

STYLIANI SIOMOU


MSc "BioEntrepreneurship"

BSc "Nutrition & Dietetics"

Dietitian/Nutritionist with specialization in Bioentrepreneurship, Food Research & ED.

I am a goal-oriented Researcher with an eye of detail in the size of micronutrients. Also, a Functional Food and Nutrition Research enthusiast actively seeking ways to implement Academic ideas to Industrial needs.

Get in touch with me!

 stella.siomou@gmail.com

 Stella Siomou

Work Experience

Researcher

"Creation of biofunctional mineral waters with the addition of extracts of fruits, vegetables and Greek herbs, olive leaves, cannabis and *Moringa oleifera*, as well as from innovative extracts such as humic and fulvic acids produced with "green" extraction methods (Biofunctional-Water)" for **SAMARINA Natural Mineral Water** (MIS: 5074556; project code: 6623) | 11/2021- Present
Research Committee, University of Thessaly (Dept. of Food Science & Nutrition)
Coordinator & Scientific director: Dr. Stavros Lalas, Professor.

ERASMUS+ Program Internship, "Development of dehydrated meals based on legumes, TRUE Research Project (30ECTS)

Catholic University of Portugal, Porto
Faculty of Biotechnology | 2/2019-6/2019

- Research and Development of a sustainable food product.
- Formulation of 3 recipes, following the principles of a healthy diet (low salt, low saturated fat).
- Studied and Tested different dehydration processes and their impact on the final product's sensorial properties.
- Completed the Nutritional Evaluation and designed the Nutritional Label using the ESHA Food Processor Nutritional Analysis software.
- Designed the product packaging.
- Developed and designed children's e-book characters created under the framework of the TRUE Research Project (<https://www.true-project.eu/publications-resources/recipes/translations-easy-peasy/>).

Internship Food Analysis Lab Assistant

University of Applied Sciences of Thessaly
Department of Food Technology | 4/2018- 9/2018

- Conducted analysis in various food samples.
- Assisted in Students' Bachelor Thesis experiments, Department of Food Technology.

Education and Training

MSc "BioEntrepreneurship"

Interinstitutional Program by University of Thessaly, Greece & National Hellenic Research Foundation (NHRF) | 9/2019 – 11/2021
Dept. of Biochemistry and Biotechnology, School of Health Sciences
Institute of Biology Pharmaceutical Chemistry and Biotechnology

-Master's Thesis: "Assessment of the antioxidant effect and mutagenic action of different types of flour in vitro", FoodOxys Spin-off Company of the University of Thessaly
Supervisor Prof.: Dr. Dimitris Kouretas, Graded: Excellent "10/10"

BSc "Nutrition and Dietetics"

University of Applied Sciences of Thessaly, TEI of Thessaly | 2014- 2018
Department of Nutrition and Dietetics

- Bachelor's thesis: «Nutrigenomics' Applications: Effects of the phytonutrients from the plant *Moringa oleifera* in Cancer Cells and Cancer genes»,
Supervisor Prof.: Dr. Stavros Lalas, Graded: Excellent "10/10"

Languages

English 

Pearson Test of English,
General, Edexcel, Level 3

Publications

1. "*Moringa oleifera* leaves crude aqueous extract down-regulates of BRCA1, mta-1 and oncogenes c-myc and p53 in AsPC-1, MCF-7 and HTC-116 cells.", Food Bioscience, Volume 43, October 2021, 101221
<https://doi.org/10.1016/j.fbio.2021.101221>

Certifications and Courses

- **"Master Practitioner in Eating Disorders & Obesity"**
National Centre for Eating Disorders, KEADD
Approved by the British Psychological Society Learning Centre for the purpose of Continuing Professional Development, March-June 2021
- **The Foodture Academy, International co-creation week**
The Hague University of Applied Sciences, AP University of Applied Sciences and Arts Antwerp, 19-21 April 2021 (<https://www.thefoodture.com/>)