



CURRICULUM VITAE

of Efstratios R. Kiranas



Belogianni 9-11, 566 25, Thessaloniki



2310013583 (office) - 2310628161 (home)



ekiranas@nutr.teithe.gr

EDUCATION

1. Graduate student of Food Technology Faculty (Department of Animal Products) / KATEE of Thessaloniki, 1977.
2. Graduate student of Chemistry Department of Aristotle University of Thessaloniki, 1983.
3. Ph.D. diploma from Chemistry Department of University of Ioannina, PhD thesis title: "*Applications of Flow Injection Analysis (FIA) and immobilized enzymes for the analysis of food and biological fluid samples*", 1995.
4. Internationally recognized quality certification inspector's diploma ISO 9000:94 & ISO 10011-1:90 from IRCA (International Register of Certificated Auditors), 1997.

WORK & TEACHING EXPERIENCE

- Quality manager in the food industry, 1979-81.
 - Teaching at all levels of higher education at the Faculty of Food Technology and Nutrition / A.T.E.I. of Thessaloniki, now International University of Greece, 1981 until today.

Undergraduate lessons:

- Quality Control of Milk and Dairy Products (Theory + Laboratory)
- Milk Technology (Laboratory)
- Mechanical Equipment of Dairy Industries (Laboratory)
- General Chemistry (Theory + Laboratory)
- Food Analysis (Laboratory)
- Introduction to Food Science (Theory)
- Food Science (Theory + Laboratory)
- Food Additives & Legislation (Theory + Laboratory)
- Principles in Food Preparation (Theory + Laboratory)
- Mass Food Production (Theory + Laboratory)

Postgraduate lessons:

- Rural and Industrial Pollution-Ecosystems and Management, in DPMS "Environment-New Technologies" in University of Ioannina and A.T.E.I. of Thessaloniki, 2007-2009.
- Functional Foods and Nutritional Labeling - Quality Management and Food Safety in mass eating establishments units, in Postgraduate of "Nutrition and Dietetics" of Nutrition and Dietetics Department, 2015-2018.
- Mediterranean Diet and Functional Foods - Quality Management and Food Safety in Tourist units, in Postgraduate of "Nutrition and Dietetics" of Nutritional Sciences and Dietetics Department, 2018-now.

Educational seminars:

- "Feta quality characteristics". Hotel Chef Training, K.E.G.E. of Rhodes, 1987, Rhodes.
- "Exploiting Expertise in Biosystems". University of Ioannina, 1991, Ioannina.
- "Biotechnology Techniques and Applications today and in the future". European Social Fund & KEE "Dimitra", 1993, Larissa.
- "Emulsion Manufacturing Technology". Aesthetic Association of Greece & INE-GESEE, 1994, Thessaloniki.

- "Quality Assurance". A.T.E.I. of Thessaloniki & ALPHA CLEANING S.A., 1998, Thessaloniki.
- "Primary Food Production and Processing. Impact on consumer health". Primary and Secondary Education teachers in Education of Western Thessaloniki, 2003, Thessaloniki.
- "Food Additives and Student Nutrition". Primary and Secondary Education teachers in Education in the Region of Central Macedonia, 2009, Kilkis.

Participation in organized Projects & Research programs

- Research program «*Environmental analysis in the aquatic ecosystems of the Kalamas River in Ioannina*». Project 161 of the Research Committee of the University of Ioannina, 1991.
- Research program «*Some applications of Flow Injection Analysis (F.I.A.) and kinetic methods in food ingredient analysis*». Decision 121/25-1-1989 of General Assembly of Chemistry Department of the University of Ioannina, 1989 - 1992.
- Project EPEAEK with object the specialization of the studying Program in P.S.E. «*Innovative Applications in Rural Economy and Industry*» of A.T.E.I. of Thessaloniki (1998-2004–MIS 74974).
- Research program entitled: «*Organic organoleptic examination of feed (fish) and vegetables (potatoes) in relation to their origin, maintenance, processing and composition*» (2001-2003–RCD 9/6-6-01).
- Project entitled: «*Supplementary educational equipment of Nutrition Department*» (2002-2004–MIS 75454).
- Project entitled: «*Equipment for supporting EKT acts reshaping undergraduate programs – Nutrition Department Equipment*» (2002-2005–MIS 100392).
- Research program of «Archimedes I» with title: «*Estimation of the chemical composition and energy value of Greek foods*» (2003-2007–MIS 87304).
- Research program of «Archimedes II» with title: «*Study of Greek durum wheat varieties in terms of their chemical, biochemical, technological and nutritional characteristics*» (2004-2007–MIS 99896).
- Work ΕΠΕΑΕΚ with title «*Postgraduate Master Program "Environment-New Technologies"*» of the Department of Vehicles (2005-2010).
- Archimedes project III, Evaluation of the Act "Central Action for the A.T.E.I. of Thessaloniki", 2015.
- Development project entitled: «*Creation of a database in the Department of Nutrition and Dietetics, to investigate the nutritional habits of Greek consumers and their relationship with nutritional supplements and nutrition label*» (2015-until now-project 80589).

Publications - Announcements

Books / Monographs

- «*Quality Control of Milk and Dairy Products*». Teaching notes (1983).
- «*Food Preparation Principles*». Publishing Center A.T.E.I. of Thessaloniki, Thessaloniki (2000). ISBN: 960-287-010-9.
- «*Mass Food Production*». Publishing Center A.T.E.I. of Thessaloniki (2001). ISBN: 960-287-015-X.
- «*Food Science I*». Publishing Center A.T.E.I. of Thessaloniki, Thessaloniki (2001). ISBN: 960-287-022-2.
- «*Functional properties of water, protein, sugars, lipids & natural dyes*». Tziolas Editions, Thessaloniki (2011). ISBN: 978-960-418-369-2.
- «*Foods: Composition, Origin, Changes, Processing and Packaging*». Tziolas Editions, Thessaloniki (2012). ISBN: 978-960-418-349-4.
- «*Food Additives and Legislation*». Tziolas Editions, Thessaloniki (2012). ISBN: 978-960-418-348-7.
- «*Catering. Organization Structures, Food Quality and Safety Management*». Tziolas Editions, Thessaloniki (2013). ISBN: 978-960-418-385-2.
- «*Food Additives and Legislation*», 2nd ed., Tziolas Editions, Thessaloniki (2016). ISBN: 978-960-418-574-0.
- «*Foods: Composition, Origin, Changes, Processing, Quality and Packaging*», 2nd ed., Tziolas Editions, Thessaloniki (2017). ISBN: 978-960-418-662-4.

Scientific journals with reviewers

- Kiranas ER, Tzouwara-Karayanni SM and Karayannis MI (1992) A comparative kinetic study of soluble and immobilized Amyloglucosidase on non-porous glass beads with an automated flow injection analysis system. *Acta Chimica Hungarica-Models in Chemistry*, 129(3-4):461.
- Kiranas ER, Tzouwara-Karayanni SM and Karayannis MI (1993) Substitution of peroxidase in the Trinder's reagent with Fe^{2+} for the determination of H_2O_2 in enzymatic reactions applying FIA. *Analyst*, 118(6):727.
- Kiranas ER, Karayannis MI and Tzouwara-Karayanni SM (1997) An enzymatic method for the determination of ATP and glycerol with an automated FIA system. *Analytical Letters*, 30(3):537.
- Kiranas ER, Karayannis MI and Tzouwara-Karayanni SM (1997) The reaction of Glutamic acid and Trinitrobenzenesulfonic acid. Kinetic study and analytical application. *Talanta*, 44:1113.
- Kiranas ER, Karayannis MI and Tzouwara-Karayanni SM (1998) Enzymatic methods for the determination of α -Glycerophosphate and α -Glycerophosphate oxidase with an automated FIA system. *Talanta*, 45:1015.
- Lougovois VP, Kyranas ER and Kyrana VR (2003) Comparison of selected methods of assessing freshness quality and remaining storage life of iced gilthead sea bream (*Sparus aurata*). *Food Research International*, 36:551.
- Zacharis CK, Kika FS, Tzanavaras PD, Rigas P and Kyranas ER (2011) Development and validation of a rapid HPLC method for the determination of five banned fat-soluble colorants in spices using a narrow-bore monolithic column. *Talanta*, 84:480.
- Grammatikopoulou M. G., Poulimeneas D., Gounitsioti I. S., Gerothanasi K., Tsigga M. and Kiranas E. The ADONUT Study Group (2014) Prevalence of simple and abdominal obesity in adolescents: the ADONUT study. *Clinical obesity* 4:303.
- Grammatikopoulou MG, Poulimeneas D, Gounitsioti I, Gerothanasi K, Tsigga M, Kiranas E. Preliminary results from the ADONUT study: Weight status of Greek adolescent boys. *Obes Facts* 2014; 7(S1):144.
- Grammatikopoulou MG, Poulimeneas D, Gerothanasi K, Kiranas E, Tsigga M, ADONUT study group. Prevalence of simple and central obesity in adolescents aged 15 years in Greece: results from the ADONUT study. *Pediatric* 2015;78:220-33. *Doxiadis Social Pediatrics Award 2015 (B16)*.
- Grammatikopoulou MG, Poulimeneas D, Maraki MI, Famisis K, Gerothanasi K, Kiranas ER, Tsigga M. Geographical distribution of simple and abdominal obesity among 17-year-old adolescents in Greece. *Obesity Med.* 2016;2:31-6.
- Poulimeneas D, Grammatikopoulou MG, Dimitrakopoulos L, Kotsias E, Gerothanasi D, Kiranas ER, Tsigga M. Regional differences in the prevalence of underweight, overweight and obesity among 13-year-old adolescents, in Greece. *Int J Pediatr Adolesc Med.* 2016; doi: 10.1016/j.ijpam.2016.06.002.

Publications in conference proceedings with reviewers

- Kiranas E.R., Tzouwara-Karayanni S.M. and Karayannis M.I.: *The reaction of Glutamic and Trinitrobenzenesulfonic acid. A Kinetic Study.* Euroanalysis VII. Vienna, Austria, August 26-31, 1990. Vol. 2, Sessions B4-C4.
- Kiranas E.R., Tzouwara-Karayanni S.M. and Karayannis M.I.: *A comparative kinetic study of soluble and immobilized amyloglucosidase with an automated Flow Injection Analysis system.* 33rd JUPAC Congress. Budapest, August 17-22, 1991. abstract 1092.
- Kiranas E.R., Tzouwara-Karayanni S.M. and Karayannis M.I.: *Substitution of peroxidase in the Trinder's Reagent with Fe^{2+} for the determination of H_2O_2 produced in enzymatic reactions applying FIA.* 4th International symposium on Kinetics in Analytical Chemistry. Erlangen, Germany, September 27-30, 1992. abstract 30.
- Beliskiotis B., Mastorokostas K., Kyranas E. και Aggelakis G.: *Losses of metals during heat treatment of vegetables.* 3rd Macedonian Conference of Nutrition. Thessaloniki, 16-17 May, 1997. Proceedings page 254.
- Lougovois V.P., Kyrana V.R., Gerothanasi K.A. and Kyranas E.R.: *Methods of Assessing Freshness Quality of Chill-Stored Fish.* 4^o International Conference of Food Technology. Athens, 18-19 February, 2005. 1st tome of proceedings, page 86.

- Gerothanasi K., Papadopoulou S., Kyrana B., Lougovois V. and Kyranas E.: *ω -3 and ω -6 Fatty Acids Content in Aquacultured Fish Species*. 4^o International Conference of Food Technology. Athens, 18-19 February, 2005. 1st tome of proceedings, page 226.
- Kyranas E.R., Papadopoulou S., Gerothanasi K.: *Effect of thermal processing on caloric value, water, ash and mineral levels of Greek free-range and caged hen egg*. Joint New Zealand & Australian Nutrition Conference & Annual Scientific Meeting. Auckland, N. Zealand, December 6-8, 2007. Abstract 85 in Asia Pac J Clin Nutr 2007;16(3) S115.
- Gerothanasi K., Papadopoulou S., Kyranas E.R.: *Changes in the mineral profile of cooked vegetables consumed in Greece*. Joint New Zealand & Australian Nutrition Conference & Annual Scientific Meeting. Auckland, N. Zealand, December 6-8, 2007. Abstract 19 in Asia Pac J Clin Nutr 2007;16(3) S82.
- Tragopoulos A.P., Kalatzakis G.S., Kyranas E.R.: *Estimation of the water quality of the river Ludia and its tributaries*. 3rd Meeting on Small and Decentralized Water and Wastewater Treatment Plants, Skiathos, May 14-16, 2010.
- Kyranas E.: *EMAS Development and Application in Alexander Technological Educational Institution of Thessaloniki*. 1st International Conference of Green Infrastructure. The New Generation of Green Infrastructure Projects. Thessaloniki, November 11-12, 2010.
- Kyranas E.R.: *Polyphenols in food. Their role in the prevention and treatment of metabolic diseases*. 9th Macedonian Conference of Nutrition, Thessaloniki, 1-2 June, 2011.
- Kalaitzidou P, Baltzan L, Balafa A, Baltasi B, Spiropoulou A, Grammatikopoulou M, Gerothanasi K, Tsigga M, Kyranas E. *Rate of obesity in adolescents of Trikala prefecture with or without family history*. 9th Macedonian Conference of Nutrition, Thessaloniki, 1-2 June, 2011.
- Damianou P., Tsigga M., Gerothanasi K. Grammatikopoulou M. και Kyranas E.: *Estimation of nutritonal habits and nutritional status of adolescents in Grevena Prefecture*. 10th Macedonian Conference of Nutrition. Thessaloniki, October 2012, page 15.
- Hortianou S., Kakali A., Soulaïdopoulou S. Grammatikopoulou M, Tsigga M. και Kyranas E.: *Factors affecting the situation of body weight status of adolescents of East Thessaloniki*. 10th Macedonian Conference of Nutrition. Thessaloniki, October 2012, page 18.
- Grammatikopoulou MG, Poulimeneas D, Gounitsioti I, Gerothanasi K, Tsigga M, Kyranas E. Preliminary results from the ADONUT study: Weight status of Greek adolescent boys. *Obes Facts* 2014; **7**(S1):144. 21st European Congress on Obesity, at Sofia, Bulgaria, 28–31 May 2014.
- Grammatikopoulou M, Poulimeneas D, Gounitsioti H, Gerothanasi K, Tsigga M, Kyranas E. *ADONUT Study Group. Prevalence of simple and central obesity of Greek adolescents: Research ADONUT*. 10th Panhellenic Conference of Public Health & Health Services, Athens, December 2014.
- Poulimeneas D., Grammatikopoulou M., Tsigga M., Gerothanasi K., Kyranas E. *Geographical differences in the weight status of 13 year old adolescents*. 11st Panhellenic Conference of Public Health & Health Services, 21-23 March 2016, Athens (EA019).
- Zimeras S, Kyranas E. Gerothanasi K, Kyrana Z. *Clustering techniques of nutritional habits of Greek adolescents*. 31st Panhellenic Conference of Statistics, 4-6 May 2018, Lamia.
- Kyrana Z., Gerothanasi K., Zimeras Σ., Kyranas E. *Application of Multinomial Logistic Regression and Clustering techniques to the nutritional habits of Greek adolescents*. 31st Panhellenic Conference of Statistics, 4-6 May 2018, Lamia.
- Bombarda Θ., Kyriakou X., Tzimagiorgi N., Kyrana Z., Gerothanasi K., Kyranas E. *Investigation of the consumption of food supplements by consumers in 8 prefectures of the country*. 12th Macedonian Conference of Nutrition. 11-13 May 2018, Thessaloniki.
- Peppa B., Katebaini A., Kyrana Z., Gerothanasi K., Kyranas E. *Effect of Food Labeling and Nutrition Label on consumer buying and nutritional behavior*. 12th Macedonian Conference of Nutrition. 11-13 May 2018, Thessaloniki.

- Kaltsos G., Semertzidis D., Strikoudi P., Kyrana Z., Gerothanasi K., Kyranas E. *Factors affecting the use of the most popular dietary supplements in our country.* 12th Macedonian Conference of Nutrition. 11-13 May 2018, Thessaloniki.
- Kyranas E., Gerothanasi K. *Relationship between Greek consumers and nutritional supplements.* 12th Macedonian Conference of Nutrition. 11-13 May 2018, Thessaloniki.
- Kyranas E. *Ensures consumer health in the legal framework of manufacture and marketing of Nutritional Supplements.* 5th Panhellenic Conference on Applied Pharmaceuticals. 18-19 May 2019, Thessaloniki.

Participation in National and International Committees

- Member of National Committee of Milk and International Milk Federation (IDF) in the scientific field: «Main Components in Milk». Proceedings 123/10-10-2003 and 63/20-2-2006 of National Committee of Milk of Greece, too.
- Member of Working Group of Scientific Committee of EFET (ESET) in the scientific field: «Nutrition». Proceeding 155/28-3-2007 ΕΦΕΤ.
- Member of European Food Safety Authority (EFSA) in the scientific field: «European Food Consumption Database-FCDM».
- Manager in installation of an environmental management system in A.T.E.I. of Thessaloniki EMAS. Proceeding 2/12-2-2010 Council A.T.E.I. of Thessaloniki.

Administrative work

- Member of the Board of Directors of A.T.E.I. of Thessaloniki from 2012 to 2017.
- Director of Faculty of Food and Nutrition Technology from 2003 to 2006.
- Deputy Head of Nutrition and Dietetics Department from 2002 to 2003.
- Deputy President of Nutrition and Dietetics Department from 2017 to 2019.
- Director of Food-Nutrition Section / Department of Nutrition and Dietetics over 15 years.
- Deputy President of Environmental Committee of A.T.E.I. of Thessaloniki.
- Director of research laboratory "*Foods and Bioactive Materials Analysis*" over the years 2010-18.
- Director of research laboratory "*Research, Analysis & Evaluation of Food and Nutrition Habits*" from 2018 until now.
- Manager of "*Food Preparation Laboratory*" and of "*Laboratory of Research Chemistry*".
- Member of OMEA of Nutrition and Dietetics Department.

ADDITIONAL SKILLS

Languages

English

Organizing & Scientific Conference Committees

1. Organizing and Scientific Committee of 4th, 5th, 6th, 7th, 8th, 9th, 10th, 11st and 12th Macedonian Conference of Nutrition and Dietetics (from 1999 to 2018).
2. Scientific Committee to 4th International Conference of Food Technology (February 2005).
3. Scientific Committee to 2nd North Hellenic Conference of Aesthetics & Dietetics (April 2010).
4. Scientific Committee to 1st International Conference of Green Infrastructure Projects (November 2010).
5. Scientific Committee to 2nd International Conference of Green Infrastructure Projects (November 2012).

Presidency in roundtables, sessions

1. 3rd Macedonian Conference of Nutrition, 21-23 November 1997, Thessaloniki.
2. 6th Panhellenic Conference of Hellenic Society of Food Technologists - 3o Panhellenic Conference of Hellenic Society of Nutrition and Foods. 19-21 November 1998.

3. 4th Macedonian Conference of Nutrition, 28-29 May 1999, Thessaloniki.
4. 2nd North Hellenic Conference of Aesthetics & Dietetics, 27-29 April 2001, Thessaloniki.
5. 5th Macedonian Conference of Nutrition & Dietetics, September 2002, Thessaloniki.
6. 5th International Conference of Food Technology. 9-11 March 2007, Thessaloniki.
7. Atomic Element Analysis, 1 November 2007, Thessaloniki.
8. 1st International Conference of Green Infrastructure. The New Generation of Green Infrastructure Projects. Thessaloniki, November 11-12, 2010.
9. 9th Macedonian Conference of Nutrition & Dietetics, May 2011, Thessaloniki.
10. 10th Macedonian Conference of Nutrition & Dietetics, October 2012, Thessaloniki.
11. 11th Macedonian Conference of Nutrition & Dietetics, March 2016, Thessaloniki.
12. 12th Macedonian Conference of Nutrition & Dietetics, May 2018, Thessaloniki.

Awards

1. Award of Hellenic Pediatric Society for announcement in national conference (2016).
2. Award for the design of innovative food in ECOTROPHELIA 2017.

Participation in Scientific / Professional associations

1. Member of Association of Greek Chemists.
2. Member of Hellenic Association of Food Scientists & Technologists.