CURRICULUM VITAE

GEORGIA DIMITRELI
Professor
Department of Food Science and Technology
International Hellenic University
e-mail: dimitrel@ihu.gr

EDUCATION

2006: Doctoral Degree (Ph.D) in the field of Dairy Technology and Rheology, University of Lincoln, Hull-UK. Thesis title: "Rheological and Textural Properties of Processed Cheese"
2000: BSc in Food Technology (Grade: 8.2), Department of Food Technology, Alexander Technological Educational Institute of Thessaloniki.

RESEARCH INTERESTS

Technology and quality control of milk and dairy products (kefir, powder kefir, yoghurt, frozen-yoghurt, frozen-kefir, spreadable-type cheeses, Greek traditional cheeses, processed cheeses), development of novel functional dairy products, food rheology, physicochemical characterization of polysaccharides, study of the rheological behavior and structure of milk protein-lipid-polysaccharide systems and study of the properties of cryogels and edible kefiran films.

ACADEMIC/TEACHING EXPERIENCE

2025-up to date: Professor at the Department of Food Science and Technology of the International Hellenic University teaching:

- Technology and Quality Control of Milk and Dairy Products
- Food Engineering
- Introduction to Food Science and Technology
- New Product Development

2020-2025: Associate Professor at the Department of Food Science and Technology of the International Hellenic University teaching:

- Technology and Quality Control of Milk and Dairy Products
- Food Engineering
- Introduction to Food Science and Technology
- New Product Development

2014-2020: Assistant Professor at the Department of Food Technology of the Alexander Technological Educational Institute of Thessaloniki teaching:

- Technology and Quality Control of Milk and Dairy Products
- Food Processing
- Food Engineering

2009-2014: Professor of Applications (Lecturer) at the Department of Food Technology of the Alexander Technological Educational Institute of Thessaloniki teaching:

- Technology and Quality Control of Milk and Dairy Products
- Food Processing
- Food Engineering

2007-2009: Laboratory Assistant at the Department of Food Technology of the Alexander Technological Educational Institute of Thessaloniki teaching:

- Technology and Quality Control of Milk and Dairy Products

- Food Processing
- Food Engineering

2026-up to date: MSc program of the Department of Food Science and Technology of the International Hellenic University entitled “Quality, Production and Management in the Food Industry”. Participation in teaching the courses: i) "Technology of Foods of Animal Origin" (5 lectures) and ii) Research and Development (4 lectures).
2021-up to date: MSc program of the Department of Industrial Engineering and Management of the International Hellenic University entitled “Applied Automation Systems”: Teaching the section “Dairy products production line” of the course “Automation systems in the food industry”.
2021-2022: MSc program of the Department of Food Science and Technology of the International Hellenic University entitled “Quality management and production organization systems for the food industry”: Teaching the sections: i) “Milk and dairy products legislation” of the course “Food legislation” and ii) “Rheological techniques (Dynamic analysis-Creep test)” of the course “Advanced methods of food analysis”.
2009-2022: MSc program of the Department of Food Science and Technology of the International Hellenic University entitled “Quality management and production organization systems for the food industry”: Teaching the section “Rheological study of gels, pseudo-gels and colloidal dispersions” of the course “Laboratory exercises of instrumental food analysis”.

RESEARCH ACTIVITIES
Participation to the following research programs:
2000-2001: ‘Chemical composition of major greek foods”, as a Scientific Associate.
2001: “Relation between collagen-proteins, moisture-proteins and ash content of greek meat”, as a Scientific Associate.
2001-2003: “Study of the texture of processed cheese”, as Scientific Associate.
2003: “Thermoplastic starch production for industrial use”, as Scientific Associate.
2003: “Evaluation of inorganic components and vitamin C content of major greek foods”, as Scientific Associate.
2001-2003: “Evaluation of vitamin C content in greek fruits and vegetables”, as Scientific Associate.
2004-2005: “Development and utilization of instruments for the study of rheological properties of foods”, as Scientific Associate.
2004-2006: ‘Chemical composition and energy value of greek foods”, as Scientific Associate.
2005-2006: “Industrial use of biodegradable biopolymers as food packaging materials”, as Scientific Associate.
2008-2009: “Rheology of kefir”, as Scientific Associate.
2012-2013: “Rheology of kefir-type systems”, as Scientific Associate.
2012-2015: “A novel approach in kefir making-technology”, as Scientific Associate.
2012-2015: “Productive traits and product quality of Greek buffalo (Bubalus bubalis) reared under traditional methods”, as Scientific Associate.
2012-2015: “Enhancement of the activated sludge microfauna efficiency for the treatment of wastewater containing organics of low-biodegradability”, as Scientific Coordinator.
2014-2015: ARISTEIA II, “A novel technique for the determination of frying oil quality that helps improving the quality and safety of fried foods”, as Scientific Associate.

2014-2015: “Study of the phenomena occuring during storage of praline and marmelade systems inside the dough of croissant”, as Scientific Associate.
2015: “Effect of emulsions composition and heat treatment on the properties of the fat phase”, as Scientific Associate.
2019-2022: “Support for Social Welfare Interventions of Students of Alexander Technological Educational Institute of Thessaloniki”, as Scientific Associate.
2021-2023: “Photosynthetic microalgae cultures for the sustainable production of products of high nutritional value for humans, fish and animals”, as Scientific Associate.
2023: “Flat Bread of Mediterranean area; Innovation and Emerging process and technology”, as Scientific Associate.
2021-2024: “Study of the engineering and physicochemical parameters involved in the development of novel, instant kefir based products”, as Member of the Advisory Board.
2023-2025: “The use of aromatic plants in the nutrition of organic goats and their effect on the production, quality of milk and dairy products”, as Scientific Associate.

ADMINISTRATIVE WORK
2025-up to date: Member of the Doctoral Studies Committee of the Department of Food Science and Technology of the International Hellenic University.
2024-up to date: Director of the MSc Program of the Department of Food Science and Technology of the International Hellenic University entitled “Quality, Production and Management in the Food Industry”.
2019-up to date: Member of the Internal Evaluation Group of the Department of Food Science and Technology of the International Hellenic University.
2017-up to date: Member of the Committee for the MSc program of the Department of Food Science and Technology of the International Hellenic University entitled “Quality management and production organization systems for the food industry”.

SUPERVISION OF MSc THESIS
1. “Effect of temperature, fat content and rennet type on the rheological properties of rennet induced milk gel during formation”. Successfully completed.
2. “Rheological and sensory properties of buffalo milk stirred yogurt as affected by fat content and supplementation with sodium caseinates and whey protein concentrates”. Successfully completed.
3. “Effect of milk protein addition, fat globule size and storage time on rheological and sensory properties of buffalo milk stirred yogurt”. Successfully completed.
4. “Effect of milk type and storage time on the physicochemical and rheological properties of Anevato cheese”. Successfully completed.
5. “Study of the rheological properties of rennet induced milk gel during formation using a u-tube rheometer of novel design”. Successfully completed.
6. “Rheological properties and interfacial phenomena of milk proteins-fat globules systems”. Successfully completed.
7. “Rheological and sensory properties of kefir type products with pomegranate addition”. Successfully completed.
8. “Study of the interfacial phenomena and the properties of emulsions using modern techniques”. Successfully completed.
9. “Effect of heat treatment and homogenization on the structure and rheological behavior of milk proteins-fat globules systems”. Successfully completed.
10. “Effect of honey and banana juice addition on the physicochemical, rheological and sensory properties of kefir-type products”. Successfully completed.

11. “Rheological properties of frozen-kefir”. Successfully completed.
12. “Effect of milk and juice type on the rheological and sensory properties of kefir”. Successfully completed.
13. “Properties of frozen-kefir with stevia and aronia juice addition”. Successfully completed.
14. “Effect of chemical composition and storage time on the properties of spreadable-type cheese using kefir grains as starter culture”. Successfully completed.
15. “Effect of cheese-making parameters and storage time on the properties of spreadable-type cheese using kefir grains as starter culture”. Successfully completed.
16. “Evaluation of powder kefir products properties”. Successfully completed.
17. “Effect of chemical composition, heat-treatment and percentage of kefir starter culture and rennet on the rheological properties of gel during structure formation”. Successfully completed.
18. Effect of milk protein and trehalose addition on the properties of kefir powder. Under supervision.
19. Effect of fermentation conditions and spray-dryer operating conditions on the properties of kefir powder. Under supervision.

SUPERVISION OF POST-DOCTORAL RESEARCH

IKY/2nd Cycle", "Production and study of the properties of edible kefiran systems", Department of Food Science and Technology, International Hellenic University (2019-2021).

RESEARCH PUBLICATIONS IN INTERNATIONAL REFFEREED JOURNALS

1. Dimitreli, G., & Thomareis, A.S. (2004). Effect of temperature and chemical composition on processed cheese apparent viscosity. *Journal of Food Engineering*, 64, 265-271.
2. Dimitreli, G., Thomareis, A.S., & Smith, P.G. (2005). Effect of emulsifying salts on casein peptization and apparent viscosity of processed cheese. *International Journal of Food Engineering*, 1(4), article 2, 1-17.
3. Dimitreli, G., & Thomareis, A.S. (2007). Texture evaluation of block-type processed cheese as a function of chemical composition and in relation to its apparent viscosity. *Journal of Food Engineering*, 79, 1364-1373.
4. Dimitreli, G., & Thomareis, A.S. (2008). Effect of chemical composition on the linear viscoelastic properties of spreadable-type processed cheese. *Journal of Food Engineering*, 84, 368-374.
5. Dimitreli, G., & Thomareis, A.S. (2009). Instrumental textural and viscoelastic properties of processed cheese as affected by emulsifying salts and in relation to its apparent viscosity. *International Journal of Food Properties*, 12, 261-275.
6. Raphaelides, S.N., Dimitreli, G., Exarhopoulos, S., Kokonidis, G., & Tzani, E. (2011). Effect of processing history on the physicochemical and structural characteristics of starch–fatty acid extrudates plasticized with glycerol. *Carbohydrate Polymers*, 83, 727-736.
7. Dimitreli, G., & Antoniou, K.D. (2011). Effect of incubation temperature and caseinates on the rheological behavior of kefir. *Procedia Food Science*, 1, 583-588.
8. Raphaelides S.N., Dimitreli, G., Exarhopoulos, S., Mintzas, D., & Lykidou. A. (2012). Effect of processing conditions on the physicochemical and structural characteristics of pregelatinised starch–fatty acid–glycerol extrudates, *Carbohydrate Polymers*, 88, 282–289.
9. Yovanoudi, M., Dimitreli, G., Raphaelides, S. N., & Antoniou, K. D. (2013). Flow behavior studies of kefir type systems. *Journal of Food Engineering*, 118, 41-48.

10. Dimitreli, G., Gregoriou, E-A., Kalantzidis, G., & Antoniou, K.D. (2013). Rheological properties of kefir as affected by heat treatment and whey protein addition. *Journal of Texture Studies*, 44, 418- 423.
11. Girvalaki, C., Vardavas, C. I., Tsimpinos, G., Dimitreli, G., Hassapidou, M. N., & Kafatos, A. (2013). Nutritional and Chemical Quality of Traditional Spreads and Pies of Mediterranean Diet of Greece. *Journal of Food & Nutritional Disorders*, 2(1), 1-7.
12. Petridis, D., Dimitreli, G., Chrysalidou, S., & Akakiadou, P. (2013). Optimization of the rheological and sensory properties of stirred yogurt as affected by chemical composition and heat treatment of buffalo milk. *Journal of Food Research*, 2, 55-70.
13. Dimitreli, G., Petridis, D., Akakiadou, P., & Chrysalidou, S. (2014). Effect of Protein Supplementation, Fat Globule Size and Storage Time on the Rheological and Sensory Properties of Buffalo Milk Stirred Yogurt. *Journal of Food Research*, 3, 31-44.
14. Petridis, D., Dimitreli, G., Vlahvei, K., & Deligeorgakis, C. (2014). Effects of buffalo and cow milk mixtures enriched with sodium caseinates on the physicochemical, rheological and sensory properties of a stirred yogurt product. *Journal of Food Research*, 3, 54-69.
15. Raphaelides, S.N., Dimitreli, G., Exarhopoulos, S., Ilia, E., & Koutsomihali, P. (2015). A process designed for the continuous production of starch inclusion complexes on an industrial scale. *Food and Bioproducts Processing*, 96, 245-255.
16. Antoniou, K.D., Exarhopoulos, S., Raphaelides, S.N., Dimitreli, G., & Thomareis, A.S. (2016). Effect of sodium caseinates addition on the rheological properties of kefir during gel formation, *Journal of Food Research*, 5 (1), 114-120.
17. Dimitreli, G., Exarhopoulos, S., Goulas, A., Antoniou, K.D., & Raphaelides S.N. (2016). Effect of kefiran and milk proteins addition on the rheological behavior of glucono-δ-lactone induced milk gels, *Journal of Food Research*, 5 (1), 121-128.
18. Exarhopoulos, S., Antoniou, K.D., Raphaelides, S.N., & Dimitreli, G. (2016). Rheological and viscoelastic properties of kefir as affected by milk protein addition and starter culture type, *Journal of Food Research*, 5 (2), 110-117.
19. Kalogianni, E.P., Georgiou, D., Romaidi, M., Exarhopoulos, S., Petridis, D., Karastogiannidou, C., Dimitreli, G., & Karakosta , P. (2017). Rapid methods for frying quality determination: Evaluation with respect to legislation criteria. JAOCS, *Journal of the American Oil Chemists' Society*, 94, 19–36.
20. Dimitreli, G., Exarhopoulos, S., Antoniou, K.D., Zotos, A., & Bampidis, V.A. (2017). Physicochemical, textural and sensory properties of white soft cheese made from buffalo and cow milk mixtures during storage. *International Journal of Dairy Technology*, 70, 506–513.
21. Sklaviadis L., Nika S., E.P. Kalogianni, D. Georgiou, G. Dimitreli, & V. Papadimitriou (2017). Effect of oleic acid on the properties of protein adsorbed layers at water/oil interfaces: An EPR study combined with dynamic interfacial tension measurements. *Colloids and Surfaces B: Biointerfaces*, 158, 498-506.
22. Lagouri, V., Dimitreli, G., & Kouvatsi, A. (2018). Effects of Greek pomegranate extracts in the antioxidant properties and storage stability of kefir. *Current Bioactive Compounds*, 14, 1–5.
23. Kontou, V., Dimitreli, G., & Raphaelides, S.N. (2019). Elongational flow studies of processed cheese spreads made from traditional Greek cheese varieties. *LWT - Food Science and Technology*, 107, 318–324.
24. Dimitreli, G., Petridis, D., Kapageridis, N., & Mixiou, M. (2019). Effect of pomegranate juice and fir honey addition on the rheological and sensory properties of

kefir-type products differing in their fat content. *LWT - Food Science and Technology*, 111, 799-808.
25. Petridis, A., Petridis, D., & Dimitreli, G. (2020). A Novel Dairy Fermented Frozen Dessert with Honey and Pomegranate Juice: Physicochemical, Rheological and Sensory Properties. *Journal of Food Research*, 9, 52-66.
26. Pluta-Kubica A., Černíková M., Nebesářová J., Dimitreli G., Thomareis A.S., Exarhopoulos S., Salek R.N., & Buňka F. (2021). Influence of the melt holding time on the fat globule size and the viscoelastic properties of model spreadable processed cheeses with different compositions. *International Dairy Journal*, 113, 104880.
27. Kalogianni E.P., Georgiou D., Marinopoulou A., Exarhopoulos S., Petridis D., & Dimitreli G. (2021). A novel rapid method for the determination of frying oil quality: development of prototype and equations and examination with respect to legislation criteria. International Journal of Food Science & Technology 56, 2832–2842. https://doi.org/10.1111/ijfs.14919.
28. Magra, T., Soultos, N., Chrysostomos Dovas, C., Papavergou, E., Lazou, T., Apostolakos, I., Dimitreli, G., & Ambrosiadis, I. (2021). Dry Fermented Sausages with Total Replacement of Fat by Extra Virgin Olive Oil Emulsion and Indigenous Lactic Acid Bacteria. Food Technology and Biotechnology, 59(3), 267–281. doi: 10.17113/ftb.59.03.21.7114
29. Papaioannou, G.M., Kosma, I.S., Dimitreli, G., Anastasia V. Badeka, A.V., & Michael G. Kontominas, M.G. (2022). Effect of starter culture, probiotics, and flavor additives on physico-chemical, rheological, and sensory properties of cow and goat dessert yogurts. European Food Research and Technology, 248, 1191–1202. https://doi.org/10.1007/s00217-021-03955-z
30. Exarhopoulos S., Goulas A., & Dimitreli G. (2022). Biodegradable Films from Kefiran-Based Cryogel Systems. Macromol, 2, 324–345. doi.org/10.3390/macromol2030021
31. Georgiou, D., Kalogianni E. P., Dimitreli, G., Ftouli E., & Parisi S. (2022). Capillary penetration for the development of a method for the assessment of shelf-life of foods. Journal of Food Measurement and Characterization. doi.org/10.1007/s11694-022-01685-8
32. Exarhopoulos S., Goulas, A., Dimitreli, G., & Raphaelides, S.N. (2023). Effect of caseinate salt addition on the structural characteristics of kefiran systems. Journal of Texture Studies, 1–13. https://doi.org/10.1111/jtxs.12795
33. Exarhopoulos S., Krystallis E., Rousi E., Groztidou O., Georgiou D., Kalogianni E.P., Goulas A., & Dimitreli G. (2025). Effect of thermal treatment and the addition of texture modifiers on the rheological properties and the microflora of reconstituted kefir powder. Macromol, 5, 7, 1-17. https://doi.org/10.3390/macromol5010007
34. Exarhopoulos S., Karipoglou D., Groztidou O., Georgiou D., Kalogianni E.P., Goulas A., & Dimitreli G. (2025). Effect of drying aids on the quality properties of kefir powder. Dairy, 6, 9, 1-20. https://www.mdpi.com/2624-862X/6/1/9
35. Dimitreli G. Exarhopoulos S., Apidopoulou P., Groztidou O., Georgiou D., Kalogianni E.P., & Goulas A. (2025). Effect of the final fermentation pH and the pre-drying keeping temperature on the properties and microbial viability of kefir powder, produced by the use of kefir grains as starter culture. Applied Sciences, 15, 2509, 1-16. https://doi.org/10.3390/app15052509
36. Pouliou, N.; Paraskevaidou, E.C.; Goulas, A.; Exarhopoulos, S.; Dimitreli, G. The Combined Effect of Caseinates, Native or Heat-Treated Whey Proteins, and Cryogel Formation on the Characteristics of Kefiran Films. Molecules 2025, 30, 3230. https://doi.org/10.3390/molecules30153230

37. Arsou, L.; Exarhopoulos, S.; Goulas, A.; Dimitreli, G. Effect of Low-Temperature Storage of Kefir Grains and Trehalose Addition on the Production of the Exopolysaccharide Kefiran. Macromol 2026, 6, 3. https://doi.org/10.3390/macromol6010003

BOOK CHAPTER

1. Dimitreli, G., Exarhopoulos S., Goulas, A., & Antoniou K. D. (2019). Traditional Greek cheeses. In R.P.F Guiné, P.M.R. Correia, & A.C. Ferrao (Eds.) Cheeses around the World: Types, production, properties and cultural and nutritional relevance (Chapter 15, pp. 329–378). Nova Science Publishers, Inc, New York.
2. Thomareis, A.S., & Dimitreli, G. (2022). Techniques used for processed cheese characterization. In M. El-Bakry, B. M. Mehta (Eds.) Processed Cheese Science and Technology, (Chapter 12, pp. 295–349). Woodhead Publishing, Cambridge. https://doi.org/10.1016/B978-0-12-821445-9.00007-8.

CONFERENCE PROCEEDINGS

1. Dimitreli, G., & Thomareis, A. S. (2007). Effect of emulsifying salts on the textural and viscoelastic properties of processed cheese and in relation to its apparent viscosity. 5th International Congress on Food Technology. Consumer Protection through Food Process Improvement & Innovation in the Real Word (pp 19-29). Thessaloniki.
2. Dimitreli G., & Antoniou K.D. (2011). Effect of Incubation Temperature and Caseinates on the Rheological Behaviour of Kefir. 11th International Congress on Engineering & Food. Food Process Engineering in a Changing World, Volume I (pp 231-232). Athens.
3. Raphaelides S.N., Dimitreli G., Exarhopoulos S., Mintzas D., & Lykidou A. (2011). Effect of processing conditions on the physicochemical & structural characteristics of pregelatinised starch-fatty acid glycerol extrudates. 11th International Congress on Engineering & Food. Food Process Engineering in a Changing World, Volume I (pp 693). Athens.
4. Antoniou K.D., Topalidou S., Tsavalia G., & Dimitreli G. (2011). Effect of starter culture, milk fat and storage time on the rheological behaviour of kefir. 11th International Congress on Engineering & Food. Food Process Engineering in a Changing World, Volume II (pp 1307-1308). Athens.
5. Dimitreli G., Exarhopoulos S., Antoniou K.D., Zotos, A., & Bampidis, V.A. (2013). Physicochemical and textural properties of white soft cheese from Greek buffalo milk during ripening. EAAP-64 Annual Meeting (pp 568). Nantes.
6. Sifaki-Pistolla, D., Vardavas C., Hassapidou M., Dimitreli, G., Diamandopoulos, K., Andrikopoulos, A., & Kafatos, A. (2013). Farmed and marine fish in Greece: Analysis of their composition. 2013 EFFoST Annual Meeting: Bio-based Technologies in the Context of European Food Innovation Systems. Bologna.
7. Exarhopoulos S., Dimitreli G., Antoniou K., Raphaelides S., & Thomareis A. (2014). Rheological behavior of kefir during gel formation as affected by sodium caseinate addition. 3rd International ISEKI Food Conference. Food Science & Technology Excellence for a Sustainable Bioeconomy (pp 122). Athens.
8. Dimitreli G., Exarhopoulos S., Antoniou K., Raphaelides S., & Thomareis A. (2014). Effect of starter culture and fermentation temperature on the rheological properties of kefir. 3rd International ISEKI Food Conference. Food Science & Technology Excellence for a Sustainable Bioeconomy (pp 126). Athens.
9. Sklaviadis L., Nika S., Dimitreli G., Kalogianni E.P., & Papadimitriou V. (2014). Effect of oleic acid on the properties of protein adsorbed layers at water/oil interfaces:

An EPR study combined with dynamic interfacial tension measurements. 28th Conference of the European Colloids and Interfaces Society. Limassol.
10. Dimitreli, G., Kalogianni, E.P., Exarhopoulos, S., & Karastogiannidou, C. (2015). Applicability of viscosity measurements as means for determining the polymer concentration in frying oils. 2nd International Conference on Food and Biosystems Engineering (pp 191). Mykonos Island.
11. Exarhopoulos, S., Goulas, A., Raphaelides, S.N., Dimitreli, G., & Antoniou, K. (2015). Isolation and chemical characterization of exopolysaccharide kefiran, produced from kefir grains. 12th International Congress on Engineering and Food. Québec City.
12. Exarhopoulos, S., Raphaelides, S.N., Goulas, A., Dimitreli, G., & Antoniou, K. (2015). Molecular characterization and conformational analysis of exopolysaccharide Kefiran. 12th International Congress on Engineering and Food. Québec City.
13. Dimitreli, G., Exarhopoulos, S., Antoniou, K., Raphaelides, S.N., & Thomareis, A.S. (2015). Effect of milk protein addition and storage time on the rheological properties of kefir. 12th International Congress on Engineering and Food. Québec City.
14. Dimitreli, G., Exarhopoulos, S., Samaras, P., Raphaelides, S.N., & Antoniou, K. (2015). Effect of ultrasound on fermentation process of kefir. 12th International Congress on Engineering and Food. Québec City.
15. Kalogianni, E.P., Georgiou, D., Marinopoulou, A., Karastogiannidou, C., Dimitreli, G., Exarhopoulos, S., & Arvanitaki, M. (2015). Novel rapid method for the determination of oil degradation during frying: comparison with legislation criteria. 13th Euro Fed Lipid (pp 164). Florence.
16. Georgiou, D., Romaidi, M., Arvanitaki, M., Dimitreli, G., & Kalogianni, E.P. (2015). Comparison of rapid tests for the determination of quality of fried oils. 13th Euro Fed Lipid (pp 256). Florence.
17. Dimitreli, G., Kalogianni, E.P., Exarhopoulos, S., & Karastogiannidou, C. (2015). Correlations between viscosity and polymers concentration in frying oils. 13th Euro Fed Lipid Congress (pp270). Florence.
18. Kalogianni E.P., Georgiou D., Marinopoulou A., Exarhopoulos S., Dimitreli G., & Karastogiannidou C. (2017). FRYSAFE: A novel method for the determination of frying oils quality. 6th International Congress on Food Technology. Current Trends and Future Perspectives in the Food Sector: From novel concepts to industrial applications (P46). Athens.
19. Manavi M., Dimitreli G., & Likotrafiti E. (2017). Study of kefir-type products using goat's milk from two different breeds with the addition of pro-, pre- and synbiotics. 6th International Congress on Food Technology. Current Trends and Future Perspectives in the Food Sector: From novel concepts to industrial applications (P62). Athens.
20. Exarhopoulos S., Dimitreli G., & Goulas A. (2020). Development of edible films made from kefiran cryogel systems. 34th EFFoST International Conference, Bridging high-tech, food-tech and health: Consumer-oriented innovations. (online)
22. Exarhopoulos S., Groztidou O., Goulas A., Georgiou D., & Dimitreli G. (2022). Effect of kefiran, carrageenan, milk protein addition on the rheological properties of reconstituted kefir powder. 36th EFFoST International Conference. Shaping the Production of Sustainable, Healthy Foods for the Future. (P2.6.10). Dublin, Ireland.
23. Exarhopoulos S., Groztidou O., Goulas A., Georgiou D., Kalogianni E.P., & Dimitreli G. (2022). Spray-dried kefir powder and reconstitution properties as affected by storage temperature and thermoprotectant carrier addition. 36th EFFoST International Conference. Shaping the Production of Sustainable, Healthy Foods for the Future. (P2.6.11). Dublin, Ireland.

24. Exarhopoulos S., Georgiou D., Goulas A., Groztidou O., & Dimitreli G. (2023). Effect of storage time, packaging material and MAP composition on spray-dried kefir and its reconstitution properties. 14th International Congress on Engineering and Food. Sustainable Food Manufacturing for a Resilient Food Chain. Nantes, France.
25. Exarhopoulos S., Gkarlemou A., Georgiou V., Groztidou O., Goulas A., & Dimitreli G. (2023). Effect of kefiran and milk proteins, sodium caseinates and whey protein concentrates, on the rheological properties and structure of cryogels. 14th International Congress on Engineering and Food. Sustainable Food Manufacturing for a Resilient Food Chain. Nantes, France.
26. Exarhopoulos S., Georgiadi P., Sarikyriakidou A., Groztidou O., Goulas A., & Dimitreli G. (2023). Edible kefiran films with probiotics - structure, physical properties and probiotic viability during storage as affected by cryo-treatment, kefiran concentration and milk protein addition. 14th International Congress on Engineering and Food. Sustainable Food Manufacturing for a Resilient Food Chain. Nantes, France.
27. Groztidou O., Exarhopoulos S., Goulas A., Krystallis E., Rousi E., & Dimitreli G. (2023). Effect of cryo-treatment and carriers on spray-dried kefir powder and its reconstitution properties. 14th International Congress on Engineering and Food. Sustainable Food Manufacturing for a Resilient Food Chain. Nantes, France.
28. Groztidou O., Groztidis E., Goulas A., Exarhopoulos S., & Dimitreli G. (2023). Effect of fermentation conditions and thermal treatment on the formation of kefiran and the rheological behavior kefir. 14th International Congress on Engineering and Food. Sustainable Food Manufacturing for a Resilient Food Chain. Nantes, France.
29. Groztidou O., Karipoglou D., Exarhopoulos S., Goulas A., Georgiou D., & Dimitreli G. (2023). Physicochemical, structural, microbiological and reconstitution properties of spray-dried kefir during storage. 14th International Congress on Engineering and Food. Sustainable Food Manufacturing for a Resilient Food Chain. Nantes, France.
30. Kyrtsoudis D., Dimitreli G., Exarhopoulos S., Groztidou O., Tzikas Z., Kyritsi S., Goulas A., & Mitsopoulos I. (2024). Oregano essential oil used as feel supplement: Organic fermented goat milk products properties. Multidisciplinary Conference on Sustainable Development, 30-31 May 2024, Timisoara, Romania.

EDITORIAL BOARD MEMBER
International Dairy Journal

REVIEWER IN PEER- REVIEWED INTERNATIONAL JOURNALS
1. International Dairy Journal
2. LWT-Food Science and Technology
3. Journal of Food Science
4. Journal of Texture Studies
5. International Journal of Dairy Technology
6. Food Hydrocolloids
7. Food and Bioproducts Processing
8. Scientific Reports

Scopus h-index: 14; **Scopus citations**: 562

Google scholar h-index: 17; **Google scholar citations**: 1019