

# CURRICULUM VITAE

## Personal Data



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## Academic Training

<u>Institute</u>	<u>Degree</u>	<u>Subject</u>	<u>Year</u>
Aristotle University, Thessaloniki, Greece (Thesis : <i>Isolation and physicochemical properties of carob galactomannans: a comparison of samples from different tree populations</i> )	B.S. Ag.	Food Science	1995
Aristotle University, Thessaloniki, Greece (Thesis : <i>Thermophysical and diffusion properties of water- and polyol-plasticized starch-pullulan blends near the glass transition region</i> )	M.Sc.	Food Science	1999
Aristotle University, Thessaloniki, Greece (Thesis : <i>Structure – function relations of polysaccharides in high and low moisture systems</i> )	Ph. D.	Food Science	2003

## Positions Held

1996-99	Graduate Research Assistant, Department of Food Science & Technology, Aristotle University, Thessaloniki, Greece.
2000-03	Graduate Research Associate, Department of Food Science & Technology, Aristotle University, Thessaloniki, Greece.
2003-05	Post-doctoral Fellow, University of Manitoba-Food Science Dept. & Grain Research Laboratory, Winnipeg, Manitoba, Canada.
2005-06	Post-doctoral Fellow, Department of Food Science & Technology, Aristotle University, Thessaloniki, Greece.
2006-10	Research Associate, Department of Food Science & Technology, Aristotle University, Thessaloniki, Greece.
2010-2015	Lecturer, Food Physical Chemistry, Department of Food Science & Technology, Faculty of Agriculture, Aristotle University, Thessaloniki, Greece
2015-2019	Assistant Professor, Food Physical Chemistry, Department of Food Science & Technology, Faculty of Agriculture, Forestry and Natural Environment, Aristotle University, Thessaloniki, Greece
2018	Director, Lab. Food Chemistry & Biochemistry, Department of Food Science & Technology, Faculty of Agriculture, Forestry and Natural Environment, Aristotle University, Thessaloniki, Greece
2019	Associate Professor, Food Physical Chemistry, Department of Food Science & Technology, Faculty of Agriculture, Forestry and Natural Environment, Aristotle University, Thessaloniki, Greece

## Scholarships – Awards

- Greek Ministry of Education Undergraduate Scholarship (IKY) at the Panhellenic Entrance Examinations (1990).
- Greek Ministry of Education Scholarship (IKY) for postdoctoral research (2005-2006).
- ‘Young Scientist’s Award – 2009’ by the Rheology division of American Association of Cereal Chemists (AACC) International, in recognition of outstanding ability in research in the area of food rheology and texture as related to cereal-based products.
- Awarded by ‘Elsevier’, publishing company, for one of the top 5 cited articles over the 2006-2010 period published in *Journal of Food Engineering* in 2007 entitled ‘Effects of hydrocolloids on dough rheology and bread quality parameters in gluten-free formulations’ (vol. 79, pp. 1033-1047).
- Member of the Editorial Board of the Journal ‘*Bioactive Carbohydrates and Dietary Fiber*’ (2014- ).
- ‘Best Business and Marketing Plan Award’ for creating an eco-innovative food product, ‘Gluten Care Muffin’, in ‘Ecotrophelia-Greece - 2015’ competition by Federation of Hellenic Food Industries.
- Member of the Editorial Board of the Journal ‘*Food Hydrocolloids*’ (2021- ).

## Teaching

Undergraduate Courses : N310Y Food Physical Chemistry (2010 - ).  
528Y Food Analysis Practices (2006 - 2013).  
518Y Seminars (2012 - 2014).  
N303Y Food Analysis (2014- ).  
N318E Cereal Science (2014- ).  
N700Y Internship (2017- ).

Graduate Courses : TXN702 Topics in Physical Chemistry of Foods (2005 - 2018).  
TXN706 Instrumental Analysis of Food (2005 - 2018).  
TXN709 Special Topics (2016 -2018).  
TXN800 Research Approach of Thesis Project (2016 -2018).  
ETΔ102 Food Chemistry & Nutrition (2018 - ).  
ETΔ104 Special Topics in Food Science and Nutrition (2018 - ).  
ETΔ105 Seminars in Food Science and Nutrition (2018 - ).  
ETΔ105 Research Methodology of the Graduate Thesis (2018 - ).  
NTΠ102 Food Chemistry & Nutrition (2019 - ).  
NTΠ105 Food Law I: generic regulations (2019 - ).  
NTΠ106 Food Law II: product-specific regulations (2019 - ).  
NTΠ112 Assessment of the shelf life of foods (2019 - ).  
NTΠ108 Special topics in food law I (2019 - ).  
NTΠ109 Special topics in food law II (2019 - ).  
ETΔ103 Food process design (2020 - ).

Seminars: Seminars in cheesemaking (Milk and Dairy products Chemistry Practices) (2014 -....).

## Student supervision

### Ph.D. theses

1. Perez-Quirce Sandra (2017). *'Nutritional and functional improvement of gluten-free breads: addition of beta-glucans of different origins and molecular weights according to the health claims approved by the EFSA'* (**co-supervision** with Prof. F. Ronda Balbas, Dept. of Agricultural and Forestry Engineering, University of Valladolid, Spain). This thesis has been awarded from the University of Valladolid with the **'prize of extraordinary PhD thesis'** (Premio Extraordinario de Doctorado) for being the best PhD thesis in its scientific field for the academic year 2016-2017.
2. Sereti Vasileia (in progress). *'Oleogel systems for saturated fat replacement in cereal products: development, structure and functionality'*.
3. Iiitis Christos-Konstantinos (in progress). *'Isolation, fractionation characterization, physicochemical properties and applications in food systems of wheat bran polysaccharides'*.
4. Papagianni Evangelia (in progress). *'Encapsulation of bioactive components in polysaccharide carriers and their applications in food systems'*.

### M.Sc. theses

1. Vouris, D. (2014), *'Jet-milling of wheat: Particle size effects on dough and bread functional properties'*.
2. Mygdalia, A. (2014), *'Production of gluten-free bread using a chickpea fermentation extract'*.

3. Goudenoudi, I. (2015), *'Improvement of the quality and nutritional attributes of gluten-free bakery items by chickpea and acorn flours'*.
4. Christodoulou C.-E. (2016), *'Impact of acorn flour on the quality of gluten-free sweet bakery items'*.
5. Gidari Gounaridou C. (2019). *'Impact of dry sourdough from chickpea fermentation extract on quality characteristics of gluten-free bread'*.
6. Keramari S. (2019). *'Impact of sourdough from a commercial starter culture on production of gluten-free bread enriched with chickpea flour'*.
7. Sereti V. (2019). *'Production of creamed cotton honey by controlling physicochemical parameters'*.
8. Palassaros G. (2021). *'Physicochemical properties of breads enriched with flours from germinated legume seeds'*.
9. Mouzakitis C.-K. (2021). *'Study of physicochemical properties of zein-based edible films and application of its coatings on breads'*.
10. Papagianni, E. (2021). *'Development of "clean-label" gluten free breads enriched with flaxseed'*.

## **Undergraduate theses**

Supervised thirty-three (33) undergraduate theses.

## **Research supervision of post-doctoral fellows**

1. Kotsiou K. (Nov. 2018 - June 2021). Development of innovative grain flours, sourdough preparations and baked products for preventing chronic diseases and improving quality of life and B) (Sept. 2021 – Oct. 2023) Valorisation of Agricultural Residues by Transformation in Cascade of Bio and Thermo- Chemical Routes to Food Additives of High Added Value ('RESEARCH - CREATE - INNOVATE', 2<sup>nd</sup> cycle, NSRF 2014-2020, Research project).
2. Matsakidou A. (Nov. 2018 - June 2021). Development of innovative grain flours, sourdough preparations and baked products for preventing chronic diseases and improving quality of life ('RESEARCH - CREATE - INNOVATE', 1<sup>st</sup> cycle, NSRF 2014-2020, Research project).
3. Nouska C. A) (Jan. 2020 – Jan. 2022) Development and characterization of sourdoughs for the production of bakery items with specific nutritional and sensory attributes (postdoctoral researcher, School of Agriculture, Aristotle University of Thessaloniki), B) (May. 2020 - June 2021). Development of innovative grain flours, sourdough preparations and baked products for preventing chronic diseases and improving quality of life ('RESEARCH - CREATE - INNOVATE', 1<sup>st</sup> cycle, NSRF 2014-2020, Research project) and C) (Sept. 2021 – Oct. 2023) Sustainable production of functional ingredients from agro-food industry by-products for the development of high-added value bakery products ('RESEARCH - CREATE - INNOVATE', 2<sup>nd</sup> cycle, NSRF 2014-2020, Research project).

## **External examiner / Rapporteur of Ph.D. theses from other Universities**

1. Purnima Gunness (2012), *'Mechanisms behind the cholesterol-reducing effect of cereal soluble dietary fibres: (1,3:1,4) beta glucan & arabinoxylan'*. School of Agriculture and Food Sciences, The University of Queensland, Queensland, Australia (Advisor: Mike Gidley).
2. Oscar Benito Roman (2013). *'Studies of process intensification for the recovery of high molecular weight  $\beta$ -glucans from cereals'*. Chemical Engineering & Environmental Technology Department, School of Industrial Engineering, University of Valladolid, Valladolid, Spain (Supervisors: Maria Jose Cocero & Gloria Esther Alonso Sanchez).

3. Workineh Abebe Zeleke (2015). *'Tef as an industrial crop for food processing. Exploring its latent potential and flour handling characteristics'*. Department of Agriculture and Forestry Engineering, Food Technology, College of Agricultural and Forestry Engineering, University of Valladolid, Palencia, Spain (Supervisors: Felicidad Ronda Balbas & Concepcion Collar Esteve).
4. Noora Mäkelä (2017). *'Cereal  $\beta$ -glucan in aqueous solutions: oxidation and structure formation'*. Faculty of Agriculture and Forestry, University of Helsinki, Helsinki, Finland (Supervisors: Tuula Sontag-Strohm & Ndegwa Henry Maina).

## **Research supervision of student - researcher visitors**

1. Perez-Quirce Sandra (June 2014 – Oct. 2014). Extraction and characterization of  $\beta$ -glucans for the enrichment of gluten-free bread formulations', Erasmus+, (PhD student, Supervisors: F. Ronda Balbas, Dept. of Agricultural and Forestry Engineering, University of Valladolid, Spain & A. Lazaridou, Dept. of Food Science and Technology, School of Agriculture, Faculty of Agriculture, Forestry and Natural Environment, Aristotle University of Thessaloniki).
2. Latty Clifford (March 2015 – April 2015). Formulation and in-vitro digestibility of gluten free breads, Short-Term Scientific Mission (STSM), COST ACTION FA1005, (PhD student, Supervisor: S. Bakalis, School of Chemical Engineering University of Birmingham, UK).
3. Marina Villanueva Barrero (July 2015 - Sept. 2015). Effects of acid addition and protein supplementation on gluten-free dispersions, (PhD student, Supervisor: F. Ronda Balbas, Dept. of Agricultural and Forestry Engineering, University of Valladolid, Spain).
4. Antonio José Vela Corona (February 2022 - March 2022). Evaluation of the intrinsic viscosity of physically modified gluten-free flours, (PhD student, Supervisor: F. Ronda Balbas, Dept. of Agricultural and Forestry Engineering, University of Valladolid, Spain).

## **Invited training of students at other Universities**

1. Limiting viscosity determination by capillary viscometry. (2014). PhD students' laboratory training, 'Doctorate teaching activities', PhD Program in Food, Agricultural and Biosystems Science and Engineering, Higher Technical School of Agricultural Engineering, University of Valladolid, 24-29 November, Palencia, Spain.
2. Large deformation mechanical tests for the determination of textural properties of sweet cherry fruits (2015). Laboratory training, COST ACTION FA1104 Training School, 'Qualitative, physicochemical and phytochemical indicators of cherry fruit quality', Cyprus University of Technology, 2-4 June, Limassol, Cyprus.
3. Sugar analysis of sweet cherry fruits by High Performance Liquid Chromatography (2015). Laboratory training, COST ACTION FA1104 Training School, 'Qualitative, physicochemical and phytochemical indicators of cherry fruit quality', Cyprus University of Technology, 2-4 June, Limassol, Cyprus.
4. Mechanical properties for the determination of firmness retention of sweet cherry fruits (2018). PhD student's laboratory training, Department of Agricultural Sciences, Biotechnology and Food Science, Cyprus University of Technology, 19-20 April, Limassol, Cyprus.
5. Valorization of the wastes from brewing through beta-glucan production (2018). Laboratory training of students as mentor, School of Industrial Food Engineering, San Agustín National University Arequipa, 13-16 November, Arequipa, Peru.

## Research interests

Chemistry and physical chemistry of food hydrocolloids with an emphasis on structure-property relations of polysaccharides in model systems or in real food products. Understanding the physicochemical behavior of polymeric carbohydrates in solution, gels, films as well as in model food formulations and actual products, with the intention to develop functional foods of improved quality and stability for the baking, brewing and dairy industry. State and phase transition (crystallization, gelation, oleogelation) behaviour of carbohydrates and other food components and their interactions with other constituents (water, oil, solutes, proteins) by thermal analysis (calorimetry and dynamic thermomechanical analysis) and rheological methods (small and large deformation mechanical tests). Molecular characterization of polymeric carbohydrates using various spectroscopic (NMR), chromatographic (HPLC, GC) and enzymic methods of analyses.

Specific projects/systems studied:

- Low moisture food carbohydrate systems, such as water- and polyol-plasticized polysaccharide blends (edible films and coatings from chitosan, starch, pullulan) and honey.
- Polysaccharide solutions (cereal  $\beta$ -glucans, pullulan, galactomannans)
- Polysaccharide gels (cereal  $\beta$ -glucans)
- Cereal cell wall organization and their enzymic degradation
- Doughs and bakery products (wheat breads, gluten-free bakery products and barley rusks); rheological properties of dough, quality attributes and nutritional assessment of the final products (Glycemic Index and antioxidant properties).
- Real and model dairy products (milk drinks, frozen desserts, yogurt).
- Texture of food products (bakery and dairy products, fruits and vegetables, honey, etc.).

## Brief presentation of academic work - recognition

- Publications (SCI & Scopus): **70**
- Other publications in international journals: **2**
- Chapters in scientific books (volumes): **4**
- Chapters in scientific books (translation from English to Greek): **1**
- Full papers in Conference Books: **1**
- Full papers in Conference Proceedings: **9**
- Presentation in Conferences: **95**
- Citations: SCI, **3320** / Scopus, **3858** / Google Scholar, **5775**
- h-Index: SCI, **26** / Scopus, **28** / Google Scholar, **33**
- Supervision of **10 M.Sc.** theses
- Supervision of **3 PhD** theses (in progress)
- Co-supervision of **1 PhD** thesis
- External examiner / Rapporteur of **5 Ph.D.** theses from other Universities
- Frequent manuscript reviewer for the Journals: Cereal Chemistry, Food Hydrocolloids, International Journal of Food Science and Technology, Journal of Food Engineering, LWT - Food Science and Technology, Food Chemistry, Journal of Cereal Science, Bioactive Carbohydrates and Dietary Fibre, European Food Research and Technology, Journal of Food Science and Technology, Journal of Texture Studies, Carbohydrate Polymers, Innovative Food Science and Emerging Technologies, Journal of Food Processing and Preservation, Critical Reviews in Food Science and Nutrition, Food Research International.

## Research programs (coordinator or scientist-in-charge)

1. *'Improvement of the nutritional profile of traditional bakery products'*, FEDON S.A. (2011).
2. *'Assessment of nutritional quality of frozen vegetables'*, Barba Stathis, Industrial and Commercial S.A. (2012).
3. *'Characterization of  $\beta$ -glucans in cereal flour blends and bakery products'*, Mills of Crete S.A. (2012-13).
4. *'Characterization of  $\beta$ -glucans in flour and trahana product from barley'*, Opos Palia (2014).
5. *'Determination of dietary fibers bakery products'*, Christina Papachristou & Co, 2014.
6. *'The role of non-conventional starchy flours in quality and nutritional characteristics of gluten free bakery products'*, Research committee of Aristotle University of Thessaloniki (2014).
7. *'Development of innovative grain flours, sourdough preparations and baked products for preventing chronic diseases and improving quality of life'*, National Strategic Reference Framework (NSRF) 2014-2020, Operational Programme: Competitiveness, Entrepreneurship and Innovation, Single RTDI State Aid Action 'RESEARCH - CREATE - INNOVATE', Ministry of Education Research and Religious Affairs, EYDE-ETAK (T1EDK-01669), 2018-2022.
8. *'Valorisation of Agricultural Residues by Transformation in Cascade of Bio and Thermo-Chemical Routes to Food Additives of High Added Value'*, National Strategic Reference Framework (NSRF) 2014-2020, Operational Programme: Competitiveness, Entrepreneurship and Innovation, Single RTDI State Aid Action 'RESEARCH - CREATE - INNOVATE', Ministry of Education Research and Religious Affairs, EYDE-ETAK (T2EDK-00468), 2020-2023.
9. *'Sustainable production of functional ingredients from agro-food industry by-products for the development of high-added value bakery products'*, National Strategic Reference Framework (NSRF) 2014-2020, Operational Programme: Competitiveness, Entrepreneurship and Innovation, Single RTDI State Aid Action 'RESEARCH - CREATE - INNOVATE', Ministry of Education Research and Religious Affairs, EYDE-ETAK (T2EDK-00946), 2020-2023.

## Research programs (participation)

10. *'Enhancement of quality of food and related systems by control of molecular mobility'*, Shared cost FAIR CT96-1085, EU (1996-99).
11. *'Production and properties of pullulan by fermentation of beet molasses'*, # 1945, PENED, Ministry of Industry, Energy & Technology (2000-2001).  
*'Design of foods with improved functionality and superior health effects using cereal beta-glucans'*, EU Shared cost RTD QLRT-2000-00535 (2001-2004).
12. *'Design of foods with improved functionality and superior health effects using cereal beta-glucans'*, Shared cost RTD QLRT-2000-00535, EU (2001-2004).
13. *'Structure and properties of barley cell walls: composition, fractionation, structural characterization and enzymic degradation by malt extracts'*, University of Manitoba-Food Science Dept. & Grain Research Laboratory (Agriculture Canada), Winnipeg, Manitoba, Canada, (2003-2005).
14. *'Breadmaking of gluten-free rice bread using substituted cellulose derivatives and hydrocolloids. – An alternative food product for coeliac patients'*, Bilateral project GREECE-ROMANIA Greek Ministry for Development, General Secretariat for Research & Technology (2003-2005).
15. *'Structure and properties of cereal non-starch polysaccharides for the production of functional dairy and baked products'*, PYTHAGORAS 05, Greek Ministry of Education (2005-06).
16. *'Barley  $\beta$ -glucans in production of rusks from barley flour'*, Mills of Crete S.A. (2008).

17. *'Design and development of new functional foods for adults (age 40+) based on existing commercial plant extracts'*, International Cooperation in Industrial Research and Development, DSEBPRO-2005, with GIOTIS S.A. (05 DSEBPRO-100), Greek Ministry for Development, General Secretariat for Research & Technology) (2006-08).
18. *'Shelf life of tahini-honey blends'*, ATTIKI-PITTAS (2007).
19. *'Shelf life evaluation of two products: tahini with honey'*, ATTIKI-PITTAS (2008-2009).
20. *'Analyses of Eggs'*, Avgodiatrofiki, S.A. (2010).
21. *'High energy jet milling for the production of fine flour powders & bakery products with enhanced functional & nutritional characteristics'*, 09SYN-81-1031, Cooperation in Industrial Research and Development – I, National Strategic Reference Framework (NSRF) 2007-13, Greek Ministry of Education - General Secretariat for Research & Technology (2011-2013).
22. *'Exploiting current technologies to trace and characterize starch raw material from starch producing crops to improve qualitative and nutritional characteristics of baked food products'*, 09SYN-22-878, Cooperation in Industrial Research and Development – I, National Strategic Reference Framework (NSRF) 2007-13, Greek Ministry of Education - General Secretariat for Research & Technology (2011-2013).
23. *'Metabolomics as a Tool for the assessment of embryo growth and viability in in vitro fertilisation'*, THALES, Education and Lifelong Learning, National Strategic Reference Framework (NSRF) 2007-13, Greek Ministry of Education - General Secretariat for Research & Technology (2012-2015).
24. *'Nutritional enrichment of gluten-free breads: Study and optimization of the addition of beta-glucans of different origins and molecular weights according to the health claims approved by the EFSA'*, Implementation of Basic not Orientated R&D in the Area of Food Science and Technology, National Plan VI Scientific Research, Development and Technological Innovation 2008-2011, Ministry of Economy and Competitiveness (MINECO) (Dept. of Agricultural and Forestry Engineering, University of Valladolid, Spain) (2012-2013).
25. *'Impact of microwave and ultrasound on gluten-free flours functionality: structuring ability in gluten-free breadmaking matrices'*, National Research, Development and Innovation Program Oriented to the Society Challenges, under the National Plan of Scientific and Technical Research and Innovation 2013-2016, Ministry of Economy and Competitiveness (MINECO) (Dept. of Agricultural and Forestry Engineering, University of Valladolid, Spain) (2016-2019).
26. *'Incorporation of propolis bioactives in honey'*, Honeymell Z.P. Ltd., Larnaca, Cyprus, 2017-2018.
27. *'Valorization of the wastes from brewing through beta-glucan production'*, Initial Investigation Contest 2017, School of Industrial Food Engineering, San Agustin National University Arequipa, Peru, 2018-2019.
28. *'PlantCult: Investigating the Food Cultures of Ancient Europe'*, ERC funded project (Consolidator Grant, Horizon 2020 Research and Innovation Program, Grant Agreement No 682529) (<http://plantcult.web.auth.gr/en/project-eng/teams-eng>), 2018-2021.
29. *'Research Infrastructure on Food Bioprocessing Development and Innovation Exploitation'*, National Strategic Reference Framework (NSRF) 2014-2020, Operational Programme: Competitiveness, Entrepreneurship and Innovation, Development of mechanisms to support entrepreneurship, **'Reinforcement of the Research and Innovation Infrastructure'**, Ministry of Economy and Development, 2018-2021.
30. *'Design of innovative oleogel systems with optimized characteristics for animal fat substitution in food products'*, **1st Call for H.F.R.I. Research Projects to Support Faculty Members & Researchers and Procure High-Value Research Equipment**, Hellenic Foundation for Research and Innovation (H.F.R.I.), 2020-2023.



31. 'Modulating the functional properties of whey proteins by ethanol: application in dairy products', **1st Call for H.F.R.I. Research Projects to Support Faculty Members & Researchers and Procure High-Value Research Equipment**, Hellenic Foundation for Research and Innovation (H.F.R.I.), 2020-2023.
32. 'Code: Re-farm – Reframing farming systems for quality and sustainability', **H2020-FNR-2020 (Food and Natural Resources**, grant agreement 101000216), European Union's Horizon 2020 research and innovation program, 2021-2024.
33. 'Horticultural waste for the benefit of health and the environment, a new approach to the "zero waste" principle', Ion Ionescu de la Brad University of Agricultural Sciences and Veterinary Medicine of Iași, Iași, Romania, 2021-2022.
34. 'Chitosan-based nanoparticles and films loaded with agrifood by-product extracts for novel food applications. **2nd Call for H.F.R.I. Research Projects to Support Faculty Members & Researchers**, Hellenic Foundation for Research and Innovation (H.F.R.I.), 2022-2025.

## List of Publications

### I. Peer-reviewed publications

1. Biliaderis, C. G., **Lazaridou, A.** and Arvanitoyannis, I. 1999. Glass transition and physical properties of polyol-plasticized pullulan-starch blends at low moisture. *Carbohydrate Polymers*, 40: 29-47. [http://dx.doi.org/10.1016/S0144-8617\(01\)00261-2](http://dx.doi.org/10.1016/S0144-8617(01)00261-2).
2. **Lazaridou, A.**, Biliaderis, C.G. and Izydorczyk, M.S. 2000. Structural characteristics and rheological properties of locust bean galactomannans: a comparison of samples from different carob tree populations. *Journal of the Science of Food and Agriculture*, 81: 68-75. [http://dx.doi.org/10.1002/1097-0010\(20010101\)81:1%3C68::AID-JSFA780%3E3.0.CO;2-G](http://dx.doi.org/10.1002/1097-0010(20010101)81:1%3C68::AID-JSFA780%3E3.0.CO;2-G).
3. **Lazaridou, A.** and Biliaderis, C.G. 2002. Thermophysical properties of chitosan, chitosan-starch and chitosan-pullulan films near the glass transition. *Carbohydrate Polymers*, 48: 179-190. [http://dx.doi.org/10.1016/S0144-8617\(01\)00261-2](http://dx.doi.org/10.1016/S0144-8617(01)00261-2).
4. Biliaderis, C.G., **Lazaridou, A.**, Mavropoulos, A. and Barbayiannis, N. 2002. Water plasticization effects on crystallization behavior of lactose in a co-lyophilized amorphous polysaccharide matrix and its relevance to the glass transition. *International Journal of Food Properties*, 5: 463-482. <http://dx.doi.org/10.1385/ABAB:97:1:01>.
5. **Lazaridou, A.**, Biliaderis, C.G., Roukas, T. and Izydorczyk, M.S. 2002. Production and characterization of pullulan from beet molasses using a non-pigmented strain of *Aureobasidium pullulans* in batch culture. *Applied Biochemistry and Biotechnology*, 97: 1-22. <http://dx.doi.org/>
6. **Lazaridou, A.**, Roukas, T., Biliaderis, C.G. and Vaikousi, H. 2002. Characterization of pullulan produced from beet molasses by *Aureobasidium pullulans* in a stirred tank reactor under varying agitation. *Enzyme and Microbial Technology*, 31: 122-132. [http://dx.doi.org/10.1016/S0141-0229\(02\)00082-0](http://dx.doi.org/10.1016/S0141-0229(02)00082-0).
7. **Lazaridou, A.**, Biliaderis, C. G. and Kontogiorgos, V. 2003. Molecular weight effects on solution rheology of pullulan and mechanical properties of its films. *Carbohydrate Polymers*, 52: 151-166. [http://dx.doi.org/10.1016/S0144-8617\(02\)00302-8](http://dx.doi.org/10.1016/S0144-8617(02)00302-8).
8. Skendi, A., Biliaderis, C.G., **Lazaridou, A.** and Izydorczyk, M.S. 2003. Structure and rheological properties of water soluble  $\beta$ -glucans from oat cultivars of *Avena sativa* and *Avena bysantina*. *Journal of Cereal Science*, 38: 15-31. [http://dx.doi.org/10.1016/S0733-5210\(02\)00137-6](http://dx.doi.org/10.1016/S0733-5210(02)00137-6).
9. **Lazaridou, A.**, Biliaderis, C.G. and Izydorczyk, M.S. 2003. Molecular size effects on rheological properties of oat  $\beta$ -glucans in solution and gels. *Food Hydrocolloids*, 17: 693-712. [http://dx.doi.org/10.1016/S0268-005X\(03\)00036-5](http://dx.doi.org/10.1016/S0268-005X(03)00036-5).

10. **Lazaridou, A.**, Biliaderis, C.G., Bacandritsos, N. and Sabatini, A. G. 2004. Composition, thermal and rheological behavior of selected Greek honeys. *Journal of Food Engineering*, 64: 9-21. <http://dx.doi.org/10.1016/j.jfoodeng.2003.09.007>.
11. **Lazaridou, A.**, Biliaderis, C.G., Micha-Screttas, M. and Steele, B.R. 2004. A comparative study on structure-function relations of mixed linkage (1→3), (1→4) linear  $\beta$ -glucans. *Food Hydrocolloids*, 18: 837-855. <http://dx.doi.org/10.1016/j.foodhyd.2004.01.002>.
12. **Lazaridou, A.\*** and Biliaderis, C.G. 2004. Cryogelation of cereal  $\beta$ -glucans: structure and molecular size effects. *Food Hydrocolloids*, 18: 933-947. <http://dx.doi.org/10.1016/j.foodhyd.2004.03.003>.
13. Papageorgiou, M., Lakhdara, N., **Lazaridou, A.**, Biliaderis C.G. and Izydorczyk, M.S. 2005. Water extractable (1→3, 1→4)- $\beta$ -D-glucans from barley and oats: an intervarietal study on their structural features and rheological behaviour. *Journal of Cereal Science*, 42: 213-224. <http://dx.doi.org/10.1016/j.jcs.2005.03.002>.
14. Kontogiorgos, V., Vaikousi, H., **Lazaridou, A.** and Biliaderis, C.G. 2006. A fractal analysis approach to viscoelasticity of physically cross-linked barley  $\beta$ -glucan gel networks. *Colloids and Surfaces B: Biointerfaces*, 49: 45-52. <http://dx.doi.org/10.1016/j.colsurfb.2006.03.011>.
15. **Lazaridou, A.\***, Duta, D., Papageorgiou M., Belc, N. and Biliaderis, C.G. 2007. Effects of hydrocolloids on dough rheology and bread quality parameters in gluten-free formulations. *Journal of Food Engineering*, 79: 1033-1047. [10.1016/j.jfoodeng.2006.03.032](http://dx.doi.org/10.1016/j.jfoodeng.2006.03.032).
16. Vaikousi, H., **Lazaridou, A.**, Biliaderis, C.G. and Zawistowski, J. 2007. Phase transitions, solubility and crystallization kinetics of phytosterols and phytosterol-oil blends. *Journal of Agricultural and Food Chemistry*, 55: 1790-1798. <http://dx.doi.org/10.1021/jf0624289>.
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## II. Peer-reviewed publications in proceedings journals

1. Biliaderis, C.G. and **Lazaridou, A.** 2009. Cereal non-starch polysaccharides as functional food ingredients: structure - physical property relations. *Journal on Processing and Energy in Agriculture*, 13 (3): 197-201.
2. Bouloumpasi, E., Hatzikamari, M., **Lazaridou, A.**, Chatzopoulou, P., Biliaderis, C. G., and Irakli, M. 2021. Antibacterial and Antioxidant Properties of Oregano and Rosemary Essential Oil Distillation By-Products. *Biology and Life Sciences Forum*, 6, 47. <https://doi.org/10.3390/Foods2021-11020>.

## III. Book Chapters

1. **Lazaridou, A.**, Biliaderis, C.G. and Izydorczyk, M.S. 2007. Cereal  $\beta$ -glucans: structure, physical properties and physiological functions. In *Functional Food Carbohydrates*, C.G. Biliaderis and M.S. Izydorczyk (eds.), CRC Press, Boca Raton, FL, USA, pp. 249-290.
2. Nazare, J.-A., Laville, M., Biliaderis, C.G., **Lazaridou, A.**, Onning, G., Salmenkallio-Marrtila, M., Triantafyllou, A. 2007.  $\beta$ -glucans. In *Novel Food Ingredients for Weight Control*, C.J.K. Henry (ed.), Woodhead Publishing Ltd., Cambridge, UK, pp. 131-152.
3. **Lazaridou, A.** and Biliaderis, C.G. 2008. Gluten-free Doughs: Rheological Properties, Testing Procedures-Methods and Potential Problems. In *Gluten – free Food Science and Technology*, E. Gallagher (ed.), Blackwell Pub. Professional, UK, 52-82.
4. **Lazaridou, A.** and Biliaderis, C.G. 2020. Edible Films and Coatings with Pectin. In *Pectin: Technological and Physiological Properties*, V. Kontogiorgos (ed.), Springer, Cham, Switzerland, 99-123.
5. **Lazaridou A., 2020.** Water in Foods (Chapter 2). *Introduction in Food Chemistry*, C. G. Biliaderis and A. D. Zampelas (Eds.), Broken Hill Publisher LDT, Nicosia, Cyprus, pp. 71-140 (English book translation to Greek: J. W. Brady. 2013. *Introductory Food Chemistry*, Cornell University Press).

## IV. Conference Books

1. **Lazaridou, A.**, Vaikousi, H. and Biliaderis, C.G. 2004. Molecular size effects on gelation of water-soluble barley and oat  $\beta$ -glucans. In *Gums and Stabilizers for the Food Industry 12*, P.A. Williams and G.O. Phillips (eds.), The Royal Society of Chemistry, UK, pp. 108-115.

## V. Conference Proceedings

1. **Lazaridou, A.** 2001. Production and characterization of pullulan from pretreated beet molasses using a non-pigmented strain of *Aureobasidium pullulans*. In *Proceedings of 6<sup>th</sup> Workshop on the 'Developments in the Italian and European PhD Research in Food Science and Technology'*, pp. 110-115.
2. **Lazaridou, A.**, Vaikousi, H. and Biliaderis, C.G. 2004. Molecular size effects on gelation of barley and oat  $\beta$ -glucans. In: *Gums and Stabilizers for the Food Industry 12*, P.A. Williams and G.O. Phillips (eds.), The Royal Society of Chemistry, p. 108-115.
3. **Lazaridou, A.**, Vaikousi, H., and Biliaderis, C.G. 2005. Structure development in mixed-linkage (1 $\rightarrow$ 3), (1 $\rightarrow$ 4)  $\beta$ -D-glucan hydrogels as probed by calorimetry and small deformation dynamic rheometry, In *Proceedings of Medicta, 7<sup>th</sup> Mediterranean Conference on Calorimetry and Thermal Analysis*, pp. 157-162.
4. Vaikousi, H. **Lazaridou, A.**, Biliaderis, C.G., and Zawistowski, J. 2005. Phase transitions of phytosterols and phytosterol-oil blends, In *Proceedings of Medicta, 7<sup>th</sup> Mediterranean Conference on Calorimetry and Thermal Analysis*, pp. 190-193.
5. Izydorczyk, M.S., **Lazaridou, A.**, Chornick, T. and Dushnicky, L. 2005. Molecular structure and degradation patterns of endosperm cell walls from barley differing in hardness and beta-glucan and protein contents, In *Proceedings of 18<sup>th</sup> North American Barley Researchers Workshop and 4<sup>th</sup> Canadian Barley Symposium*, pp. 93-98.
6. **Lazaridou, A.**, Vaikousi, H. and Biliaderis, C. G. 2007. Effects of polyols on barley  $\beta$ -glucan cryogelation in ice cream model systems. In *Proceedings of the 5<sup>th</sup> International Congress in Food Technology: Consumer Protection through Food Process Improvement & Innovation in the Real World*, Vol. 2, pp. 269-276.
7. Fustier, P., **Lazaridou, A.** and Biliaderis, C.G. 2007. Compression, creep and stress-relaxation testing of wheat flour and gluten-free doughs – relation to end-product properties. In *Proceedings of the 5<sup>th</sup> International Congress in Food Technology: Consumer Protection through Food Process Improvement & Innovation in the Real World*, Vol. 1, pp. 173-181.
8. Biliaderis, C.G. & **Lazaridou, A.** 2009. Cereal non-starch polysaccharides as functional ingredients: structure - physical property relations. 1st International Conference on Sustainable Postharvest and Food Technologies INOPTTEP 2009, *PTEP, Journal on Processing and Energy in Agriculture*, 13 (3), 197-201.
9. Bouloumpasi, E., Hatzikamari, M., **Lazaridou, A.**, Chatzopoulou, P., Biliaderis, C. G., & Irakli, M. 2021. Antibacterial and Antioxidant Properties of Oregano and Rosemary Essential Oil Distillation By-Products. In *Proceedings of the 2nd International Electronic Conference on Foods - "Future Foods and Food Technologies for a Sustainable World (e-Conference), Foods 2021*, 68, x. <https://doi.org/10.3390/xxxxx>.

## VI. Invited talks (Conferences, institutes etc.)

1. **Lazaridou, A.** 2010. Molecular origin of cereal  $\beta$ -glucan functionality - rheological and technological aspects. 'Young Scientist's Award – 2009' by the Rheology division of American Association of Cereal Chemists (AACC) International, A.A.C.C. International Annual Meeting, October 24-27, Savannah, Georgia, U.S.A.
2. **Lazaridou, A.** 2014. Rheological characterization of food carbohydrate systems. 'Doctorate teaching activities', PhD Program in Food, Agricultural and Biosystems Science and Engineering, Higher Technical School of Agricultural Engineering, University of Valladolid, 24-29 November, Palencia, Spain.
3. **Lazaridou, A.** 2015. Mechanical properties for the determination of firmness retention of sweet cherry fruits. COST ACTION FA1104 Training School, 'Qualitative, physicochemical and phytochemical indicators of cherry fruit quality', Cyprus University of Technology, 2-4 June, Limassol, Cyprus.

4. **Lazaridou, A.** 2015. Quality attributes of sweet cherry fruits: sugar and organic acid analysis. COST ACTION FA1104 Training School, ‘Qualitative, physicochemical and phytochemical indicators of cherry fruit quality’, Cyprus University of Technology, 2-4 June, Limassol, Cyprus.
5. **Lazaridou, A.** & Biliaderis, C. G. 2017. Analytical tools for exploring functionality of cereal dietary fibers in foods. Mini Symposium, ‘Carbohydrates in Food, Pet Food & Feed’, Eurofins Carbohydrate Competence Centre, Eurofins Food Testing Netherlands, 27 March, Utrecht, The Netherlands.
6. **Lazaridou, A.** 2018. Technology of gluten free bakery products. 7<sup>th</sup> Hellenic Conference Agrotica, 3 February, Thessaloniki, Greece.
7. **Lazaridou, A.** 2018. Cereal  $\beta$ -glucans: structure – function relations. School of Industrial Food Engineering, San Agustin National University Arequipa, 13 November, Arequipa, Peru.
8. **Lazaridou, A.** 2018. Cereal  $\beta$ -glucans: applications in formulated food products. School of Industrial Food Engineering, San Agustin National University Arequipa, 16 November, Arequipa, Peru.
9. **Lazaridou, A.,** Biliaderis, C. G., & Kotsiou K. 2020. Development of innovative grain flours, sourdough preparations and baked products for preventing chronic diseases and improving quality of life – SITO research project. ‘Research projects of Laboratory for Interdisciplinary Archaeological Research of Archaeology Department of History and Archaeology School AUTH’, Dept. of Archaeology, School of History and Archaeology, Aristotle University of Thessaloniki, LIRA & PlantCult project, 13 February, Thessaloniki, Greece.
10. **Lazaridou, A.,** 2020. Enrichment of bakery products with cereal  $\beta$ -glucans: advantages and challenges for the food industry, 9<sup>th</sup> Artozymba – Scientific Workshop ‘The (+) and (-) in bakery and confectionery’, Hellenic Association of Food Scientists and Technologists (HEL.A.F.S.T.), 23 February, Thessaloniki, Greece.

## VII. Conference presentations

1. **Lazaridou, A.** and Biliaderis, C.G. 1998. Isolation, characterization and rheological properties of carob galactomannans. In 6<sup>th</sup> Conference of the Greek Institute of Food Scientists, Nov. 19-21, Thessaloniki, Greece.
2. **Lazaridou, A.,** Biliaderis, C.G. and Arvanitoyannis, I.S. 1999. Glass transition and physical properties of polyol-plasticized pullulan-starch blends at low moisture. In Workshop on ‘Molecular Mobility in Foods - MMF’, April 6-7, Camogli, Italy.
3. **Lazaridou, A.** 2001. Production and characterization of pullulan from pretreated beet molasses using a non-pigmented strain of *Aureobasidium pullulans*. 6<sup>th</sup> Workshop on the ‘Developments in the Italian and European PhD Research in Food Science and Technology’, September 20-22, Acitrezza, Italy.
4. **Lazaridou, A.** and Biliaderis, C.G. 2002. Thermomechanical behavior of polysaccharides and their blends: molecular weight and plasticization effects. 1<sup>st</sup> Hellenic Conference on Thermal Analysis, September 27-29, Lake Kerkini, Greece.
5. Biliaderis, C.G. and **Lazaridou, A.** 2002. Glass transition and stability of low-moisture food systems. 1<sup>st</sup> Hellenic Conference on Thermal Analysis, September 27-29, Lake Kerkini, Greece.
6. **Lazaridou, A.,** Vaikousi, H. & Biliaderis, C.G. 2003. Molecular size effects on gelation of water-soluble barley and oat  $\beta$ -glucans, 12th Gums and Stabilizers for the Food Industry, June 23-27, Wrexham, UK.
7. **Lazaridou, A.,** Vaikousi, H. and Biliaderis, C.G. 2003. Rheological properties of oat and barley  $\beta$ -glucan aqueous dispersions, 12th Gums and Stabilizers for the Food Industry, June 23-27, Wrexham, UK.



8. **Lazaridou, A.**, Irakli, M., Izydorczyk, M.S. and Biliaderis, C.G. 2004. Effects of various processing factors on gelation of cereal beta-glucans, 89<sup>th</sup> Annual Meeting of A.A.C.C., September 19-22, San Diego, USA.
9. Izydorczyk, M.S., **Lazaridou, A.**, Chornick, T. and Biliaderis, C.G. 2004. The role of endosperm cell walls in texture of barley grain, 89<sup>th</sup> Annual Meeting of A.A.C.C., September 19-22, San Diego, USA.
10. Kontogiorgos, V., Vaikousi, H. **Lazaridou, A.**, and Biliaderis, C.G. 2005. Fractal scaling behavior of cross-linked  $\beta$ -glucan gel networks, 13th Gums and Stabilizers for the Food Industry, June 20-24, Wrexham, UK.
11. **Lazaridou, A.**, Vaikousi, H., and Biliaderis, C.G. 2005. Structural development in mixed-linkage (1 $\rightarrow$ 3), (1 $\rightarrow$ 4)  $\beta$ -D-glucan hydrogels as probed by calorimetry and small deformation dynamic rheometry, 7<sup>th</sup> Mediterranean Conference on Calorimetry and Thermal Analysis, Medicta, July 2-6, Thessaloniki, Greece.
12. Vaikousi, H. **Lazaridou, A.**, Biliaderis, C.G., and Zawistowski, J. 2005. Phase transitions of phytosterols and phytosterol-oil blends, 7<sup>th</sup> Mediterranean Conference on Calorimetry and Thermal Analysis, Medicta, July 2-6, Thessaloniki, Greece.
13. Izydorczyk, M.S., **Lazaridou, A.**, Chornick, T. and Dushnicky, L. 2005. Molecular structure and degradation patterns of endosperm cell walls from barley differing in hardness and beta-glucan and protein contents, 18<sup>th</sup> North American Barley Researchers Workshop and 4<sup>th</sup> Canadian Barley Symposium, July 17-20, Red Deer, Alberta, Canada.
14. Izydorczyk, M.S., **Lazaridou, A.**, Chornick, T. and Biliaderis, C.G. 2005. Degradation of isolated endosperm cell walls from barley grains differing in hardness and protein content by malt extracts, 90<sup>th</sup> Annual Meeting of A.A.C.C., September 11-14, Orlando, USA.
15. **Lazaridou, A.**, Biliaderis, C.G. and Vaikousi, H. 2006. Enrichment of gluten-free bread formulations with water-soluble oat  $\beta$ -glucan: effects on dough rheology and bread quality parameters. Dietary fibre 2006, multifunctional complex of components, June 12-14, Helsinki, Finland.
16. **Lazaridou, A.** and Biliaderis, C.G. 2006. Effects of sugars on cryogelation of barley  $\beta$ -glucans. 2<sup>nd</sup> International Congress on Bioprocesses in Food Industries (ICBF 2006), June 18-21, Patras, Greece.
17. **Lazaridou, A.**, Vaikousi, H. and Biliaderis, C. G. 2007. Effects of polyols on barley  $\beta$ -glucan cryogelation in ice cream model systems. 5<sup>th</sup> International Congress in Food Technology: Consumer Protection through Food Process Improvement & Innovation in the Real World, March 9-11, Thessaloniki, Greece.
18. Fustier, P., **Lazaridou, A.** and Biliaderis, C.G. 2007. Compression, creep and stress-relaxation testing of wheat flour and gluten-free doughs – relation to end-product properties. 5<sup>th</sup> International Congress in Food Technology: Consumer Protection through Food Process Improvement & Innovation in the Real World, March 9-11, Thessaloniki, Greece.
19. **Lazaridou, A.** Chornick, T. Dushnicky, L., Bazin, S., Izydorczyk, M.S. 2007. Composition and Molecular Structure of Polysaccharides Released from Barley Endosperm Cell Walls by Sequential Extraction with Water, Malt Enzymes, and Alkali. Canadian Barley Symposium, The Science and Joy of Canadian Barley and Beer, June 25-29, Winnipeg, Manitoba, Canada.
20. E. Kristo, **Lazaridou, A.** and Biliaderis, C.G. 2007. Thermomechanical properties of mixed biopolymer systems. 3<sup>rd</sup> Hellenic Conference on Thermal Analysis, December, 7-9<sup>th</sup>, Athens.
21. **Lazaridou, A.** and Biliaderis, C.G. 2007. Glass transition of selected Greek honeys. 3<sup>rd</sup> Hellenic Conference on Thermal Analysis, December 7-9, Athens.
22. **Lazaridou, A.** 2008. Challenges and opportunities for gluten-free products. Trends in Cereal Science and Technology: Industrial Applications, Workshop, Febr. 4-5, Thessaloniki, Greece.
23. **Lazaridou, A.**, Vaikousi, H. and Biliaderis, C.G. 2008. Molecular size effects on gelation of barley and oat  $\beta$ -glucans. Trends in Cereal Science and Technology: Industrial Applications, Workshop, Febr. 4-5, Thessaloniki, Greece.

24. Tzikas, Z., Soultos, N., Ambrosiadis, I., Georgakis, S. and **Lazaridou, A.** 2008. Low-salt restructured mediterranean horse mackerel (*Trachurus Mediterranean*) products using microbial transglutaminase as cold-set binder. 1<sup>st</sup> Hellenic Congress for Productive Animals, Hygiene-Safety of Foods of Animal Origin and Consumer Protection, March 14-16, Athens.
25. Tzikas, Z., Soultos, N., Ambrosiadis, I., Georgakis, S. & **Lazaridou, A.** 2008. Low-salt restructured Mediterranean horse mackerel (*Trachurus mediterraneus*) products using microbial transglutaminase as cold-set binder. 38<sup>th</sup> Annual WEFTA (West European Fish Technologists Association) meeting: Seafood from catch and aquaculture for a sustainable supply, September 17-19, Florence, Italy.
26. Biliaderis, C.G. & **Lazaridou, A.** 2009. Cereal non-starch polysaccharides as functional ingredients: structure - physical property relations. 1<sup>st</sup> International Conference on Sustainable Postharvest and Food Technologies INOPTTEP 2009, April 21-26, Divcibare, Serbia.
27. **Lazaridou, A.** 2009. Structure-functionality relations of cereal beta-glucans in food systems. Cereal beta-glucan in foods - State and functionality, Workshop, June 30, Vienna, Austria.
28. Marinopoulou A., **Lazaridou, A.** & Biliaderis, C.G. 2009. Fate of  $\beta$ -glucans during making of traditional Cretan barley rusks. 4<sup>th</sup> International Dietary Fibre Conference, July 1-3, Vienna, Austria.
29. **Lazaridou, A.**, Biliaderis, C.G. & Vaikousi, H. 2009. Structure-function relations of cereal  $\beta$ -glucans in food model systems. 4<sup>th</sup> International Dietary Fibre Conference, July 1-3, Vienna, Austria.
30. Patsioura, A., Gekas, V., **Lazaridou, A.** & Biliaderis, C. 2009. Study of Enzymatic hydrolysis & characterization of oat flour hydrolyzates. 8<sup>th</sup> European Young Cereal Scientists and Technologists Workshop, August 3-5, Viterbo, Italy.
31. Biliaderis, C.G. & **Lazaridou, A.** 2009. Analytical approaches to understanding quality and functionality aspects of cereal dietary fibers. 6<sup>th</sup> International Conference Instrumental Methods of Analysis Modern Trends and Applications, October 4-8, Athens, Greece.
32. **Lazaridou, A.**, Serafimidou, A. Biliaderis, C.G. & Tzanetakakis, N. 2010. Effect of oat  $\beta$ -glucan on physicochemical attributes of set yogurt containing a probiotic culture. 13<sup>th</sup> Food Colloids 2010: On the Road...From Interfaces to Consumers, March 22-24, Granada, Spain.
33. Skendi, A., Biliaderis, C. G. & **Lazaridou, A.** 2010. Structural variation and rheological properties of arabinoxylans from six breadmaking greek wheat cultivars. 13<sup>th</sup> Food Colloids 2010: On the Road...From Interfaces to Consumers, March 22-24, Granada, Spain.
34. Moschakis, T., Lazaridou, A., Ioannou, K. & Biliaderis, C. G. 2010. Structural properties of bovine serum albumin / chitosan coacervates. 13<sup>th</sup> Food Colloids 2010: On the Road...From Interfaces to Consumers, March 22-24, Granada, Spain.
35. **Lazaridou, A.** 2010. Water dynamics and water management in food products: 'water activity' vs. 'molecular mobility' in relations to product stability. Understanding, measuring and predicting the shelf life of foods: Theory-Applications, Workshop, May 27-28, Thessaloniki, Greece.
36. Biliaderis C. & **Lazaridou, A.** 2010. Shelf life of bakery items. Understanding, measuring and predicting the shelf life of foods: Theory-Applications, Workshop, May 27-28, Thessaloniki, Greece.
37. **Lazaridou, A.** 2010. Molecular origin of cereal  $\beta$ -glucan functionality - rheological and technological aspects. A.A.C.C.International Annual Meeting, October 24-27, Savannah, Georgia, U.S.A.
38. **Lazaridou, A.**, Marinopoulou, A., Matsoukas, N. P. & Biliaderis C. G. 2010. Effects of flour particle size and autoclaving on physicochemical and functional properties of dough and Cretan barley rusks. A.A.C.C.International Annual Meeting, October 24-27, Savannah, Georgia, U.S.A.

39. **Lazaridou, A.**, Papoutsi, Z., Biliaderis, C.G., Moutsatsou, P. 2010. Impact of molecular structure of cereal  $\beta$ -glucans on anti-inflammatory activity in human aortic endothelial cells. A.A.C.C. International Annual Meeting, October 24-27, Savannah, Georgia, U.S.A.
40. Moschakis, T., **Lazaridou, A.** & Biliaderis, C.G. 2011. Using particle tracking to probe the local dynamics of barley  $\beta$ -glucan solutions. 11<sup>th</sup> International Congress on Engineering and Food: Food Process Engineering in a Changing World, ICEF11, May 22-26, Athens, Greece.
41. Patsioura, A., Gekas, V., **Lazaridou, A.** & Biliaderis, C. 2011. Kinetics of heterogeneous amylolysis in oat flour and characterization of hydrolyzates. 11<sup>th</sup> International Congress on Engineering and Food: Food Process Engineering in a Changing World, ICEF11, May 22-26, Athens, Greece.
42. **Lazaridou, A.**, Vouris, D., Nikolaou, K., and Manthopoulos, P. 2013. *In vitro* digestion assay of glucose release in biscuits differing in dietary fiber content. 2<sup>nd</sup> International Conference on Food Digestion, 2<sup>nd</sup>ICFD, March 6-8, Madrid, Spain.
43. **Lazaridou, A.**, Marinopoulou, A., Matsoukas, N.P. and Biliaderis C.G. 2013. Effect of particle size and hydrothermal processing of flour on nutritional functionality of barley rusks as evaluated by *in vitro* digestion assays. 2<sup>nd</sup> International Conference on Food Digestion, 2<sup>nd</sup>ICFD, March 6-8, Madrid, Spain.
44. Vouris, D., **Lazaridou, A.** and Biliaderis, C.G. 2013. Effect of flour particle size on rheology and starch gelatinization of wheat doughs. Cereals and Europe Spring Meeting 2013, Unlocking the full potential of cereals: challenges for science based innovation, May 29-31, Leuven, Belgium.
45. **Lazaridou, A.**, Marinopoulou, A., Matsoukas, N P. and Biliaderis C.G. 2013. Functional properties of traditional Cretan barley rusks from flour differing in particle size. Cereals and Europe Spring Meeting 2013, Unlocking the full potential of cereals: challenges for science based innovation, May 29-31, Leuven, Belgium.
46. **Lazaridou, A.**, Biliaderis, C. G., Syllaidopoulos, A. and Christidis, P. 2013. Functional and sensory evaluation of sugar-free biscuits enriched in barley beta-glucan according to the new EFSA's health claims. A.A.C.C. International Annual Meeting, September 29 - October 2, Albuquerque, New Mexico, U.S.A..
47. Mygdalia, A., **Lazaridou, A.** and Biliaderis, C. G. 2013. A submerged chickpea fermentation extract used as leavening agent for improving quality of gluten-free breads. A.A.C.C. International Annual Meeting, September 29 - October 2, Albuquerque, New Mexico, U.S.A..
48. Vouris, D., **Lazaridou, A.**, and Biliaderis, C. G. 2013. Impact of jet milling on physical properties of wheat flour doughs. International Annual Meeting, September 29 - October 2, Albuquerque, New Mexico, U.S.A..
49. Evangelidou, A., Karagiannis, E., Siskas, E., Minas, I.S., **Lazaridou, A.**, and Molassiotis, A. 2013. Evaluation of quality characteristics of sweet cherry cultivars during the postharvest and storage period. 26<sup>o</sup> Hellenic Congress of the Greek Society for Horticultural Science, 15-18 October, Kalamata, Greece.
50. Moschakis, T., **Lazaridou, A.** and Biliaderis, C. G. 2014. Exploring the local dynamics of  $\beta$ -glucan solutions with different molecular characteristics by using particle tracking microrheology. 15<sup>th</sup> Food Colloids Conference, April 13-16, Karlsruhe, Germany.
51. **Lazaridou, A.**, Kritikopoulou, K., and Biliaderis, C. G. 2014. Barley  $\beta$ -glucan cryostructures as encapsulation matrices for controlled delivery of proteins. 12<sup>th</sup> International Hydrocolloids Conference. May 5-9, Taipei, Taiwan.
52. **Lazaridou, A.**, and Biliaderis, C. G. 2014. Phase separated cereal  $\beta$ -glucan / milk protein systems in model and real dairy products. 12<sup>th</sup> International Hydrocolloids Conference. May 5-9, Taipei, Taiwan.
53. Goulas V., Kourdoulas P.M., Minas, I.S., **Lazaridou, A.**, and Molassiotis, A., Gerothanasis, I. and Manganaris, G.A. 2014. High-throughput NMR-based targeted metabolite profiling to

- elucidate postharvest performance of sweet cherry (*Prunus avium*) fruit. 5th International Postharvest Unlimited. June 10-13, Limassol, Cyprus.
54. Kouzounis, D., **Lazaridou, A.**, and Katsanidis, E. 2014. Structuring of edible oleogels with monoglycerides and phytosterols - implementation in meat products. 1st International Conference on: "Global Trends in the Agro-food Sector", September 11-13, Kalamata, Greece.
  55. **Lazaridou, A.**, Vouris, D., Biliaderis C. G., and Zoumpoulakis, P. 2014. Impact of jet-milling on physicochemical properties of wheat flour, dough and breads. A.A.C.C. International Annual Meeting, October 5-8, Providence, Rhode Island, U.S.A..
  56. Gkountenoudi-Eskitzi, I., **Lazaridou, A.**, Goula, A. M., and Biliaderis, C. G. 2014. Development of gluten-free breads enriched with chickpea and acorn flours using response surface methodology. A.A.C.C. International Annual Meeting, October 5-8, Providence, Rhode Island, U.S.A..
  57. Gkountenoudi-Eskitzi, I., **Lazaridou, A.**, Irakli, M. N., Bosnea, L., and Biliaderis, C. G. 2014. Evaluation of phenolic compounds and antioxidant activity of gluten-free bread formulations enriched with acorn and chickpea flours. International Conference of Emerging Trends in Biotechnology (ICETB 2014), 6-9 November, New Delhi, India.
  58. Gkountenoudi-Eskitzi, I., **Lazaridou, A.**, and Biliaderis, C. G. 2015. *In vitro* starch digestibility and *in vivo* glycemic response of gluten-free bread enriched with chickpea and acorn flours. 4<sup>th</sup> International Conference on Food Digestion, 4<sup>th</sup>ICFD, March 17-19, Naples, Italy.
  59. Theologidou, G., Zoric, L., **Lazaridou, A.**, Lukovic, J. and Tsialtas, J.T. 2015. Cooking time of lentils (*Lens culinaris*) as related to seed coat anatomy, cultivar and P fertilization. Eucarpia International Symposium on Protein Crops-V Meeting AEL: Plant proteins for the future, May 4-7, Pontevedra, Spain.
  60. Perez-Quirce S., **Lazaridou A.**, Biliaderis C.G. and Ronda F. 2015. Impact of oat  $\beta$ -glucan molecular weight on viscoelastic behavior of gluten-free rice-based doughs. 6<sup>th</sup> International Dietary Fibre Conference 2015, From Fibre Functionality to Health, June 1-3, Paris, France.
  61. Karagiannis, E., Minas, I., **Lazaridou, A.** and Molassiotis, A. 2016. The impact of modified atmosphere and 1-MCP in the quality traits of sweet cherry. Final COST FA1104 Conference, Sustainable production of high-quality cherries for the European market, April 4-8, Naoussa, Greece.
  62. Michailidis, M., Karagiannis, E., Rodovitis, I., Savvidis, S., **Lazaridou, A.** and Molassiotis, A. 2016. The effect of preharvest and postharvest  $\text{CaCl}_2$  application on sweet cherry quality. Final COST FA1104 Conference, Sustainable production of high-quality cherries for the European market, April 4-8, Naoussa, Greece.
  63. Biliaderis, C. G. and **Lazaridou, A.** 2016. Cell wall polysaccharides from cereal grains as functional ingredients in formulated food products: structure – function relations. XIV Cell Wall Meeting, June 12-17, Chania, Greece.
  64. Fotakidis, D., Karagianni, M., Irakli, M., **Lazaridou A.** and Tsialtas, J.T. 2016. Differences in certain seed characteristics among *Vicia* species. 16<sup>th</sup> Hellenic Conference on Genetics and Plant Breeding: The contribution of plant breeding to exit from the financial crisis, September 28-30, Florina, Greece.
  65. **Lazaridou, A.**, Tananaki, C., Polatidou, K. and Biliaderis, C. G. 2016. Kinetics of production of creamed honey from unblended Greek varieties. International congress FoodTech 2016: III International congress 'Food Technology, quality and safety, October 25-27, Novisad, Serbia.
  66. Dapcevic Hadnadev, T., Hadnadev, M., **Lazaridou, A.**, Moschakis, T. and Biliaderis, C. G. 2016. Physicochemical properties of hemp (*Cannabis Sativa L.*) protein isolates: Effects of isolation technique and conditions. International congress FoodTech 2016: III International congress 'Food Technology, quality and safety, October 25-27, Novisad, Serbia.

67. Biliaderis, C. G. and **Lazaridou, A.** 2016. Structural features, functionality and formulation challenges with fibers from cereal grains. International congress FoodTech 2016: III International congress 'Food Technology, quality and safety, October 25-27, Novisad, Serbia.
68. **Lazaridou, A.** & Biliaderis, C. G. 2017. Analytical tools for exploring functionality of cereal dietary fibers in foods. Mini Symposium, 'Carbohydrates in Food, Pet Food & Feed', Eurofins Carbohydrate Competence Centre, Eurofins Food Testing Netherlands, 27 March, Utrecht, The Netherlands.
69. Katsanidis, E., Moschakis, T., **Lazaridou, A.**, Biliaderis, C.G. and Kouzounis, D. 2017. Lipid structuring as a means for trans and saturated fat reduction. 5th International Conference: Sustainable Postharvest and Food technologies – INOPTTEP 2017, April 23-28, Vršac, Serbia.
70. **Lazaridou, A.** 2018. Technology of gluten free bakery products. 7<sup>th</sup> Hellenic Conference Agrotica, 3 February, Thessaloniki, Greece.
71. **Lazaridou, A.** 2018. *In vitro* starch digestibility in functional bakery products. COST ACTION FA1005: Improving health properties of food by sharing our knowledge on the digestive process, INFOGEST, 13<sup>th</sup> Workshop, 12-13 April, Leeds, UK.
72. Christofi, M. N., Mourtzinis, I., Drogoudi, P., **Lazaridou, A.**, Biliaderis, C. G. and Manganaris, G. A. 2018. Elaboration of protocols to define sensorial attributes and mechanical properties of canned peaches. 30th International Horticultural Congress, 12-16 August, Istanbul, Turkey.
73. Sereti, V., **Lazaridou, A.**, Tananaki, C. and Biliaderis, C. G. 2018. Creamed honey production by controlling physicochemical parameters. 1<sup>st</sup> Hellenic Student Conference on Agricultural Sciences, 10-11 November, Thessaloniki, Greece.
74. Valamoti, S. M., Petridou, C., Heiss, A. G., Azorin, M. B., Stika, H.-P., Fiorentino, G., Primavera, M., Biliaderis, C. G., **Lazaridou, A.**, Sereti, V., Fyntikoglou, V., Symponis, K., and Papadopoulou, L. 2019. Sitos: an interdisciplinary investigation of 'cereal food' in the ancient Greek world integrating literary sources, experimentation, food science, archaeobotany and scanning electron microscopy. 18th Conference of the International Workgroup for Palaeoethnobotany, 3-8 June, Lecce, Italy.
75. Zampouni, K., Biliaderis, C. G., Soniadiis, A., **Lazaridou, A.**, Moschakis, T., and Katsanidis, E. (2019). Physicochemical properties of olive oil oleogels structured with monoglycerides. 1<sup>st</sup> International Conference in Advanced Production and Processing, 10-11 October, Novi Sad, Serbia.
76. Soniadiis, A. Biliaderis, C. G., Zampouni, K., Moschakis, T., **Lazaridou, A.**, and Katsanidis, E. (2019). Improvement of the nutritional profile of Greek sausages by animal fat substitution. 1<sup>st</sup> International Conference in Advanced Production and Processing, 10-11 October, Novi Sad, Serbia.
77. Wagner, J., Maras, A., Prodromidis, P., Kandylis, P., **Lazaridou, A.**, Biliaderis, C. G., and Moschakis, T. (2019). Production of a novel whey cheese by using complex coarcevation. 12<sup>th</sup> International Scientific and Professional Conference WITH FOOD TO HEALTH, 24-25 October, Osijek, Croatia.
78. Kotsiou, K., **Lazaridou, A.**, and Biliaderis, C. G. (2019). Fortification of wheat bread with flours from processed legume seeds and impact on product quality attributes. 33rd EFFoST International Conference: Sustainable Food Systems - Performing by Connecting, 12-14 November, Rotterdam, The Netherlands.
79. **Lazaridou, A.**, Gidari – Gounaridou, C., Kotsiou, K., and Biliaderis, C. G. (2019). Impact of dry sourdough from chickpea fermentation extract on quality characteristics of gluten-free bread. 33rd EFFoST International Conference: Sustainable Food Systems - Performing by Connecting, 12-14 November, Rotterdam, The Netherlands.
80. Kokkinomagoulos, E., Kandylis, P., Prodromidis, P., Sereti, V., Zampouni, K., Wagner, J., Katsanidis, E., **Lazaridou, A.**, Moschakis, T., and Biliaderis, C. G. (2020). Impact of yeast strain, fermentation temperature and sugar content on pomegranate alcoholic beverage

- production and characteristics. ISEKI Food Association, e-conference (Vienna, Austria), Food Quality and Texture in Sustainable Production and Healthy Consumption, 18-19 November.
81. Prodromidis, P., Mourtzinis, I., Wagner, J., Kokkinomagoulos, E., Kandyliis, P., Sereti, V., Zampouni, K., Katsanidis, E., **Lazaridou, A.**, Biliaderis, C. G., and Moschakis, T. (2020). Use of phenol-rich red onion skin waste extracts as natural colorants in yoghurt-like products. ISEKI Food Association, e-conference (Vienna, Austria), Food Quality and Texture in Sustainable Production and Healthy Consumption, 18-19 November.
  82. **Lazaridou, A.**, Keramari, S., Sereti, V., and Biliaderis, C. G. (2020). Impact of sourdough from a commercial starter culture on gluten free rice breads supplemented with chickpea flour. ISEKI Food Association, e-conference (Vienna, Austria), Food Quality and Texture in Sustainable Production and Healthy Consumption, 18-19 November.
  83. **Lazaridou, A.**, Mouzakitiss, C.-K., Sereti, V., Wagner, J., and Biliaderis, C. G. (2020). Physicochemical properties and application of zein based edible coatings for extending wheat bread shelf life. ISEKI Food Association, e-conference (Vienna, Austria), Food Quality and Texture in Sustainable Production and Healthy Consumption, 18-19 November.
  84. Sereti, V., **Lazaridou, A.**, and Biliaderis, C. G. (2020). Rheological aspects of barley emulsion gels used as fat replacers in reduced fat biscuits. ISEKI Food Association, e-conference (Vienna, Austria), Food Quality and Texture in Sustainable Production and Healthy Consumption, 18-19 November.
  85. Kotsiou, K., Sacharidis, D.-D., **Lazaridou, A.**, and Biliaderis, C. G. (2020). Rheological, textural and sensorial characteristics of wheat dough and bread formulations fortified with yellow split pea flours. ISEKI Food Association, e-conference (Vienna, Austria), Food Quality and Texture in Sustainable Production and Healthy Consumption, 18-19 November.
  86. Sereti, V. **Lazaridou, A.**, Kokkinomagoulos, E., Prodromidis P., Wagner, J., and Biliaderis, C. G. (2021). Development of barley emulsion gels and evaluation of their rheological Properties. VII: International Congress, Engineering, Environment and Materials in Process Industry, EEM2021, 17-19 March, Jahorina, Republica of Srpska, Bosnia and Herzegovina.
  87. Papagianni, E., Stavratiss, T., Kotsiou, K., Biliaderis C.G., and **Lazaridou, A.** (2021). Fortification of Wheat Bread with Plant Protein Isolates. 6th International ISEKI-Food Conference (ISEKI-Food 2021), e-conference (Vienna, Austria), Sustainable development goals in food systems: challenges and opportunities for the future, 23-25 June.
  88. Sereti, V., **Lazaridou, A.**, Biliaderis, C.G. and Valamoti S. M. (2021). Functional properties of flours, doughs and breads from grains and seeds used in the ancient and present cuisine. 6th International ISEKI-Food Conference (ISEKI-Food 2021), e-conference (Vienna, Austria), Sustainable development goals in food systems: challenges and opportunities for the future, 23-25 June.
  89. Sereti, V., **Lazaridou, A.**, Tananaki, C. and Biliaderis, C.G. (2021). A multi-instrumental approach for the physicochemical characterization of a cotton honey-based spread produced by controlling compositional and processing parameters. 12<sup>th</sup> International Conference on Instrumental Methods of Analysis Modern Trends and Applications (IMA 2021), virtual event (Thessaloniki & Athens, Greece), 20-23 September.
  90. Kotsiou, K., **Lazaridou, A.**, and Biliaderis, C.G. (2021). Physical properties and quality evaluation of composite dough and bakery products using a multi-analytical instrumental approach. 12<sup>th</sup> International Conference on Instrumental Methods of Analysis Modern Trends and Applications (IMA 2021), virtual event (Thessaloniki & Athens, Greece), 20-23 September.
  91. Nouska, C., Hatzikamari, M., Biliaderis, C.G., and **Lazaridou, A.** (2021). Physicochemical and sensorial properties of wheat bread with sourdough made from starter culture isolated from a submerged chickpea fermentation extract. 12<sup>th</sup> International Conference on Instrumental Methods of Analysis Modern Trends and Applications (IMA 2021), virtual event (Thessaloniki & Athens, Greece), 20-23 September.

92. Bouloumpasi, E., Hatzikamari, M., **Lazaridou, A.**, Chatzopoulou, P., Biliaderis, C. G., & Irakli, M. (2021). Antibacterial and Antioxidant Properties of Oregano and Rosemary Essential Oil Distillation By-Products. The 2nd International Electronic Conference on Foods - "Future Foods and Food Technologies for a Sustainable World (e-Conference), Foods 2021, 15-30 October.
93. Papagianni, E., Kotsiou, K., Biliaderis, C.G., & **Lazaridou, A.** (2021). Exploring the development of a “clean-label” gluten free bread. ISEKI Food Association, e-conference (Timisoara, Romania), Food Texture, Quality Safety and Biosecurity in the Global Bioeconomy, 10-12 November.
94. Dimakopoulou-Papazoglou, D., **Lazaridou, A.**, Biliaderis, C.G., & Katsanidis, E. (2021). Thermal transition of osmotically processed beef meat by differential scanning calorimetry. ISEKI Food Association, e-conference (Timisoara, Romania), Food Texture, Quality Safety and Biosecurity in the Global Bioeconomy, 10-12 November.
95. Papagianni, E., Kotsiou, K., Biliaderis, C.G., & **Lazaridou, A.** (2022). Development of a “clean-label” gluten-free bread fortified with flaxseeds and sprouted lentils. 7<sup>th</sup> Cereals & Europe Spring Meeting, “Cereals: Archaic food of the future”, 6-8 April, Thessaloniki, Greece.

## **Institutional and administrative responsibilities**

1. Member of the organizing committee for the Workshop: ‘Understanding, measuring and predicting the shelf life of foods: Theory-Applications’, May 27-28, 2010, Thessaloniki, Greece.
2. Committee member for the Internal Evaluation of the undergraduate and post-graduate program in “Food Science and Technology”, School of Agriculture, Aristotle University of Thessaloniki (2012).
3. Member of the General Assembly of the School of Agriculture, Aristotle University of Thessaloniki (2013-2014 & 2017-2018).
4. Supervisor of undergraduate students’ Internship program, Dept. of Food Science & Technology, Aristotle University of Thessaloniki, funded by the National Strategic Reference Framework (NSRF) 2007-13, Greek Ministry of Education - General Secretariat for Research & Technology (2011-2013).
5. Member of Implementation committee of undergraduate students’ Internship program, School of Agriculture, Aristotle University of Thessaloniki, Greece (2014- ).
6. Committee member for the supply and receiving equipment and consumables funded by research programs of the School of Agriculture, Aristotle University of Thessaloniki.
7. Director, Lab. Food Chemistry & Biochemistry, Faculty of Agriculture, Aristotle University of Thessaloniki, Greece (2018- ).
8. Committee member of the M.Sc. Graduate Program in ‘Food Science and Nutrition’, Department of Food Science and Technology, School of Agriculture, Aristotle University of Thessaloniki, Greece.
9. Μέλος της Συντονιστικής Επιτροπής του Μεταπτυχιακού Προγράμματος Σπουδών «Επιστήμη Τροφίμων και Διατροφή» του Τομέα Επιστήμης & Τεχνολογίας Τροφίμων (2018-σήμερα).

## **Cost Action Membership**

1. Member in COST ACTION FA1001: 'The application of innovative fundamental food-structure-property relationships to the design of foods for health, wellness and pleasure', 2010-2014.
2. Member in COST ACTION FA1104: 'Sustainable production of high-quality cherries for the European Market', 2012-2016.
3. Management Committee in COST ACTION FA1005: 'Improving health properties of food by sharing our knowledge on the digestive process (INFOGEST)', 2011-2015.