025); Improving Course Accessibility with TidyUp and Ally – CTLT (Jan 2025); Sustainability Catalog (SUSCAT) Course Inclusion Workshop – CTLT (Apr 2025).

Service Learning

- Service-Learning Fellowship CTLT AY 2021-2022

Leadership

- Academic Leadership Academy Cal Poly 2020

Community Outreach and Extension, Leadership & Service

-Invited Public Panel Lecture: “The Mediterranean Diet in our common quest for health...” Sismanoglio Megaro, Consulate General of Greece in Istanbul, April 2014

(Under the auspices of: Hellenic Republic, Council of the European Union Presidency 2014)

Kindly co-sponsored by the Stavros Niarchos Foundation and the Bodossaki Foundation.

- Educational Lecture Series Program on Mediterranean Diet and Health for Children, May – June 2014: “Improving Child Nutrition and Health; Lessons from the Mediterranean Diet” Lycée Zographeion of Istanbul and Lycée Zappeion of Istanbul.

- The European Union, ERASMUS+ program “Mens Sana in Corpore Sano”

(Nutrition Health & Fitness in Adolescence) May 2014 talk series, Doga Preparatory College of Istanbul.

- Consulate General of Greece in Istanbul Lecture Series 2014-2015

“Food, Spirits and Gastronomic Traditions in the Eastern Mediterranean”

(Talks on Dimensions of Food and Health throughout history with an emphasis on the Mediterranean diet).

- The DKNY-i² Project 2015-2016:

Disseminating Knowledge of Nutrition to Youth – Initiative by Istanbul 2015-2016

Action: “Adolescent and Chronic Disease Risk” Discussing the preliminary findings from NEW ROME study in schools Workshop, Lycée Zappeion February 12th, 2016.

- LAMP! Let’s turn in on!; Learning About My Plate! Let’s turn it on! An experiential workshop series on diet and food choices for primary school students. Lycée Zappeion March 2016.

- A³D – “An Apple A Day ...” Special interactive workshop on the Mediterranean Diet and lifestyle.

Designed/developed for primary school children. Lycée Zappeion, April 15th, 2016.

- Invited lecture by the Istanbul Nutrition Club: “Nutrition careers in countries at epidemiological transition” Istanbul, May 17th, 2016.

- Invited lecture by the Istanbul Nutrition Club: “Non-Communicable Diseases and Dietary Habits in Turkey” Istanbul, December 26th, 2016.

- Invited lecture by the Istanbul Nutrition Club: “Antioxidant Defense from Functional Foods Against Chronic Disease” Istanbul, May 10th, 2017.

- Istanbul Yeni Yuzyil Extension Program conference on Obesity “Chronic Disease and Childhood Obesity” Mektebim Preparatory College, May 22nd, 2017.

Public Service & Volunteering

- Member of Inten-Synergy – European Health & Environment NGO.

- Community education on Nutrition and Health. Service extension to the Native Christian Orthodox community of Istanbul (2013-2018).

- Faculty Club Advisor for Cal Poly Rotaract Club; 2024 -

University Student Service

- Student representative to the Academic Senate of Aristotle University of Thessaloniki (2001-2002)

- Teaching Assistant Development Program, Cornell University (2007-2010).

- President of the Nutrition Graduate Student Organization, Cornell University (2008-2009).

University Sponsored Student Internships

- EREVNON Ltd, Food & beverage sensory evaluation, Fall semester of 2001.

- COVITA SA, (Food Industry; 1st part: Quality control and assurance, 2nd part: Product development), June - August 2002.

Military Service

Hellenic Armed Forces - NATO, Military Law Department, II Lieutenant

Assignment: Military Law Command; Office of Human Resources & Regulatory Affairs.

In active service: 2010 – 2012 (Honorably discharged at the end of term).