



13th CYPRUS DIETETIC & NUTRITION ASSOCIATION CONFERENCE & EXPO

Transforming Global Nutrition and Dietetics:
Evidence-Based Practices for Innovation,
Sustainability, and Health Equity

7 - 9 NOVEMBER 2025 | HILTON NICOSIA, CYPRUS

PROGRAMME

ORGANIZED BY:



CyDNA is a member of



UNDER THE AUSPICES OF:





Μετατρέπουμε τη γνώση σε ευεξία και την ευεξία σε καθημερινή συνήθεια

Στη Lidl Κύπρου πιστεύουμε ότι η ευεξία δεν είναι πολυτέλεια, αλλά το πλαίσιο μιας ισορροπημένης καθημερινότητας. Γι' αυτό, από το 2020, καθιερώσαμε τον θεσμό του **Lidl Wellness Camp**, όπου μέσα σε ένα διήμερο, και με την καθοδήγηση καταξιωμένων επαγγελματιών:

- Μεταφέρουμε **τεκμηριωμένη γνώση** και **πρακτικές λύσεις** για σωστή και υγιεινή διατροφή.

- Μετατρέπουμε την έννοια της **ισορροπημένης διατροφής** σε εργαλεία που ο καθένας μπορεί να υιοθετήσει για καλύτερη υγεία και ευημερία.

Γιατί επενδύουμε στην ενημέρωση και ενθαρρύνουμε συνειδητές διατροφικές επιλογές για όλους.





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Organizer



The Cyprus Dietetic & Nutrition Association

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Conference Management Company



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Message from the Conference Chair, CyDNA President

Dear Colleagues, Students, Esteemed Guests, Great Supporters,

It is with great pleasure and immense pride that I welcome you to the 13th Cyprus Dietetic and Nutrition Association Conference, themed “**Transforming Global Nutrition and Dietetics: Evidence-Based Practices for Innovation, Sustainability, and Health Equity**”. This event marks a pivotal moment as we convene to share groundbreaking insights and foster collaborations that aim to reshape the future of our field. The Conference is under the auspices of the Cyprus Ministry of Health and CPEs will be applied to be granted by the Commission of Dietetic Registration (CDR).

Dates: 7-9 November 2025, Location: Hilton Nicosia Hotel, Nicosia Cyprus

This year’s conference is enriched with a variety of engaging highlights, including:

1. **Innovative Workshops:** Dive into hands-on sessions led by industry pioneers, designed to equip you with cutting-edge skills and knowledge.
2. **Global Collaboration:** Engage with leading international associations to broaden our horizons and forge significant partnerships.
3. **Expert Panels:** Gain from the wisdom of global experts discussing critical topics such as sustainable nutrition practices and health equity.
4. **Research Presentations:** Explore the latest research from bright minds that are setting the trends in nutrition and dietetics.
5. **Policy Discussions:** Participate in discussions that aim to influence health policies and advocate for nutritional advancements globally.
6. **Technology in Dietetics, Educational Competitions and Interactive TEDtalks:**
Discover how technology can be harnessed to innovate and streamline our practices in dietetics.
7. **Cultural Nutrition Practices:** Learn about diverse dietary practices and how they contribute to health and sustainability.
8. **Nutritional Equity:** Address the disparities in nutritional health with a focus on solutions that promote equity.
9. **Sustainable Diet Initiatives:** Engage with initiatives that promote environmental sustainability in our dietary recommendations.
10. **Networking Opportunities:** Connect with peers, mentors, and industry leaders to enhance your professional network and collaborative opportunities.

The exhibition hall will also showcase the latest products, technologies, and services that are driving our profession forward, providing you with insights into the tools and resources available to enhance your practice.

As we gather here, let us be inspired by the shared commitment to improve health outcomes and make a lasting impact on our communities through innovative, evidence-based practices. Your participation is not just appreciated; it is essential for the success of this conference and the advancement of our collective goals.

As we explore the vast potential of our field, let us draw inspiration from the insightful words of Ann Wigmore: "The food you eat can be either the safest and most powerful form of medicine or the slowest form of poison." Our commitment at this conference is to illuminate the path toward safe and powerful nutritional practices that support health, well-being, and longevity. We stand at the forefront of a global movement, determined to demonstrate that informed, strategic dietary choices are key to sustainable health improvements.

Thank you for joining us on this transformative journey. I look forward to the productive discussions, meaningful insights, and the forging of lasting collaborations over the next few days.

Together, let us make a positive impact on the lives of individuals and communities by harnessing the power of nutrition.

Should you have any questions or require further assistance, please do not hesitate to contact our dedicated conference secretariat TOPKINISIS.

Thank you for your attention, and we look forward to welcoming you to the Dietetic and Nutrition Conference - "Transforming Global Nutrition and Dietetics: Evidence-Based Practices for Innovation, Sustainability, and Health Equity".

Best regards,

Prof Eleni Andreou, RDN

Chair of the Organizing/Scientific Committee
President of CyDNA





COMMITTEES

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Chair of Organizing Committee

Andreou Eleni

Organizing Committee

Andreou Eleni (Chair)
Angastinioti Elina
Angelidou Angela (Social Media)
Alexiadou Maria
Christoudia Thecla
Koutras Yiannis
Lazaros Lazarou
Michael Anna
Ntaflos Nikolaos
Ntorzi Nicoletta
Pahita Anna (Secretary)
Papamichael Dimitris
Philippou Christiana
Savva Andreas
Tsokkou Yiota
Tziortzi Maria
Theodorou Pavlina
Zisimou Constantinos

Scientific Committee

Andreou Eleni (Chair)
Angastinioti Elina
Michael Anna
Ntaflos Nikolaos
Ntorzi Nicoletta (Secretary)
Pahita Anna
Papamichael Dimitris
Philippou Christiana
Tsokkou Yiota
Koutras Yiannis

Financial/Exhibition Committee

Philippou Christiana (Chair)
Andreou Eleni
Ntorzi Nicoletta
Papamichael Dimitris
Angelidou Angela

CyDNA Board

Prof Andreou Eleni – President
Dr Philippou Christiana – Vice President
Pahita Anna – Secretary
Papamichael Dimitris – Treasurer
Dr Ntorzi Nicoletta – Assistant Secretary
Ntaflos Nikolaos – Member
Savvas Andreas – Member

Μοναδική σουκροσωμική τεχνολογία



**Καινοτόμα τεχνολογία
μεταφοράς και απόδοσης
του σιδήρου στον οργανισμό**



SID/02/CY/01-2025



GENERAL CONFERENCE INFORMATION

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Duration



The scientific program of the conference will commence on Friday morning, the 07th of November and will end on Sunday, the 09th of November.

Venue



Hilton Nicosia Hotel 5*

Language



The official language of the conference is English. Simultaneous translation from English to Greek and vice versa will be provided. No translation will be provided for LLL sessions. LLL's will be in English (Greek explanations by Greek speaking speakers only).

Registration Desk



All participants must register. A Registration Desk will be operating throughout the duration of the conference. The Registration Desk will also be operating as an Information Desk for any information or assistance participants may require during the conference. The badge of each participant gives access to all sessions, exhibition, coffee breaks, lunch break and opening ceremony cocktail.

Registration Fees



Registration Fees include attendance to all sessions (except LLLs which is optional), access to the exhibition, coffee breaks, lunch break, opening ceremony cocktail, conference material and certificate of attendance.

Exhibition



The exhibition will be running throughout the duration of the conference. The exhibition is open to pharmaceutical, dietetic and nutrition industries.

Certificate of attendance



Certificates of attendance will be sent electronically after the conference is completed. CME points will be also mentioned on the certificate.

Official Conference Dinner



The Official Conference Dinner will take place at the **Loft Restaurant Nicosia** on Saturday 8th of November 2025 at 20:30. Vouchers for the Official Conference Dinner can be purchased via the Registration Form.

Continuing Professional Education



The Scientific applied for approval by CDR for 36 CPE (21 Conference, 4 Poster/Oral Presentations, 1 Exhibition, 8 LLLs, 2 Open to the Public)

Name Badge Categories





PROGRAMME AT A GLANCE

January 2026 Post Conference Open for the Public (TBC)

18:00 – 18:30	Registrations	
18:30 – 20:30	Panel open for the public (session in Greek) (@ UNIC) <i>(collaboration with Charalambides Christis)</i>	 

FRIDAY, 7 November 2025

ROOM: DIONYSUS

08:30 – 12:30	LLL - Topic 41: Nutrition in Cancer: Focus on Tumor Types <i>With Cooperation of CySPEN</i>	 
10:00 – 10:30	Coffee Break	
11:30 – 12:00	Registrations	

ROOM: LEDRA A

12:00 – 13:00	Panel: Personalized Fueling: How Genes and Timing Shape Metabolic Health	
13:00 – 14:00	Panel: Nutrition and Dietetics around the Globe, Discussion with Q & A	
14:00 – 15:00	Panel: Workshop - Nutritional Psychology: The Mind-Food Connection for Better Mental Health <i>In collaboration with Nutritional Psychology Greece</i>	 
15:00 – 15:30	Coffee Break (Exhibition area)	Sponsored by: 
15:30 – 16:30	Panel: All about Obesity	
16:30 – 17:30	Satellite Symposium by Nutricia, Lifepharma	  
17:30 – 18:30	Panel: ONE HEALTH	
18:30 – 19:30	Opening Ceremony with Motivational Speaker and Song	
19:30 – 20:30	• Opening of the Exhibition • Poster Session (in the Exhibition Room and Conference Room) • Cocktail: Eis ygeia - “εις υγεία” - To your health!	



PROGRAMME AT A GLANCE

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SATURDAY, 8 November 2025

ROOM: DIONYSUS

08:00 – 12:00	LLL - Topic 42: Clinical Sports: Nutrition in Sport-Related Health Problems <i>With Cooperation of CySPEN</i>	 CYPRUS SOCIETY FOR CLINICAL NUTRITION AND METABOLISM
10:00 – 10:30	Coffee Break (Exhibition area)	

ROOM: LEDRA A

08:00 – 09:30	Oral Presentation	
09:30 – 10:30	Panel: Heart-Strong: The Role of Diet, Supplements, and Biomarkers in Cardiovascular Wellness <i>In Collaboration with Cyprus Atherosclerosis Society</i>	 Cyprus Atherosclerotic Society
10:30 – 11:00	Coffee break (Exhibition area)	
11:00 – 12:00	Panel: Innovation at the Intersection of Health and Nutrition: Prevention, AI, and System Redesign	
12:00 – 13:15	Panel: Multidiscipline Management of Diabetes and Metabolic Syndrome	
13:15 – 13:20	Stretch & Refresh Break, Christiana Kyriacou	
13:20 – 14:30	Lunch Break (Exhibition area)	
13:20 – 14:30	Poster Session	
14:30 – 15:30	Food Demonstration: Beyond Calcium: Harnessing the Role of Protein By Chef Giorgos Erotokritou	 
15:30 – 16:30	Poster/Oral Presentation & 10 minute Message from Supported Companies  	
16:30 – 17:30	Workshop: Practical Tools & Case Studies <i>In Collaboration with MAZI</i>	
17:30 – 18:00	Coffee Break (Exhibition area)	

18:00 – 19:00	Testimonial Panel: Two Voices: A Novelized Testimony of Living with Anorexia <i>In Collaboration with MAZI</i>	 ΜΑΡΙΑΣ & ΑΝΔΡΕΑ ΖΩΡΤΙΑ ΙΔΡΥΜΑ (ΕΛΦΙΜΑ ΣΥΛΛΟΓΩΝ ΣΥΣΤΡΑΦΟΝ)
19:00 – 20:00	Panel: Sports Nutrition, Physical Activity and Public Health	
20:30	Gala Dinner	

SUNDAY, 9 November 2025

ROOM: LEDRA A

08:00 – 09:00	Poster Presentations	
09:00 – 10:00	Workshop: Empowering Dietitians with Intrapreneurship	
10:00 – 11:00	Panel: Nutrition and Health Strategies: Health Promotion, Food Security, and Childhood Development	
11:00 – 11:05	Stretch & Refresh Break, Christiana Kyriacou	
11:05 – 11:30	Coffee Break	
11:30 – 12:30	Panel: Critical Care in Nutrition <i>In collaboration with</i> ΦΟΡΟΥΜ ΕΝΤΑΤΙΚΗΣ ΘΕΡΑΠΕΙΑΣ <i>Intensive Care Forum</i>	
12:30 – 13:30	Debates: Intermittent fasting on Successful Weight Loss and Health Outcomes Examine the science vs. risks in populations with diabetes, metabolic syndrome, or eating disorders	
13:30 – 14:30	Closing Ceremony and Awards for * the Best Rated Oral/Poster Presentation for Student Dietitians and * Competition	

Συνειδητή Διατροφή Επιλογές για έναν υγιεινό και βιώσιμο τρόπο ζωής



Στη Lidl Κύπρου, ως βασικός πυλώνας στην **αλυσίδα εφοδιασμού τροφίμων**, προσφέρουμε προϊόντα που υποστηρίζουν έναν υγιεινό και βιώσιμο τρόπο ζωής.

Πώς το πετυχαίνουμε αυτό;

- Ακολουθούμε τις αρχές της **Πλανητικής Υγιεινής Διατροφής (PHD)**, ενισχύοντας την γκάμα φυτικών προϊόντων, όπως φυτικές πρωτεΐνες, δημητριακά ολικής άλεσης, φρούτα και λαχανικά, κατά 20% μέχρι το 2030.
- Δεσμευόμαστε στη **διαφάνεια σε όλες τις κατηγορίες τροφίμων**, ώστε οι καταναλωτές να διατηρούν το δικαίωμα επιλογής, προωθώντας έτσι έναν πιο συνειδητό, υγιεινό και φιλικό προς το περιβάλλον τρόπο ζωής.





ANALYTICAL PROGRAMME

January 2026 Post Conference Open for the Public (TBC)

18:00 – 18:30 Registrations

18:30 – 20:30 **Panel open for the public** (session in Greek) (@ UNIC)

Chairs/Συντονιστές: Eleni Andreou, Christiana Philippou

(collaboration with Charalambides Christis)



CPE level: III CPE credit: I

FRIDAY, 7 November 2025

ROOM: DIONYSUS

08:30 – 12:30 LLL - Topic 41: Nutrition in Cancer: Focus on Tumor Types

08:30 – 09:00

- Module 41.1: Nutrition Support in Gastrointestinal Tract Cancer. Foregut Tumors - Head and Neck, Esophagus
Alessandro Laviano (TLLL)

09:00 – 09:30

- Module 41.2: Nutrition in Breast Cancer
Giagkos Lavranos (TLLL)

09:30 – 10:00

- Module 41.3: Nutrition in Colorectal Cancer
Stalo Kountouri (TLLL)

10:00 – 10:30 Coffee Break

10:30 – 11:00

- Module 41.4: Nutrition in Gastric and Pancreatic Cancer
Elina Ioannou (TLLL)

11:00 – 11:45

- Q & A, Case discussion
Alessandro Laviano (TLLL)

11:45 – 12:30

- Feedback & Test

Director of the course: Stalo Kountouri

With Cooperation of CySPEN

CPE level: II CPE credit: 4





11:30 – 12:00

Registrations

ROOM: LEDRA A

12:00 – 13:00

Panel: Personalized Fueling: How Genes and Timing Shape Metabolic Health

- Can our Epigenome Store Metabolites?
Evelina Charidemou
- Carbohydrate Periodization Across the Day: Implications for Body Composition, Fitness, and Gut Microbiome Health
Angelos Vlahoyiannis
- The Role of the Immune System in Allergies: Friend or Foe?
Stella A. Nicolaou

Chairs: Anna Pahita, Yiota Tsokkou

CPE level: II CPE credit: 1

13:00 – 14:00

Panel: Nutrition and Dietetics around the Globe, Discussion with Q & A

- From Education to Innovation: Empowering Dietitians in Cyprus for Sustainable and Equitable Nutrition Practice
Eleni Andreou
- Profession of Nutrition and Dietetics in Greece
Fani Preventi
- Professional Policies of Nutrition and Dietetics in Europe: The EFAD Perspective
Grigoris Risvas
- Building Trust through Regulation: The Cypriot Model for Dietetic Professionalism and Excellence
Zoe Kyriakidou

Chairs: Panayiota Theofilou, Nikolaos Ntaflos, Christiana Philippou

CPE level: II CPE credit: 1

14:00 – 15:00

**Panel: Workshop - Nutritional Psychology:
The Mind–Food Connection for Better Mental Health**

- Mental Health, the Brain, and the Role of Diet in Psychiatry
Dimitris Efthymiou
- Eating Behaviors, Emotional Eating, and the Psychology of Food Choices
Emilia Vassilopoulou
- What to Eat for a Healthy Mind: Practical Nutritional Strategies
Anastasios Papalazarou

Chairs: Eleni Andreou, Nicoletta Ntorzi

In collaboration with Nutritional Psychology Greece



CPE level: II CPE credit: 1

15:00 – 15:30

Coffee Break (Exhibition area)

Sponsored by:



15:30 – 16:30

Panel: All about Obesity

- The Dietetic Approach in Individuals Receiving GLP-1 and/or GIP Agonists:
Key Considerations
Charilaos Dimosthenopoulos
- Diagnostic Assessment of the Patient with Obesity: Beyond BMI
Haris Constantinou
- Food-Related Behavioral Disorders and Their Role in Obesity
Maria Koushiou

Chairs: Elina Angastinioti, Angela Angelidou, Anastasios Theodorou

CPE level: II CPE credit: 1

16:30 – 17:30

**Satellite Symposium
by Nutricia, Lifepharma**



- Malnutrition and Cachexia in Patients with Cancer
Alessandro Laviano
- What Makes a Successful Company with Great Nutrition Input
Frank Tomholt

Chairs: Nicoletta Ntorzi (from Lifepharma), Eleni Andreou, Dimitris Papamichael

CPE level: II CPE credit: 1



17:30 – 18:30

Panel: ONE HEALTH

- Eating for Health, Eating for Earth: The Power of Nutrition in Sustainability
Antonis Zampelas, President of EFET
- Updating the Mediterranean Diet Pyramid towards Sustainability:
Focus on Environmental Concerns
Lluís Serra-Majem
- HEALTHY TEENS: Designing an Evidence-informed Lifestyle Intervention
in adolescents to reduce future cancer risk
Constantina Constantinou
- The Future of Food: Challenges and Opportunities of the Planetary Health Diet
Nikolaos Lysigakis, Senior Consultant - Corporate Affairs,
Lidl Greece and Cyprus



Chairs: Yiannis Koutras, Dimitris Papamichael

CPE level: I CPE credit: 1

18:30 – 19:30

Opening Ceremony with Motivational Speaker and Song

Addresses by:

- **Prof Eleni P. Andreou**, President of Cyprus Dietetic and Nutrition Association & CyRBFSTD
- **Mrs Fani Preventi**, President of HAD
- **Dr Grigoris Risvas**, President of EFAD
- **Dr Petros Agathangelou**, President of the Cyprus Medical Association
- **Prof Antonis Zampelas**, President of EFET
- **Dr Athena Michaelidou**, Minister of Education, Sport and Youth
- **Mr Michael Damianos**, Minister of Health

- Motivational/Inspiration Talk:
Success Mind Set
Christina O'Neill, Executive Trainer/Coach

Song By Ioannis Livanos

Chairs: Nicoletta Ntorzi, Anna Pahita

CPE level: I CPE credit: 1

19:30 – 20:30

- **Opening of the Exhibition**
- **Poster Session** (in the Exhibition Room and Conference Room)
- **Cocktail: Eis ygeia - “εις υγεία” - To your health!**

CPE level: I CPE credit: 1



SATURDAY, 8 November 2025

ROOM: DIONYSUS

08:00 – 12:00 LLL - Topic 42: Clinical Sports: Nutrition in Sport-Related Health Problems

- | | |
|----------------------|--|
| 08:00 – 08:30 | <ul style="list-style-type: none"> Module 42.1 Dehydration and Electrolyte Disturbance - Silent Killer of Exercise Performance
Dimitrios Papandreou (TLLL) |
| 08:30 – 09:00 | <ul style="list-style-type: none"> Module 42.2 Malnutrition in Physical Activity - Etiopathogenesis, Diagnostics and Treatment of RED-Syndrome
Giagkos Lavranos (TLLL) |
| 09:00 – 09:30 | <ul style="list-style-type: none"> Module 42.3 Gut Training and Gastrointestinal Issues in Physical Activity
Nikolaos Ntaflos |
| 09:30 – 10:00 | <ul style="list-style-type: none"> Module 42.4 Nutrition for Optimising Immune Function and Recovery from Injury in Sports
Stalo Kountouri (TLLL) |

10:00 – 10:30 **Coffee Break** (Exhibition area)

- | | |
|----------------------|--|
| 10:30 – 11:15 | <ul style="list-style-type: none"> Q & A, Case discussion
Giagkos Lavranos |
|----------------------|--|

- | | |
|----------------------|---|
| 11:15 – 12:00 | <ul style="list-style-type: none"> Feedback & Test |
|----------------------|---|

Director of the course: Stalo Kountouri

With Cooperation of CySPEN

CPE level: I CPE credit: 4



ROOM: LEDRA A

08:00 – 09:30 **Oral Presentation**

Chairs: Yiannis Koutras, Lazaros Lazarou

CPE level: III CPE credit: 4



09:30 – 10:30

Panel: Heart-Strong: The Role of Diet, Supplements, and Biomarkers in Cardiovascular Wellness

- From Folate to Heart Health: Nutrition and Homocysteine in Atherosclerosis Risk
Andrie Panayiotou
- Lp(a) and LDL Cholesterol: Clinical Insights and Dietary Implications for Cardiovascular Risk Management
Aris Angouridis
- Lipid Screening in Children and Adolescents
Adamos Hadjipanayis

Chairs: Phivos Symeonides, Eleni Andreou, Andrew Nicolaides

In Collaboration with Cyprus Atherosclerosis Society



CPE level: III CPE credit: 4

10:30 – 11:00

Coffee break (Exhibition area)

11:00 – 12:00

Panel: Innovation at the Intersection of Health and Nutrition: Prevention, AI, and System Redesign

- Empowering Health Care Professionals with AI: Practical Applications for Modern Care - Adapt or be left behind
Evridiki Georgaki
- Rethinking Nutrition Care Pathways: Insights from Healthcare Operations Management
Marianna Fragkiskou
- How to Build Your Personal Brand & Attract More Clients: A Marketing Guide for Dietitians
Angelos Iacovides

Chairs: Nicoletta Ntorzi, Dimitris Papamichael

CPE level: II CPE credit: 1

12:00 – 13:15	Panel: Multidiscipline Management of Diabetes and Metabolic Syndrome • Basic Principles for Diabetes Therapy with Insulin Pump Nicos Skordis • Triglyceride and Glucose Index as an Optimal Predictor of Metabolic Syndrome - A nutritional approach and dietary management for MtS Dimitrios Papandreou • Dietary Timing and Therapeutic Nutrition: Novel Approaches for Glycemic Control and Insulin Sensitivity in Diabetes Aimilia Papakonstantinou • Dietary Intervention in Diabetic Nephropathy: A Case-Based Approach Using Carb Counting and Renal Diet Equivalents Charilaos Dimosthenopoulos Chairs: Anna Michael, Elina Angastinioti CPE level: II CPE credit: 1
13:15 – 13:20	Stretch & Refresh Break, Christiana Kyriacou
13:20 – 14:30	Lunch Break (Exhibition area)
13:20 – 14:30	Poster Session
14:30 – 15:30	Food Demonstration: Beyond Calcium: Harnessing the Role of Protein By Chef Giorgos Erotokritou • Kleopatra Rousouli, R&D Manager and Head of Quality Control, Charalambides Christis LTD Chairs: Andreas Savva, Angela Angelidou CPE level: I CPE credit: 1
15:30 – 16:30	Poster/Oral Presentation & 10 minute Message from Supported Companies Oral Presentation Chairs: Yiannis Koutras, Lazaros Lazarou CPE level: III CPE credit: 1 10 minute Message from Supported Companies • Michalis Savva • Christina Titsinidou Chairs: Maria Alexiadou, Dimitris Papamichael
16:30 – 17:30	Workshop: Practical Tools & Case Studies • Professional support for services working with Avoidant Restrictive Food Intake Disorder (ARFID) Ursula Philpot • Restricted Intake Self Harm (RISH) Ursula Philpot Chairs: Eleni Andreou, Christina Aristotelous <i>In Collaboration with MAZI</i> CPE level: II CPE credit: 1
17:30 – 18:00	Coffee Break (Exhibition area)





18:00 – 19:00

Testimonial Panel: Two Voices: A Novelized Testimony of Living with Anorexia

- The Voice of the Father - His Testimony
Costas Katsonis
- The Voice of the Daughter - Her Testimony
Evgenia Katsoni
- Participatory Living Lab: Voices and Journeys of Individuals and Families Facing Eating Disorders
Nicos Middleton

Chairs: Eleni Andreou(MAZI), Andrea Constantinidou (Cyprus Association for the Support of Individuals with Eating Disorders), Pavlina Theodorou



In Collaboration with MAZI

CPE level: III CPE credit: 1

19:00 – 20:00

Panel: Sports Nutrition, Physical Activity and Public Health

- Sports and Nutrition experience by an elite football player
Giorgos Efrem
- Evidence-Based Sports Supplements: Supporting Muscle Function, Recovery, and Performance
Gregory Bogdanis
- Optimizing Exercise Performance and Recovery: The Crucial Role of Sleep
Christoforos Giannaki
- Policies and Programmes involving Dietary Modification and Physical Activity for Improving Quality of Life in the Population: The case of Cyprus
Alexandros Heraclides

Chairs: Nikolaos Ntaflos, Constantinos Zisimou, Pinelopi Stavrinou

CPE level: II CPE credit: 1

20:30

Gala Dinner

**SUNDAY, 9 November 2025**

ROOM: LEDRA A

08:00 – 09:00**Poster Presentations**

Chairs: Yiannis Koutras, Lazaros Lazarou

CPE level: III CPE credit: 1

09:00 – 10:00**Workshop: Empowering Dietitians with Intrapreneurship****Elie Wakil**

Chairs: Eleni Andreou, Anna Michael, Christos Papaneophytou

CPE level: I CPE credit: 1

10:00 – 11:00**Panel: Nutrition and Health Strategies: Health Promotion, Food Security, and Childhood Development**

- Nutrition Policy: A National Challenge for Health, Food Security, and Primary Production by EFET
Antonis Zampelas
- Nutrition as a Tool for Prevention: Health Education Strategies to Address Chronic Disease in the General Population
Christiana Philippou
- Can We Trust Our Plate? Ultra-Processed Foods and Food Fraud
- From Science to Health
Panayiota Theofilou

Chairs: Yiota Tsokkou, Pavlina Theodorou

CPE level: II CPE credit: 1

11:00 – 11:05Stretch & Refresh Break, **Christiana Kyriacou****11:05 – 11:30****Coffee Break**



11:30 – 12:30

Panel: Critical Care in Nutrition

- From ICU Bedside to Nutrition Plan: Practical Applications of Indirect Calorimetry
Dimitrios Karagiannis
- New Insights of Enteral Nutrition
Thalia Avraam
- Correlation Between Teamwork and Patient Safety in ICU
Theodoros Kyprianou
- Interdisciplinary Diabetes Education in the ICU: Nursing and Nutrition Approaches
Panayiotis Siekkeris

Chairs: Christiana Philippou, Maria Tziortzi, Maria Foka

In collaboration with
ΦΟΡΟΥΜ ΕΝΤΑΤΙΚΗΣ ΘΕΡΑΠΕΙΑΣ
Intensive Care Forum



CPE level: II CPE credit: 1

12:30 – 13:30

Debates: Intermittent fasting on Successful Weight Loss and Health Outcomes Examine the science vs. Risks in populations with Diabetes, Metabolic Syndrome, or Eating Disorders

Anastasios Papalazarou (Pro)
Aimilia Papakonstantinou (Con)

Chairs: Yiannis Koutras, Thecla Christoudia

CPE level: I CPE credit: 1

13:30 – 14:30

Closing Ceremony and Awards for

- * the Best Rated Oral/Poster Presentation for Student Dietitians and
- * Competition

Speaker: Eleni Andreou

Chairs: Christiana Philippou, Anna Pahita

CPE level: III CPE credit: 1

Simultaneous Translation Greek-English will be offered
LLL's sessions will be conducted in English with Greek explanations
provided by Greek-speaking speakers where applicable

Session for the sponsors – 10 minutes presentation;
Oral/ Poster Presentations – 5 minutes

The Scientific applied for approval by CDR for 36 CPE
21 Conference, 4 Poster/Oral Presentations, 1 Exhibition, 8 LLLs, 2 Open to the Public

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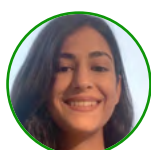
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Ioannis Livanos

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ORAL/POSTER PRESENTATIONS

35

ORAL PRESENTATIONS

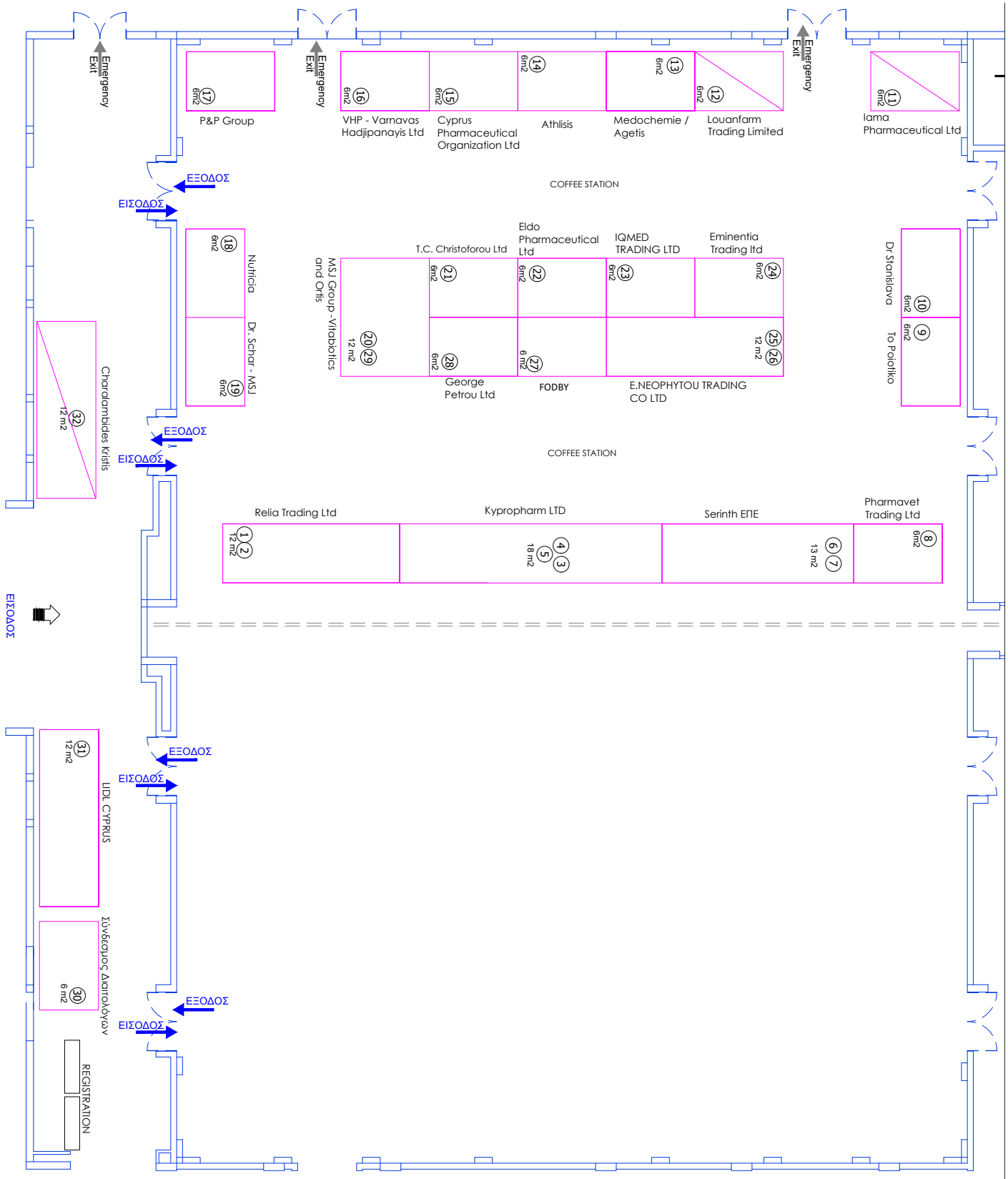
OP 001	Aref Abu-Rabia	SUSTAINABLE NUTRITION AMONG PASTORALS IN THE MIDDLEAST
OP 002	Elina Polydorou	NUTRITION DOCUMENTATION PROCESS AND STANDARDISED LANGUAGE, WHAT CAN BE IMPROVED? AN OBSERVATIONAL CROSS-SECTIONAL STUDY
OP 003	Nazal Bardak Percinci	COMPARISON OF NUTRITION AND DIETETICS DEPARTMENT 1ST AND 4TH GRADE STUDENTS' NUTRITION KNOWLEDGE LEVELS, FEEDING HABITS AND ANTHROPOMETRIC MEASUREMENTS
OP 004	Francesco Colelli	THE EFFECT OF TIME-RESTRICTED EATING IN COMBINATION WITH A LOW GLYCAEMIC INDEX DIET ON COGNITIVE FUNCTION, MARKERS OF BIOLOGICAL AGE AND METABOLIC HEALTH IN OVERWEIGHT AND OBESE POSTMENOPAUSAL WOMEN: A RANDOMIZED CONTROLLED TRIAL (THE NUTRIAGE STUDY)
OP 005	Christina Kriticou	FROM DIET TO IDENTITY: THE NUTRITIONAL, BEHAVIOURAL(PSYCHOLOGICAL) AND SOCIOCULTURAL ROOTS OF ADOLESCENT EATING DISORDERS
OP 006	Dimitris Papamichail	ADHERENCE TO MEDITERRANEAN DIET IN COLORECTAL CANCER SURVIVORS AND ITS ASSOCIATION WITH RECURRENCE RISK AND LEVEL OF DISEASE-RELATED FATIGUE: Narrative Review
OP 007	Nicoletta Charalambous	SCHOOL PERSONNEL TRAINING AND DIABETES MANAGEMENT IN SCHOOL SETTINGS: A SYSTEMATIC REVIEW AND META-ANALYSIS
OP 008	Mikaela Sekkidou	A PARTIALLY HYDROLYZED FORMULA REDUCES THE RISK OF FOOD ALLERGY AND ATOPIC DERMATITIS IN HIGH-RISK FOR ALLERGY CHILDREN
OP 009	Anna Michael	UNDERSTANDING PLADO: DEVELOPMENT AND VALIDATION OF A QUESTIONNAIRE TO ASSESS DIET KNOWLEDGE AND MANAGEMENT IN CYPRIOT KIDNEY AND HEALTHY POPULATIONS
OP 010	Nayia Andreou	THE DIAGNOSTIC INTERSECTION OF BODY DYSMORPHIA AND EATING DISORDERS: A SYSTEMATIC REVIEW

POSTER PRESENTATIONS

PP 001	Pavlina Theodorou	ONGOING STUDY: DEMONSTRATION OF DIETARY TRENDS AND BEHAVIORS OF ADULTS IN FOOD INTAKE USING THE EAT-26 QUESTIONNAIRE TO DETERMINE THE RISK OF EATING DISORDERS OR DISORDERED EATING IN CYPRIOT ADULTS. ASSOCIATION WITH BODY IMAGE (2025)
PP 002	Eleftheria Panagiotou	ADHERENCE TO THE MEDITERRANEAN DIET AND ITS INFLUENCE ON ALLERGIC DISEASES: A SYSTEMATIC REVIEW AND META-ANALYSIS
PP 003	Panayiota Tsokkou	COMPARATIVE ANALYSIS OF GOAT AND COW MILK ON BIOCHEMICAL MARKERS AND GUT MICROBIOTA IN HUMANS: A RANDOMISED CONTROLLED TRIAL
PP 004	Maria-Eleni Makreli	THE IMPACT OF SPACE CONDITIONS ON THE GUT MICROBIOME AND THE MODULATORY ROLE OF NUTRITION: A SYSTEMATIC REVIEW AND META-ANALYSIS
PP 005	Stavrini Charitou	OBSERVATION OF THE USE OF NUTRITIONAL SUPPLEMENTS AND ERGOGENIC AIDS EXERCISING AND NON-EXERCISING ADULTS: A CROSS-SECTIONAL PHASE OF A LONGITUDINAL STUDY
PP 006	Eleni Koupepia	EXPLORING ASSOCIATIONS BETWEEN CHRONONUTRITION AND MENTAL HEALTH: THE LIFEMIND STUDY
PP 007	Evdokia Aristeidou	ASSOCIATIONS BETWEEN FOOD INSECURITY, CHRONONUTRITION, AND BODY MASS INDEX (BMI)
PP 008	Chrystalla Myriantheos	EXPLORING DIETARY PATTERNS AND NUTRITION LABEL USE AMONG ADULTS IN CYPRUS: INSIGHTS AND ASSOCIATIONS. A CROSS-SECTIONAL STUDY
PP 009	Ioanna Georgiou	ONGOING STUDY: INVESTIGATION OF DIETARY TRENDS AND EATING BEHAVIORS AMONG ADULTS USING THE EAT-26 QUESTIONNAIRE TO ASSESS THE RISK OF EATING DISORDERS OR DISORDERED EATING IN CYPRIOT ADULTS. CORRELATION WITH BODY DYSMORPHIC DISORDER (2025)
PP 010	Persa Korfiati	A MIXED-METHOD EXPLORATION OF MINDFUL EATING INTERVENTIONS AND THE TRANSTHEORETICAL MODEL IN THE TREATMENT OF EMOTIONAL AND BINGE EATING DISORDERS IN GREEK CYPRIOT ADULTS
PP 011	Eleni Hadjioannou	ASSESSING UNIVERSITY STUDENTS' KNOWLEDGE AND INTERPRETATION OF FOOD LABELS AND THEIR RELATIONSHIP WITH FOOD CHOICES AND MEDITERRANEAN DIET ADHERENCE: A QUANTITATIVE CROSS-SECTIONAL ANALYSIS
PP 012	Georgia Spyrou	ADHERENCE TO MEDITERRANEAN DIET AND ITS IMPACT TO PEOPLE WITH BREAST CANCER, A NARRATIVE REVIEW
PP 013	Ntorzi Nicoletta	IMPACT OF MILITARY SERVICE ON EATING BEHAVIORS, BODY WEIGHT, AND BODY FAT: A CROSS-SECTIONAL OBSERVATIONAL STUDY OF SOLDIERS IN THE CYPRUS MILITARY
OP 014	Anna Stephanou	A SYSTEMATIC REVIEW ON HYPOGLYCAEMIC RISKS IN EATING DISORDERS



EXHIBITION PLAN





Exhibitors	Booth #
Charalambides Kristis	Corridor
LIDL CYPRUS	Corridor
CyDNA	Corridor
Relia Trading Ltd	1, 2
Kyropharm LTD	3, 4, 5
Serinth ΕΠΕ	6, 7
Pharmavet Trading Ltd	8
To Poiotiko - Διανομή Φ. Θεοκλή & Υιοι Λτδ	9
Dr Stanislava	10
Iama Pharmaceutical Ltd	11
Louanfarm Trading Limited	12
Medochemie / Agetis	13
Athlisis	14
Cyprus Pharmaceutical Organization Ltd	15
VHP - Varnavas Hadjipanayis Ltd	16
P&P Group	17
Nutricia & Dr. Schar - MSJ	18, 19
MSJ Group - Vitabiotics and Ortis	20 & 29
T.C. Christoforou Ltd	21
Eldo Pharmaceutical Ltd	22
IQMED TRADING LTD	23
Eminentia Trading Ltd	24
E. NEOPHYTOU TRADING CO LTD	25, 26
FODBY	27
George Petrou Ltd	28

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