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Summary

Anastasia Tzereme is a member of the Laboratory Teaching Staff (EDIP) in the Department of Dietetics and Nutrition at the School of Physical Education and Sport Science of the University of Thessaly. Her academic field is **Food Technology and Instrumental Analysis**.

She holds a degree in Food Technology from the International Hellenic University (formerly ATEI of Thessaloniki) and an MSc in *Biotechnology, Nutritional Quality and Environment* from the Department of Biochemistry and Biotechnology of the University of Thessaly. Her thesis was titled: “*Kinetic Study of Alkaline Phosphatase Inactivation in Non-Cow Milk.*”

She has 17 years of professional experience in the private sector as a food technologist, specializing in quality control and holding positions of responsibility. In 2017, she served as Technical Laboratory Staff (ETEP) at the Department of Nutrition and Dietetics of the Technological Educational Institute of Thessaly. In 2019, she joined the University of Thessaly as a permanent member of the Technical Laboratory Staff (ETEP), undertaking teaching duties in the Laboratory of Chemistry, Biochemistry and Food Technology. In 2023, she was appointed to the position of Laboratory Teaching Staff (EDIP).

She has extensive teaching experience in undergraduate laboratory courses, including:

- Chemistry and Food Analysis
- Food Technology, Safety and Quality Control
- General Chemistry
- Organic Chemistry

She has also completed certified training programs, including “*Comprehensive Training and Practice Program with Microteaching*” and “*Basic Principles of Food Hygiene and Safety.*” She holds certification from the Hellenic Food Authority (EFET) and has participated in the *Complementary Distance Education Program* of the National and Kapodistrian University of Athens, titled “*Marketing & Brand Mix.*”

She has also participated in international mobility programs (Erasmus+ Teaching Assignment, Academic Year 2018–2019) at the University of Life Sciences in Lublin, Poland.

Research Projects

1. University of Thessaly, Erasmus+ Programme: “**EasyGov – Laboratory Management Platform**”

(Project Team Member)

Conference Poster Presentations

1.Goat Milk Beverage and Yogurt Enriched with Spent Coffee Extract: Antioxidant Properties and Consumer Acceptance

M. Alexandraki, I. Maisoglou, M. Koureas, V. Kossyva, **A. Tzereme**, E. Meleti, M. Vrontaki, V. Manouras, L. Dimitriou, E. Malissiova, A. Manouras

Poster presentation at the 7th International Conference on Food Science & Technology, Athens, Greece, 8–9 November 2025

2.Chestnut Flour as a Sustainable and Nutritious Alternative in Bakery Products: A Case Study in Gluten-Free Biscuits

M. Vrontaki, V. Kossyva, V. Manouras, **A. Tzereme**, E. Meleti, L. Dimitriou, I. Maisoglou, M. Alexandraki, M. Koureas, E. Malissiova, A. Manouras

Poster presentation at the 7th International Conference on Food Science & Technology, Athens, Greece, 8–9 November 2025

3.Comparative Nutritional Profile of Chestnut Flours from Downgraded Fruits across Five Greek Regions

V. Kossyva, M. Vrontaki, V. Manouras, **A. Tzereme**, E. Meleti, L. Dimitriou, I. Maisoglou, M. Alexandraki, M. Koureas, E. Malissiova, A. Manouras

Poster presentation at the 7th International Conference on Food Science & Technology, Athens, Greece, 8–9 November 2025

4.From Waste to Wealth: Valorization of Chestnut By-Products for Sustainable Food Systems

V. Kossyva, M. Vrontaki, V. Manouras, **A. Tzereme**, E. Meleti, L. Dimitriou, I. Maisoglou, M. Alexandraki, M. Koureas, E. Malissiova, A. Manouras

Poster presentation at the 7th International Conference on Food Science & Technology, Athens, Greece, 8–9 November 2025

5.Preliminary Results on the Sensory and Antioxidant Profile of Almond Butter Enriched with Essential Oils

G. Alexandris, V. Kossyva, **A. Tzereme**, I. Maisoglou, V. Manouras, M. Alexandraki, E. Malissiova, A. Manouras

Poster presentation at the 7th International Conference on Food Science & Technology, Athens, Greece, 8–9 November 2025

6.From Waste to Worth: Evaluating Chestnut Flour Quality from Downgraded Chestnut Fruits in Greece

V. Kossyva, M. Vrontaki, V. Manouras, **A. Tzereme**, E. Meleti, L. Dimitriou, I. Maisoglou, M. Alexandraki, M. Koureas, E. Malissiova, A. Manouras

Poster presentation at the Multidisciplinary Conference on Sustainable Development, Timisoara, Romania, 15–16 May 2025

7.Green Solvents as a Sustainable Approach for the Isolation of Bioactive Compounds from Wine Industry By-Products

I. Maisoglou, M. Alexandraki, V. Kossyva, E. Malissiova, M. Koureas, **A. Tzereme**, A. Manouras

Poster presentation at the Multidisciplinary Conference on Sustainable Development, Timisoara, Romania, 15–16 May 2025

8. Agricultural Waste or Raw Materials? Quality Evaluation of Flour from Degraded Chestnuts from Five Regions of Greece

B. Kossyva, M. Vrontaki, V. Manouras, **A. Tzereme**, E. Meleti, L. Dimitriou, I. Maisoglou, M. Alexandraki, M. Koureas, E. Malissiova, A. Manouras

Poster presentation at the 1st Georama Conference on Food, Athens, Greece, 16–17 May 2025

9. Valorization of Coffee Residues in the Dairy Industry: A Novel Innovation Proposal

I. Maisoglou, M. Alexandraki, E. Meleti, E. Malissiova, M. Koureas, **A. Tzereme**, A. Manouras

Poster presentation at the 1st Georama Conference on Food, Athens, Greece, 16–17 May 2025

10. Utilizing Essential Oils in Almond Butter Production for Advanced Sensory Characteristics

G. Alexandris, V. Kossyva, **A. Tzereme**, I. Maisoglou, V. Manouras, E. Malissiova, A. Manouras

Poster presentation at the 1st Hellenic Sensory Science Conference, Limnos, Greece, 25–28 June 2024

Scientific Publications

1. Meleti, E., Koureas, M., Manouras, A., Giannouli, P., & Malissiova, E. (2025). Bioactive peptides from dairy products: A systematic review of advances, mechanisms, benefits, and functional potential. *Dairy*, 6(6), 65.
2. Alexandraki, M., Maisoglou, I., Koureas, M., Kossyva, V., **Tzereme, A.**, Meleti, E., et al. (2025). Physicochemical properties and antioxidant profile of a fermented dairy beverage enriched with coffee by-products. *Beverages*, 11(4), 121.
3. Kossyva, V., Vrontaki, M., Manouras, V., **Tzereme, A.**, Meleti, E., Dimitriou, L., et al. (2025). From waste to worth: Utilizing downgraded Greek chestnuts in gluten-free functional biscuits. *Sci*, 7(3), 106.
4. **Tzereme, A.**, Koureas, M., Manouras, A., Malissiova, E., Soultani, G., Poulitaniti, K., & Gogou, E. (2025). A comparative kinetic study on alkaline phosphatase thermal inactivation in different milk types. *Kinases and Phosphatases*, 3(2), 11.
5. Meleti, E., Kossyva, V., Maisoglou, I., Vrontaki, M., Manouras, V., **Tzereme, A.**, et al. (2024). The nutritional benefits and sustainable by-product utilization of chestnuts: A comprehensive review. *Agriculture*, 14(12), 2262.
6. Malissiova, E., Fotiadou, S., **Tzereme, A.**, Cheimona, D., Soultani, G., Maisoglou, I., & Manouras, A. (2022). Alkaline phosphatase (ALP) in non-cow milk and dairy products: A review of current evidence and future trends. *Ruminants*, 2(4), 435–447.
7. Maisoglou, I., Koureas, M., Dimitriou, L., Meleti, E., Alexandraki, M., Kossyva, V., **Tzereme, A.**, et al. (2025). Functional goat milk yogurt dessert enriched with antioxidant extract from spent coffee grounds: Sensory and consumer insights. *Dietetics*, 4, 34.