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 proprieties.
- 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

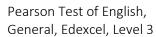
Department of Nutrition and Dietetics

- 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



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/)