

Dimitra Dimopoulou

DIETITIAN - NUTRITIONIST

BSc in Dietetics and Nutrition, Harokopio University
MSc in Clinical Nutrition



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Athens, Greece

EDUCATION

• Harokopio University (2023–2025)

Grade: 9.26 / 10

MSc in Applied Dietetics and Nutrition, specialization in Clinical Nutrition

Department of Dietetics and Nutrition, School of Health Sciences and Education

Master's Thesis: *Consumption of ultra-processed foods and cognitive function in adults* (Research thesis)

Grade: 10 / 10

• Harokopio University (2018–2023)

Grade: 8.5 / 10

BSc in Dietetics and Nutrition

Department of Dietetics and Nutrition, School of Health Sciences and Education

Selected Courses: Clinical Nutrition; Nutritional Assessment; Nutrition Across the Life Span; Macronutrient Metabolism; Nutrition and Exercise; Public Health Nutrition; Nutritional Counseling and Behavior; Clinical Pediatric Nutrition

Bachelor Thesis: *Dietary habits in metabolically healthy but overweight - obese individuals. Data from the Feel4Diabetes study* (Research thesis)

Grade: 10 / 10

• General Lyceum of Karlovasi

High School Diploma (Grade: 20 / 20)

PROFESSIONAL EXPERIENCE

1. Dietitian – Dietcheck Nutrition Support Center

05/2025 – Present

- Development of personalized diet plans
- Collection and evaluation of patient medical and dietary history
- Body composition analysis

2. Dietitian – GINGER Study: Greek Geriatric Intervention for the Prevention of Cognitive Impairment and Disability

12/2024 – 09/2025

- Implementation of dietary interventions aimed at preventing cognitive decline in individuals with subjective cognitive impairment
- Participation in the research project “GINGER: Greek Geriatric Intervention for the Prevention of Cognitive Impairment and Disability”
- Nutrition education and counseling to improve cognitive function and quality of life

3. Health Promotion & Information Consultant – Aqua Carpatica

12/2023 – 05/2024 (6 months)

- Education of healthcare professionals regarding the importance of water in daily health and hydration
- Presentation of scientific evidence and health benefits related to the product
- Development of professional relationships with healthcare practitioners
- Strengthening communication and product promotion skills

4. Dietitian Intern – Private Dietetic Practice, Dr. Anastasios Papalazarou

05/2023 – 06/2023 (1 month)

- Collection and assessment of patients' medical and dietary history
- Basal Metabolic Rate (BMR) measurement and body composition analysis
- Development of individualized meal plans

- Observation of nutrition counseling sessions, including obesity management, weight maintenance, pediatric and adolescent nutrition, and sports nutrition

5. Dietitian Intern – Research & Development and Quality Assurance Department, JOTIS S.A.

03/2023 – 04/2023 (1 month)

- Conducted sensory evaluation of food products (expansion, bulk density, moisture, taste, aroma, and appearance)
- Performed physicochemical analyses, including pH, viscosity, texture, water activity, refractive index, and lipid oxidation measurements
- Conducted rapid microbiological analyses of raw materials and finished products using Petrifilm™ techniques for the detection of Enterobacteriaceae, yeasts, molds, and total viable counts
- Maintained warehouse records and organized refrigerated storage and retained sample archives
- Performed sensory and physicochemical quality control of packaged food products

6. Dietitian Intern – Department of Nutrition, 417 Army Share Fund Hospital (NIMTS)

11/2022 – 03/2023 (3 months)

- Participated in the Dietetic Outpatient Clinic by observing patient consultations, conducting nutritional assessments, and developing individualized meal plans
- Provided nutritional education and dietary guidance in the Diabetes Outpatient Clinic
- Participated in multidisciplinary ward rounds in the Internal Medicine, Gastroenterology, Neurology, and Intensive Care Unit (ICU) departments
- Calculated nutritional requirements and assisted in planning enteral and parenteral nutrition support

LANGUAGES

- **Greek:** Native
- **English:** C2 (University of Michigan)
- **French:** B2 (Paris-Sorbonne)

PROFESSIONAL DEVELOPMENT

Conferences, Seminars & Scientific Events

- **Greece Race for the Cure** (September 2024) – Participated with the Hellenic Dietetic Association, providing body composition analysis and nutrition counseling on the role of nutrition in breast cancer prevention.
- **Researchers' Night 2024 – Nutrition and Mental Health: Nutrition in Early Life** (September 2024)
- **FIBA Olympic Qualifying Tournament** (Peace and Friendship Stadium, Athens) (June 2024) – Participated with the Hellenic Dietetic Association, conducting body composition analysis and providing nutrition counseling.
- **17th Panhellenic Congress of Nutrition and Dietetics** (December 2023)
- **6th Panhellenic Congress of Medical/Clinical Nutrition and Metabolism (GrESPEN)** (May 2023)
- **20th Panhellenic Diabetes Congress** – Hellenic Diabetes Association (May 2022)
- **17th Panhellenic Educational Meeting of ELIGAST** (April 2022)
- **1st Interdisciplinary Postgraduate Seminar on Diabetes Mellitus** – Hellenic Diabetes Federation (ELDE) (March 2022)

Additional Training

- **Certificate in Pedagogical and Teaching Competence (PPDE)**, Harokopio University (Academic Year 2022–2023)
- **Certified First Aid Training**, Hellenic Red Cross
- Microsoft Windows
- Microsoft Office 365 (Word, Excel, PowerPoint)
- Email and Internet applications
- Canva
- STATA (Statistical Analysis Software)
- Nutritionist Pro

DIGITAL SKILLS

TECHNICAL SKILLS

- Experience in Food Chemistry, Biochemistry, and Food Physical Chemistry laboratories
- Food technology, food analysis, food safety and quality assurance
- Food service management and hygiene
- HACCP (Hazard Analysis and Critical Control Points) implementation and maintenance
- Anthropometric assessment and body composition analysis
- Dual-energy X-ray Absorptiometry (DXA) body composition assessment
- Blood sample handling, centrifugation, and storage

VOLUNTEER EXPERIENCE

Participated in the 16-year follow-up assessment of the Healthy Growth Study

- Communicated with participants via telephone and email and coordinated study appointments
- Performed anthropometric measurements (body weight, height, and body circumferences)
- Conducted handgrip strength measurements
- Measured blood pressure
- Performed body composition assessments using Dual-energy X-ray Absorptiometry (DXA)
- Assisted with blood sample transport, centrifugation, and storage

OTHER INFORMATION

- Strong interpersonal and communication skills developed through laboratory work and collaborative academic projects
- Sports enthusiast
- Member of the Hellenic Dietetic Association

PUBLICATIONS

- Brikou, D., Dimopoulou, D., Scarmeas, N., & Yannakoulia, M. (2026). Meal patterns and cognitive health in adulthood. In Nutritional Neuroscience: From Bench to Bedside (pp. 297–303). Elsevier. <https://doi.org/10.1016/B978-0-443-33841-0.00012-9>