



Kyriaki Vagianou

MSc | Clinical Dietitian - Nutritionist
Public Speaking • Wellness Coaching

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About Me

Clinical Dietitian-Nutritionist with MSc in Clinical Nutrition and international experience (WHO, Lyon). Based in Chios, she combines evidence-based science with a people-centered approach to improve health outcomes across chronic diseases. Active speaker in conferences, schools, and cultural organizations, and creator of engaging nutrition content, she empowers individuals and communities toward wellness.

Professional Experience

● Dietetic Office | Clinical Dietitian–Nutritionist

Chios Island, Greece

2020–Present

- Founded and manage a successful private practice in Chios, providing individualized nutrition counseling both in-person and online.
- Organize and deliver seminars, workshops, and corporate wellness programs for schools, sports clubs, cultural associations, and organizations.

● Research Dietitian

Panagiotis & Aglaia Kyriakou Pediatric Hospital

2019–2020

- Conducted research on dietary intake and adequacy of children with food allergies.
- Supported clinical teams with nutritional assessment techniques and dietary management strategies.

● Research Collaborator

World Health Organization / International Agency for Research on Cancer (IARC) | Lyon, France

2019–2020

- Contributed to international research projects on nutrition and cancer risk.
- Investigated biomarkers of processed meat intake and their association with colorectal cancer.
- Examined the relationship between glycemic index/load and breast cancer risk in the Precama Study.

Education

● MSc in Clinical Nutrition

Harokopio University, Athens, Greece

2018–2021

Graduated with Distinction – GPA 8.4/10

● BSc in Nutrition & Dietetics

International Hellenic University, Thessaloniki, Greece

2014–2018

Graduated with Honors – GPA 9/10

Volunteerism

Wheeling2Help, Uganda

2024

- Contributed to educational and women empowerment initiatives in Uganda.
- Supported school construction, classroom painting and student workshops, including swimming lessons.
- Participated in basket weaving and sewing activities that provide local women with income and confidence to support their children's education.



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CLINICAL DIETITIAN - NUTRITIONIST



Languages

- Greek (Native Speaker)
- English (Proficiency Michigan C2)
- French (Sorbonne C2)



Certifications

- > Executive Presence Skills (Business Etiquette, Networking Skills & Communication), Cosmosis 2025
- > Personal Development Seminars, Apofasizo 2021-2025
- > "Beyond the Limits of Diet", Research Center for Applied Psychology 2023-2024
- > "Systemic Constellations Facilitation", The Art of Living 2023-2024
- > "Systemic Constellations Facilitation", The Art of Living 2023-2024
- > "The 7 Pillars of a Business-Oriented Mindset", ST Miracle Business 2022-2024



Publications

2024

Papachristou, E. et al. (2024) 'Dietary intake, diet diversity, and weight status of children with food allergy', Journal of the Academy of Nutrition and Dietetics, 124(12). doi:10.1016/j.jand.2024.05.019.

2021

8th Congress of Biochemistry & Physiology, Oral Presentation, Capsis Hotel Thessaloniki, Greece
Feidantsis, K. et al. (2021) 'Comparison of short-term hypocaloric high-protein diets with a hypocaloric Mediterranean diet: Effect on body composition and health-related blood markers in overweight and sedentary young participants', Nutrition, 91-92, p. 111365. doi:10.1016/j.nut.2021.111365.



Professional Memberships

- ESPEN & GrEspan (European & Greek Society for Clinical Nutrition and Metabolism)
Active Member, focus on parenteral & enteral nutrition, clinical research, and advanced education
Key Areas:
Nutrition in Obesity
Nutrition in Older Adults
Nutritional Support in Cancer
Nutrition in Metabolic Syndrome
Nutritional Support in Renal Disease
Nutritional Assessment and Techniques
Approach to Enteral / Parenteral Nutrition
Nutritional Support in Neurological Diseases
Nutritional Support in Liver & Pancreas Disease
Practical guideline on Nutrition in Cancer, a multidisciplinary approach
- medNutrition
Member of Greece & Cyprus' leading professional nutrition portal
- Fitness Motivational Hellas
Member of national network promoting health, exercise, and nutrition
- Toastmasters International – Chios Club
Held leadership roles as Vice President of Education and Vice President of Public Relations
- Scientific Committee
Member of the Panhellenic Conference on Nutrition & Dietetics, 2021.
- Judging Committee
Member of the Healthy & Bio Food Awards, 2022.
Reward functional food products, that promote health and well-being.
- Organizing Committee
Member of the Panhellenic Conference on Nutrition & Dietetics, 2023.



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