

RENA I.KOSTI

**8 Solomou St.,
15126, Marousi
Athens, Greece
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Mob : +306974868857
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**Date of Birth: 11/01/1965
Marital status : Single
Nationality : Greek**

Education

2006-2009

AGRICULTURAL UNIVERSITY OF ATHENS

PhD in Human Nutrition
Thesis: “ Nutrition habits and obesity in a sample of adolescents:
creation of a nutrition index for the evaluation of possibility of
adolescent obesity ”
Final Mark: 10 (“**Excellent**”)

1997 – 1998

Certificate in Management studies

Business School
University of Sunderland, England

1993

“4th European postgraduate intensive course on Clinical Nutrition”

Scholarship by ESPEN Society & ERASMUS
University
University of Limburg, Maastricht and Catholic
University of Leuven.

1988 - 1989

UNIVERSITY OF READING, U.K.

MSc in Food and Agricultural Biotechnology

1988

NATO Scholarship

1982 – 1987

AGRICULTURAL UNIVERSITY OF ATHENS

Distinguished Graduate of The
Agricultural University of Athens- First Class Honors
Specialization: Food Science & Technology,
Integrated Master
Final Mark: 8,51 (9.0) “ **Excellent**”

Membership of Professional Bodies & Learned Societies:

Member of the “National Accreditation Center for
Continuing Vocational Training” register, 2003
Member of the “Geotechnical Chamber of Greece”, 2002
Member of the National Center for Public Administration
and local Government, register, 2006

Skills and competencies

Member of the Greek Association of Atherosclerosis

English – Proficient User (C1),
French – Independent User (B1)
Knowledge of processing software, Microsoft Office

Professional Experience

January'19 –to date

University of Thessaly

School of Physical Education, Sport Science & Dietetics
Department of Nutrition & Dietetics
Associate Professor in Human Nutrition- Epidemiology

March'19 – to date

International Organization of Vine and Wine- (OIV)

Elected President of the scientific group “Consumption
Nutrition and Health” CONUSA

December'16- to date

Ministry of Rural Development and Food

Department of Nutritional Policy
National Delegate of the Hellenic Ministry of Rural
Development in O.I.V.

October'15- November'16

Aegean Omiros College

Pathway Leader for the BSc (Hons) in Dietetics validated
by Coventry University

October'10 – October'15

Technological Educational Institute of Thessaly

Department of Nutrition & Dietetics
Adjunct Assistant Professor in Human Nutrition

October'14-March'15

Metropolitan College of Athens

Lecturer in Human Nutrition

February '13- December'13

Institute of Preventive Medicine Environmental and Occupational Health- Nonprofit organization

Member of the scientific group for the completion of the
project funded by ESPA programme (EU and Greek
governmentsources) entitled: Development and Wide
Dissemination of the General and Special National Dietary
Guidelines – “EF Dia...Trofin”

March'11- May'11

Kapodistrian University of Athens-Medical School

September'10 & October'10 Research Associate

October '08- January '10

Consultant in Management

September'05-September'08

National Center for the Environment & Sustainable Development (NCESD), Athens, Greece

Scientific expert in Organic Farming and Nutrition

March '03- September '05 Consultant in Management

July '02- March '03 **Friesland Hellas S.A.**
Scientific and Marketing consultant in Turkey, Cyprus,
Bulgaria and Kroatia

January '01-June '02 **Crestcom International**
Training & Consulting

September '99- January '01 **NOVARTIS HELLAS S.A. Consumer Health**
Manager of Health and Functional Foods and infant and
baby business

June '96 – July '98 **WYETH HELLAS S.A.**
Line Manager Nutritionals

January '95 - May '96: **ABBOTT LABORATORIES S.A. GENEVA**
Middle East Africa & Turkey Region
International Product Manager

March '91 – October '94: **NUTRICIA HELLAS S.A.**
Scientific Advisor in Clinical Nutrition- & Product Manager
in infant formulas

November '89-February '91 **HOFFMANN LA ROCHE HELLAS S.A.**
Responsible for the Vitamin department of Human Health

Research Programmes

Title	Institute	Time	Position
«Research and development of chicken products with high added nutritional value, nutritional evaluation and scientific support for their promotion» code :6879	University of Thessaly (funded by private sector)	27/7/2021- today	Principal Investigator
«CREDITS4HEALTH» και συγκεκριμένα στο υποέργο: WP7/Task7.1	Hellenic Health Foundation	1/9/2010-30/10/2010 1/3/2011 -30/5/2011 1/7/2016-31/8/2016	Research Fellow
Development and Dissemination of National Dietary Guidelines “ΕΥ Δια...Τροφήν”	Institute of Preventive Medicine, Environmental and Occupational Health Prolepsis	1/2/2013-31/12/2013	Research Fellow
HEALTH HUB - Healthcare & Pharmaceutical Industry Transformation through Artificial Intelligence Digital Services	European Digital Innovation Hubs – EDIHs	2022- today	Research Fellow

Publications in peer reviewed scientific journals

1. **Kosti R.I.**, Panagiotakos D.B. The Epidemic of Obesity in children and adolescents, in the world. *Cent Eur J Public Health.* 2006;14(4):151-9.
2. **Kosti RI**, Panagiotakos DB, Mihas CC, et al. Dietary habits, physical activity and prevalence of overweight/obesity among adolescents in Greece: the Vyronas study. *Med Sci Monit.* 2007;13(10):CR437-444.
3. **Kosti RI**, Panagiotakos DB, Zampelas A, et al. The association between consumption of breakfast cereals and BMI in schoolchildren aged 12-17 years: the VYRONAS study. *Public Health Nutr.* 2008;11(10):1015-1021.
4. **Kosti RI**, Panagiotakos DB, Tountas Y, et al. Parental Body Mass Index in association with the prevalence of overweight/obesity among adolescents in Greece; dietary and lifestyle habits in the context of the family environment: the Vyronas study. *Appetite.* 2008;51(1):218-222.
5. **Kosti RI**, Panagiotakos DB, Mariolis A, et al. A Diet -Lifestyle Index which evaluates the quality of eating and lifestyle behaviours in relation to the prevalence of overweight/obesity in adolescents. *Int J Food Sci Nutr.* 2009 May 26:1-14.
6. **Kosti RI**, Panagiotakos DB, Zampelas A. Ready-To-Eat Cereals and the burden of obesity in the context of their nutritional contribution: Are all Ready-To-Eat Cereals equally healthy? A systematic review. *Nutr Res Rev.* 2010;23(2):314-22.
7. Psaltopoulou T, **Kosti RI**, Haidopoulos D, Meletios Dimopoulos M, Panagiotakos DB. Olive oil intake is inversely related to cancer prevalence. A systematic review and a meta-analysis of 13800 patients and 23340 controls in 19 observational studies. *Lipids Health Dis.* 2011;10:127.
8. **Kosti RI**, Priftis K, Anthracopoulos M et al. The association between leisure time physical activities and asthma symptoms, among 10 to 12-year-old children: the effect of living environment, in the PANACEA study. *J Asthma.* 2012;49(4):342-8.

9. **Kosti RI**, Triga M, Tsabouri S, Priftis KN. Food allergen selective thermal processing regimens may change oral tolerance in infancy. *Allergol Immunopathol (Madr)*. 2012 (Madr). *Allergol Immunopathol (Madr)*. 2013;41(6):407-17
10. Psaltopoulou T, Sergeantanis TN, Panagiotakos DB, Sergeantanis IN, **Kosti R**, Scarmeas N. Mediterranean diet and stroke, cognitive impairment, depression: A meta-analysis. *Ann Neurol*. 2013 ;74(4):580-91
11. Psaltopoulou T, Sergeantanis TN, Panagiotakos DB, Sergeantanis IN, **Kosti R**, Scarmeas N. Authors' reply to: "Mediterranean diet: Relationship with anxiety and depression." *Ann Neurol*. 2014 ;75(4):614
12. Ganatsiou Ch , **Kosti R.I.**, Migdanis A., Migdanis J. On Discrete-Time Birth Death processes defined by directed weighted circuits. *JP Journal of Biostatistics*, 2014;11(2):103-116.
13. Ganatsiou Ch , **Kosti R.I.**, Migdanis A., Migdanis J. On the study of Discrete - Time Birth-Death circuit chains in random ergodic environments. *JP Journal of Biostatistics*, 2014;11(2):157-168.
14. Ozdemir Y., Polat Z, Ozkan M, **Kosti R.I.** Effects of selected bio-fungicide and fungicide treatments on shelf life and quality characteristics of romaine lettuce (*Lactuca sativa* L.) *J of Food Quality*”, 2015;39:25-35.
15. Ozdemir Y. , Ozturk A. , Tufekci S. , Keskinel O. , **Kosti R. I.** Physicochemical and Nutritional Properties of Bitter Melon at Four Maturation Stages. *Eurasian Journal of Food Science and Technology*. 2017; 1(2): 36-40.
16. Ozdemir, Y., Özkan, M.H., Ozturk, A., Ozyurt, U., & **Kosti, R.I.**(2019) The development of organic sliceable black table olive products in sausage-like form from physicochemical, microbiological and organoleptic characteristics. *Bulgarian Journal of Agricultural Science*, 25 (2),424-429.
17. **Kosti RI**, Kanellopoulou A, Fragkedaki E, Notara V, Giannakopoulou SP, Antonogeorgos G, Rojas-Gil AP, Kornilaki EN, Lagiou A, Panagiotakos DB. The Influence of Adherence to the Mediterranean Diet among Children and Their Parents in Relation to Childhood Overweight/Obesity: A Cross-Sectional Study in Greece. *Child Obes*. 2020 Dec;16(8):571-578.
18. Restani P , Di Lorenzo C , Fradera U , Stockley CS , Teissedre PL , Ruf JC , Iasiello B , Biella S , Colombo F , **Kosti RI** . Is it scientifically justifiable to exclude wine and/or unfermented grape derivatives from the diet of consumers with or at risk of developing type-2 diabetes? *Food Funct*. 2020;11(12):10266-10278.
19. Teissedre, P.-L., Rasines-Perea, Z., Ruf, J.-C., Stockley, C., Antoce, A. O., Romano, R., Fradera, U., & **Kosti, R. I.** . (2020). Effects of alcohol consumption in general, and wine in particular, on the risk of cancer development: a review. *OENO One*, 54(4), 813–832.
20. Notara V., Kanellopoulou A., Diamantis D.V., Antonogeorgos G., Magriplis E., Rojas-Gil A-P., Kornilaki E.N., **Kosti R.I.**, Lagiou A., Panagiotakos D.B. Extracurricular activities and childhood obesity: An epidemiological study among 10–12 years old children, *Children and Youth Services Review*. 120 (2021) 105760
21. Bogri M, Kanellopoulou A, Notara V, Antonogeorgos G, Rojas-Gil A-P, Kornilaki E, Kordoni M-E, Velentza A, Mesimeri M, **Kosti R.I.**, Lagiou A, Panagiotakos D.B. [Parental health status and children’s eating behaviors: An epidemiological study in 1728 Greek 10-12 years old students](#). *J Atherosclerosis Prev Treat*. 2020 Sep-Dec;11(3):101–111
22. Kanellopoulou A , Katelari A , Notara V , Antonogeorgos G , Rojas-Gil A-P , Kornilaki E.N. , **Kosti R.I.**, Lagiou A. , Panagiotakos D.B. Parental health status in relation to the nutrition literacy level of their children: results from an epidemiological study in 1728 Greek students. *Mediterranean Journal of Nutrition & Metabolism*, 2021; 14: 1-11.

23. Kanellopoulou, A., **Kosti, R. I.**, Notara, V., Antonogeorgos, G., Rojas-Gil, A. P., Kornilaki, E. N., Lagiou, A., Yannakoulia, M., & Panagiotakos, D. B. (2021). Dietary Patterns, Weight Perception and Obesity Status, among 10-12-Year-Old Children; an Epidemiological Study in Greece. *Children (Basel, Switzerland)*, 8(8), 626. <https://doi.org/10.3390/children8080626>
24. **Kosti, R. I.**, Kanellopoulou, A., Notara, V., Antonogeorgos, G., Rojas-Gil, A. P., Kornilaki, E. N., Lagiou, A., & Panagiotakos, D. B. (2021). Household food spending, parental and childhood's diet quality, in financial crisis: a cross-sectional study in Greece. *European journal of public health*, ckab076. Advance online publication. <https://doi.org/10.1093/eurpub/ckab076>
25. Panagiotakos, D., **Kosti, R. I.**, & Pitsavos, C. (2021). How will the way we live look different in the wake of the COVID-19 pandemic? A nutrition survey in Greece. *Nutrition and health*, 2601060211009033. Advance online publication. <https://doi.org/10.1177/02601060211009033>
26. Restani, P., Di Lorenzo, C., Fradera, U., Stockley, C. S., Teissedre, P. L., Ruf, J. C., Iasiello, B., Biella, S., Colombo, F., & **Kosti, R. I.**, (2020). Is it scientifically justifiable to exclude wine and/or unfermented grape derivatives from the diet of consumers with or at risk of developing type-2 diabetes?. *Food & function*, 11(12), 10266–10278. <https://doi.org/10.1039/d0fo01969k>
27. **Kosti, R. I.**, Kasdagli, M. I., Kyrozis, A., Orsini, N., Lagiou, P., Taiganidou, F., & Naska, A. (2021). Fish intake, n-3 fatty acid body status, and risk of cognitive decline: a systematic review and a dose-response meta-analysis of observational and experimental studies. *Nutrition reviews*, nuab078. Advance online publication. <https://doi.org/10.1093/nutrit/nuab078>
28. Kanellopoulou, A., Antonogeorgos, G., Kokkou, S., Notara, V., Rojas-Gil, A. P., Kornilaki, E. N., Lagiou, A., **Kosti, R. I.**, & Panagiotakos, D. B. (2022). Assessing the association between breastfeeding, type of childbirth and family structure with childhood obesity: results from an observational study among 10-12 years old children. *International journal of food sciences and nutrition*, 73(4), 522–530. <https://doi.org/10.1080/09637486.2021.2006151>. [Pubmed]
29. **Kosti, R.**, Tsiampalis, T., Kouvari, M., Chrysohoou, C., Georgousopoulou, E., Skoumas, J., Pitsavos, C.S., & Panagiotakos, D.B. (2022). Dietary patterns and alcoholic beverage preference in relation to 10-year cardiovascular disease, hypertension, hypercholesterolemia and diabetes mellitus incidence in the ATTICA cohort study. *OENO One*, 56(3): e. [Scopus]
30. Kanellopoulou, A., **Kosti, R. I.**, Notara, V., Antonogeorgos, G., Rojas-Gil, A. P., Kornilaki, E. N., Lagiou, A., Yannakoulia, M., & Panagiotakos, D. B. (2022). The Role of Milk on Children's Weight Status: An Epidemiological Study among Preadolescents in Greece. *Children (Basel, Switzerland)*, 9(7), 1025. <https://doi.org/10.3390/children9071025>. [Pubmed]
31. Kouvari, M., Tsiampalis, T., **Kosti, R. I.**, Naumovski, N., Chrysohoou, C., Skoumas, J., Pitsavos, C. S., Panagiotakos, D. B., & Mantzoros, C. S. (2022). Quality of plant-based diets is associated with liver steatosis, which predicts type 2 diabetes incidence ten years later: Results from the ATTICA prospective epidemiological study. *Clinical nutrition (Edinburgh, Scotland)*, 41(10), 2094–2102. <https://doi.org/10.1016/j.clnu.2022.07.026>. [Pubmed]
32. Gketsios, I., Foscolou, A., Vassilakou, T., Panagiotakos, D. B., & **Kosti, R. I.** (2022). Parental Misperceptions of Their Offspring's Weight and Their Strategies for Child's Eating Behavior: A Narrative Review of the Recent Evidence. *Children (Basel, Switzerland)*, 9(10), 1565. [Pubmed]
33. **Kosti, R. I.**, Kanellopoulou, A., Morogianni, K., Notara, V., Antonogeorgos, G., Kourtesa, T., Rojas-Gil, A. P., Kornilaki, E. N., Lagiou, A., & Panagiotakos, D. B. (2022).

- The path between breakfast eating habit, sleep duration and physical activity on obesity status: An epidemiological study in schoolchildren. *Nutrition and health*, 2601060221102270. Advance online publication. <https://doi.org/10.1177/02601060221102270>. [Pubmed]
34. **Kosti, R. I.**, Tsiampalis, T., Kouvari, M., Chrysohoou, C., Georgousopoulou, E., Pitsavos, C. S., & Panagiotakos, D. B. (2022). The association of specific types of vegetables consumption with 10-year type II diabetes risk: Findings from the ATTICA cohort study. *Journal of human nutrition and dietetics : the official journal of the British Dietetic Association*, 10.1111/jhn.13056. Advance online publication. <https://doi.org/10.1111/jhn.13056>. [Pubmed]
 35. Damigou, E., **Kosti, R. I.**, & Panagiotakos, D. B. (2022). White Meat Consumption and Cardiometabolic Risk Factors: A Review of Recent Prospective Cohort Studies. *Nutrients*, 14(24), 5213. <https://doi.org/10.3390/nu14245213>. [Pubmed]
 36. Gketsios, I., Tsiampalis, T., Foscolou, A., Vassilakou, T., Kanellopoulou, A., Notara, V., Antonogeorgos, G., Rojas-Gil, A. P., Kornilaki, E. N., Lagiou, A., Panagiotakos, D. B., & **Kosti, R. I.** (2022). The Association of Junk Food Consumption with Preadolescents' Environmental Influences: A School-Based Epidemiological Study in Greece. *Children (Basel, Switzerland)*, 9(12), 1891. <https://doi.org/10.3390/children9121891>. [Pubmed]
 37. Kouvari, M., Damigou, E., Florentin, M., **Kosti, R. I.**, Chrysohoou, C., Pitsavos, C. S., & Panagiotakos, D. B. (2022). Egg Consumption, Cardiovascular Disease and Cardiometabolic Risk Factors: The Interaction with Saturated Fatty Acids. Results from the ATTICA Cohort Study (2002-2012). *Nutrients*, 14(24), 5291. <https://doi.org/10.3390/nu14245291>. [Pubmed]
 38. Belitsi, V., Tsiampalis, T., Kalantzi, V., Androutsos, O., Bonoti, F., Panagiotakos, D.B., & **Kosti, R.I.** (2023). Development and Test –retest Repeatability of the Integrated Assessment of Adherence to Treatment Questionnaire for Cardio Metabolic Diseases (IAATQ-CMD) in primary health care. *Atherosclerosis Prev Treat*, [Google Scholar]. **ACCEPTED**

Chapters in books

Kosti, R.I., & Panagiotakos D.B. (2009). Parental and Childhood Obesity: The role of Food Habits. In K. Hasegawa & H. Takahashi (Eds), *New Research on Food Habits* (pp 65-84). NY: Nova Science Publishers, Inc.

Panagiotakos D.B., & **Kosti R.I.** (2009). Olive Oil and Acute Coronary Syndromes: The CARDIO2000 Case-Control Study. In V. R. Preedy & R.R. Watson (Eds), *Olive Oil in Health and Disease Prevention* (pp 795-800). San Diego, CA: Elsevier.

Stockley C.S., Antoce A.O., **Kosti R.I.** (2022) Therapeutic potential on wine. In V.K. Joshi (Eds), *Concise Encyclopedia of Science and Technology of Wine*, (71-89), 2nd edition, Boca Raton: CRC Press.

Publications in International Organizations

Stockley C., Grande C.I., Stein-Hammer C., Fradera U. **Kosti R.I.**, Teissedre P.-L., Restani P., Tejedor N.G., Studer P.(2019). Comparison of International Alcohol Drinking Guidelines. Collective expertise document. International Organization of Vine (OIV). and Wine. Available at <http://www.oiv.int/public/medias/6707/oiv-report-alcohol-drinking-guidelines-collective-expertise.pdf>

Announcements/Posters in International Congresses

Kosti, R.I., Panagiotakos, D.B., Zampelas, A., Mihas, C., Alevizos, A., Leonard, C., Tountas, Y., Mariolis, A. (July, 2007). The association between consumption of breakfast cereals and BMI in schoolchildren aged 12-17 years: The Vyronas Study. Poster presented at the 17th Annual Meeting of the European Childhood Obesity Group (ECOG), Athens, Greece. (Session: Epidemiology, P020, Obesity reviews, Book of abstracts, p.23.)

Kosti, R.I., Zampelas, A., Tountas, Y., Mariolis, A., Panagiotakos, D.B. (July, 2007). Soft-drinks consumption and obesity among adolescents: The Vyronas Study. Poster presented at the 17th Annual Meeting of the European Childhood Obesity Group (ECOG), Athens, Greece. (Session: Epidemiology, P039, Obesity reviews, Book of abstracts, p.28.)

Kosti, R.I., Panagiotakos, D.B., Tountas, Y., Mihas, C., Alevizos, A., Papathanasiou, M., Mariolis, T., Zampelas, A., Mariolis, A. (May, 2008). Parental Body Mass Index in association with the prevalence of overweight/obesity among adolescents in Greece; Dietary and Lifestyle habits in the context of the family environment (The Vyronas Study). Poster presented at the 16th European Congress on Obesity (ECO), Geneva, Switzerland. (Track 5: Prevention and Public Health, T5:PS.58, International journal of Obesity. Geneva, Switzerland, Book of abstracts, p.S194).

Kosti, R.I., Panagiotakos, D.B., Mariolis, A., Zampelas, A., Athanasopoulos, P., Tountas, Y. (May, 2009). A Diet-Lifestyle Index which evaluates the quality of eating and lifestyle behaviours in relation to the prevalence of overweight /obesity in adolescents. Poster presented at the 17th European Congress on Obesity (ECO 2009), Amsterdam, The Netherlands. (T2:PO.161, Obesity Facts, The European Journal of Obesity. Amsterdam, The Netherlands, Book of abstracts, p.128).

Psaltopoulou T, Tzanninis I-G, Ntanasis-Stathopoulos I, **Kosti R**, Kanavidis P, Panagiotakos DB, Sergentanis TN. (April, 2013). Physical activity and gastric cancer risk: a meta-analysis. Poster presented at the World Cancer Research Fund International (WCRF) & International Association for the study of Obesity (IASO) Joint Conference on 'Obesity, Physical Activity and Cancer', London, UK.

Sergentanis, T.N., Ntanasis-Stathopoulos, I., Tzanninis, I.-G., Kanavidis, P., **Kosti, R.**, Sergentanis, I.N., Panagiotakos, D.B, Psaltopoulou T. Obesity and risk for gliomas and meningiomas: a meta-analysis. World Cancer Research Fund International (WCRF) & International Association for the study of Obesity (IASO) Joint Conference on 'Obesity, Physical Activity and Cancer', 16 - 17 April 2013, London, UK.

Kosti R.I., Ganatsiou, C.V., Migdanis, A., Paraskevopoulou, S., Tousi, P.I., Deligiannis, K. (October, 2014). - Lifestyle and psychological determinants of

Greek adolescents' Body Mass Index in suburban and rural areas. Poster presented at the VII-Diets-EFAD Conference, Athens, Greece. (PP53, p.19).

Benetou V., Zota K., Belogianni K., Kastorini C-M., Papadimitriou E., Spyridis I., **Kosti R.**, Veloudaki A. and Linos A. The development of food-based dietary guidelines for the population living in Greece: The “Ef...Diatrofin” project. 12th European Nutrition Conference FENS 2015, 20-23 October 2015, Berlin, Germany. (Abstract book :149/1344).

Basourakos P., Stergioulas A, Barbakas D, **Kosti R.** Eating Habits and Quality of life of middle-aged (35-65) residents of Lakonia. (May, 2015). 23rd International Congress of Physical Education and Sport Sciences (ICPES), Komotini, Greece.(21019, p. 96)

Ozdemir Y., Ozturk A, Tufekci S., Keskinel O., **Kosti R.I.** (May, 2017). Physicochemical and nutritional properties of bitter melon at four maturation stages. Poster presented at the International Conference on Agriculture, Forest, Food Sciences and Technologies, Nevşehir, Turkey. (Abstract Proceeding book :p.951)

Migdanis, A., Koukoulis, G., Migdanis, I., Mamaloudis, I., Kanaki, M., **Kosti R.**, Androutsos, O., Tzovaras, G. (September, 2018). The effect of ileostomy formation on nutritional status markers. Poster presented at the 40th ESPEN Congress, Madrid, Spain. (SUN-P197).

Migdanis I., Trifonova N ; Xadjivasiliou L ; **Kosti R** ; Armeni L ; Kanellakis, S; Migdanis A. (March, 2020). Assessment of nutritional status and dietary intake of former opioid users undergoing detoxification process in a public university hospital. Poster presented at the 2020 ASPEN Nutrition Science & Practice Conference. (M125, p. 254)

Publications in National peer reviewed scientific journals

V. Benetou, Ch.M. Kastorini, K. Belogianni, D. Zota, E. Papadimitriou, I. Spiridis, **R. Kosti**, D. Panagiotakos, A. Linos. Red and processed meat intake. Associations with health and guidelines for adults in Greece. *Iatriki* 2015, 104(2):136—154.

Announcements/Posters in National Congresses

Belogianni K., Zota K., Castorini Ch.M, **Kosti R.**, Papadimitriou E., Spyridis J., Benetou V., Linou A. Presentation of the National Dietary Guidelines for people aged 65 and over. 13th National Congress of Gerontology and Geriatrics, Athens, 26-28 February, 2015.

Benetou V., Castorini Ch.M., Papadimitriou E., Belogianni K., Zota K., Pechlivani F., **Kosti R.**, Spyridis J., Linou A. Development and wide dissemination of the National Dietary Guidelines for lactating women, 13th National Congress of Obstetrics and Gynecology, 28-31 May, Volos, 2015.

Benetou V., Belogianni K., Castorini Ch.M., Papadimitriou E., Zota K., **Kosti R.**, Spyridis J., Veloudaki A., Linou A. Development and wide dissemination of the

National Dietary Guidelines for women, 13th National Congress of Obstetrics and Gynecology, 28-31 May, 2015.

Benetou V., Zota K., **Kosti R.**, Belogianni K., Castorini Ch.M., Papadimitriou E., Spyridis J., Linou A. Development and wide dissemination of the National Dietary Guidelines for postmenopausal women, 13th National Congress of Obstetrics and Gynecology, 28-31 May, 2015.

Kosti R.I. Solutions of Enteral Clinical Nutrition. Symposium with the participation of the Hellenic Society of Enteral and Parenteral Nutrition, Athens, 1992

Kosti R.I. The technology behind standardised foods. 1st Panhellenic Symposium of Patients with celiac disease, under the auspices of the Hellenic Society for Celiac Disease, Athens, 1993.

Invited speaker in

Nutrition of the Future: Nature or Science. Debate “Organic vs conventional foods”. Harokopio University of Athens, **Athens , 2008.**

Round table discussion in the context of the “8th Macedonian Congress in Nutrition and Dietetics. “Consumption of breakfast cereals and the prevalence of overweight/obesity in a sample of adolescents: The results of the Vyronas Study”, **Thessaloniki, Greece, 2008.**

Round Table Discussion in the context of the “12th National Congress in Nutrition & Dietetics. “Presentation of the National Dietary Guidelines”, **Athens, 2013**

Round Table Discussion in the context of the “13th Macedonian Congress in Nutrition and Dietetics. “Nutrition policy”, **Athens, 2020**

Round table Discussion in the context of the Conference organized by the Comité Européen des Entreprises Vins “The culture of wine and science in Modern Society”. “Alcohol consumption and Health”, **Athens, 2022.**

Round Table Discussion in the context of the “60th National Pediatric Congress. “Nutritional value of chicken and Health”, **Athens, 2022.**

Round Table Discussion in the context of the “7th conference of the Organization of the study of risk factors of vascular diseases.. “Consumption of wine and cardiovascular diseases”, **Athens, 2022.**

Round Table Discussion in the context of the “10th National Congress of the Hellenic Atherosclerosis Society”. “The role of alcohol in atherosclerosis”, Athens, 2022.

Reviewer in peer reviewed Journals

Public Health Nutrition
International Journal of Food Science & Nutrition
Cardiology Research & Practice
BMC PUBLIC HEALTH
British Journal of Medicine and Medical Research
International Journal of Medicine and Medical Sciences
PLoS One

OMICS Publishing Group/ACR
BMJ Open
Journal of Nutritional Sciences

Mediterranean Journal of Nutrition and Metabolism
The Reviews of Diabetic Studies
Frontiers Nutrition
Diabetes, Metabolic Syndrome and Obesity
Children
Nutrients
International Journal of Environmental Research and Public Health
Healthcare
Frontiers in Nutrition

Evaluator in Research Programmes

REA Evaluation – Call HORIZON-CL6-2021-FARM2FORK-01/ HORIZON-CL6-2021-COMMUNITIES-01/ HORIZON-CL6-2021-CLIMATE-01

National/International Seminars

- 2016 : International Summer School in Nutritional Epidemiology
Department of Epidemiology
German Institute of Human Nutrition (DIfE)
Potsdam-Rehbrücke, Germany
- 2013 : «Meta-analysis of epidemiological studies using software»
organized by the Department of Hygiene,
Epidemiology and Medical Statistics, Medical School,
National and Kapodistrian University of Athens
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- 2006 : TUV Rheinland Group
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