



# Kyriaki Vagianou

MSc | Clinical Dietitian - Nutritionist  
Public Speaking • Wellness Coaching

## Contact

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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.

# Kyriaki Vagianou



## CLINICAL DIETITIAN - NUTRITIONIST

### Languages

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

## Certifications

- Executive Presence Skills (Business Etiquette, Networking Skills & Communication), Cosmossis 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 & GrEspen (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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