



Vassilios Raikos

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Work: (Greece)

WORK EXPERIENCE

Associate Professor

Hellenic Mediterranean University [05/07/2022 - Current]

City: Siteia

Country: Greece

Teaching
Research
Administration

Research Fellow

University of Aberdeen [03/06/2013 - 30/09/2021]

City: Aberdeen

Country: United Kingdom

Research
Teaching
Administration

Teaching Fellow

University of Peloponnese [01/09/2008 - 01/06/2013]

City: Kalamata

Country: Greece

Teaching

Teaching Fellow

Hellenic Open University [01/06/2007 - 01/06/2011]

City: Patras

Country: Greece

Teaching

Post Doctoral Research Associate

University of Patras [01/08/2008 - 06/09/2010]

City: Patras

Country: Greece

Research

EDUCATION AND TRAINING

Bsc Human Genetics

University of Leeds [01/09/1995 - 01/06/1998]

Address: (United Kingdom)

Website: <https://www.leeds.ac.uk/>

MSc Applied Biomolecular Technology

University of Nottingham [01/09/2000 - 01/09/2001]

Website: <https://www.nottingham.ac.uk/>

PhD Food Science

Heriot-Watt University [01/04/2003 - 18/11/2006]

Website: <https://www.hw.ac.uk/>

LANGUAGE SKILLS

Mother tongue(s): **Greek**

Other language(s):

English

LISTENING C2 READING C2 WRITING C2

SPOKEN PRODUCTION C2 SPOKEN INTERACTION C2

DIGITAL SKILLS

Gmail / INTERNET / word / EXCEL / MICROSOFT OFFICE / Emails / FACEBOOK / POWERPOINT

PUBLICATIONS

Habitual consumption of high-fibre bread fortified with bean hulls increased plasma indole-3-propionic concentration and decreased putrescine and deoxycholic acid faecal concentrations in healthy volunteers

[2023]

Physicochemical and nutritional properties of yogurt emulsion with lycopene during chilled storage

[2022]

Nutritional Content, Phytochemical Profiling, and Physical Properties of Buckwheat (*Fagopyrum esculentum*) Seeds for Promotion of Dietary and Food Ingredient Biodiversity

[2022]

A comparison of the nutritional content and price between dairy and non-dairy milks and cheeses in UK supermarkets: A cross sectional analysis

[2022]

Enhancement of the concentration of melatonin and its precursors in legume sprouts germinated under salinity stress and evaluation of the feasibility of using legume sprouts to develop melatonin-rich instant beverage

[2022]

Encapsulation of Vitamin E in yogurt-based beverage emulsions: influence of bulk pasteurization and chilled storage on physicochemical stability and starter culture viability

[2021]

Physicochemical properties, texture and probiotic survivability of oat-based yogurt using aquafaba as a gelling agent

[2020]

Sapogenol is a major microbial metabolite in human plasma associated with high protein soy-based diets: the relevance for functional food formulations

[2020]

Aquafaba from commercially canned chickpeas as potential egg replacer for the development of vegan mayonnaise: recipe optimization and storage stability.

[2020]

Interaction of milk whey with polyphenols from salal fruits (*Gaultheria shallon*) and the effects on protein structure and hydrolysis pattern by Flavourzyme®

[2020]

Angiotensin-converting enzyme inhibitory activity of hydrolysates generated from whey protein fortified with salal fruits (*Gaultheria shallon*) by enzymatic treatment with Pronase from *Streptomyces griseus*

[2019]

Lactic-acid bacteria fermentation-induced effects on microstructure and interfacial properties of oil-in-water emulsions stabilised by goat-milk proteins

[2019]

Optimising the ratio of long- to short-chain triglycerides of the lipid phase to enhance physical stability and bioaccessibility of lycopene-loaded beverage emulsions.

[2019]

Antioxidant properties of a yogurt beverage enriched with salal (*Gaultheria shallon*) berries and blackcurrant (*Ribes nigrum*) pomace during cold storage

[2019]

Rosemary powder filtrate improves the oxidative stability and antioxidant properties of rapeseed oil: potential applications for domestic cooking

[2019]

Incorporating salal berry (*Gaultheria shallon*) and blackcurrant (*Ribes nigrum*) pomace in yogurt for the development of a beverage with antidiabetic properties

[2018]

Synergistic anticancer and antibacterial activities of cordycepin and selected natural bioactive compounds

[2018]

Use of β -glucan from spent brewer's yeast as thickener in skimmed yogurt: Physicochemical, textural and structural properties related to sensory perception

[2018]

Beetroot improves oxidative stability and functional properties of processed foods: singular and combined effects with chocolate

[2018]

Lycopene in Beverage Emulsions: Optimizing formulation design and processing effects for enhanced delivery

[2018]

Formulating orange oil-in-water beverage emulsions for effective delivery of bioactives: Improvements in chemical stability, antioxidant activity and gastrointestinal fate of lycopene using carrier oils

[2018]

Revealing the relationship between vegetable oil composition and oxidative stability: a multifactorial approach

[2018]

Physicochemical stability, antioxidant properties and bioaccessibility of β -carotene in orange oil-in-water beverage emulsions: influence of carrier oil type

[2018]

Natural antioxidants from herbs and spices improve the oxidative stability and frying performance of vegetable oils

[2017]

Encapsulation of vitamin E in edible orange oil-in-water emulsion beverages: Influence of heating temperature on physicochemical stability during chilled storage.

[2017]

Comparing the efficiency of different food-grade emulsifiers to form and stabilise orange oil-in-water beverage emulsions: influence of emulsifier concentration and storage time

[2017]

Designing emulsion droplets of foods and beverages to enhance delivery of lipophilic bioactive components: A review of recent advances.

[2017]

Processed beetroot (*Beta vulgaris* L.) as a natural antioxidant in mayonnaise: Effects on physical stability, texture and sensory attributes

[2016]

Breads fortified with freeze-dried vegetables: quality and nutritional attributes. Part II: Breads not containing oil as an ingredient

[2016]

Breads fortified with freeze-dried vegetables: quality and nutritional attributes. Part 1: Breads containing oil as an ingredient

[2016]

Denaturation and oxidative stability of hemp seed (*Cannabis sativa* L.) protein isolate as affected by heat treatment

[2015]

Processing and storage effects on the oxidative stability of hemp (*Cannabis sativa* L.) oil-in-water emulsions.

[2015]

Anti- and pro-oxidative effect of fresh and freeze-dried vegetables during storage of mayonnaise.

[2015]

Phytochemical profile of commercially available food plant powders: their potential role in healthier food reformulations

[2015]

Comparative study of the functional properties of lupin, green pea, fava bean, hemp and buckwheat flours as affected by pH

[2014]

Physicochemical stability of egg protein-stabilised oil-in-water emulsions supplemented with vegetable powders

[2014]

Health-promoting properties of bioactive peptides derived from milk proteins in infant food: A review

[2014]

Kinetic study of aggregation of milk protein and/or surfactant-stabilized oil-in-water emulsions by Sedimentation Field-Flow Fractionation

[2013]

Sedimentation field-flow fractionation as a tool for the study of milk protein-stabilized model oil-in-water emulsions: Effect of protein concentration and homogenization pressure

[2012]

Water content, temperature and biocide effects on the growth kinetics of bacteria isolated from JP-8 aviation fuel storage tanks

[2012]

Identification and characterization of microbial contaminants isolated from stored aviation fuels by DNA sequencing and restriction fragment length analysis of a PCR-amplified region of the 16S rRNA gene

[2011]

Effect of heat treatment on milk protein functionality at emulsion interfaces. A review. F

[2010]

The use of sedimentation field-flow fractionation in the size characterization of bovine milk fat globules as affected by heat treatment

[2009]

Effect of sucrose and sodium chloride on foaming properties of egg white proteins.

[2007]

Rheology and texture of hen's egg protein heat-set gels as affected by pH and the addition of sugar and/or salt

[2007]

Separation and identification of hen egg protein isoforms using SDS-PAGE and 2-D gel electrophoresis with MALDI-TOF mass spectrometry

[2006]

Heat stability and emulsifying ability of whole egg and egg yolk as related to heat treatment.

[2005]

Review. Modification of functional properties of egg – proteins

[2003]

HONOURS AND AWARDS

Associate Fellow

Higher Education Academy [26/06/2017]

Fellow

Institute of Food Science and Technology [03/05/2018]