



Antonia Psaroudaki is an assistant professor of Healthy Nutrition and Food at the Department of Nutrition and Dietetics of ELMEPA. Her research interests focus on the traditional diet and the foods included in it. The Cretan Mediterranean diet is the starting point and the regions of Crete and the South Aegean the main fields of research.

The indigenous edible plants and the habits surrounding them in the Cretan nutritional culture, are one of the main pylons of her scientific and research activity. Cooperating for the last 15 years with the institutions: Technical University of Crete (in topics related to food quality assurance and nutritional standards), Aristotelian University of Thessaloniki, Department of Pharmacognosy-Pharmacology (in topics related to the chemistry of natural products of the indigenous edible plants), Agricultural University of Athens, Hellenic Mediterranean University (School of Agricultural Sciences), University of Crete; and the Medical Museum of Crete, teaching on the subject of "Pharmaceutical Plants, from the traditional and popular medicine to science"

Studies

She studied Agriculture at the Agricultural University of Athens where she specialized in Plant Production (MSc). She continued her postgraduate studies at the Chemistry Department of the University of Crete where she prepared a postgraduate thesis on: The effect of tropospheric ozone in the nutritional composition of edible plants. She prepared her doctoral thesis at the Laboratory of Plant Breeding and Biometry of the Agricultural University of Athens on the subject: Recording, botanical identification, genetic diversity attributes of indigenous edible plants of Crete and their participation in the current nutritional pattern

Publications

Three Academic theses, fourteen full articles with criticism, a monograph, five scientific reports from participation in research projects, nine teaching aids, twenty-nine announcements at conferences, more than fifty supervisions of diploma theses.

Indicative

1. Irene Christoforidi , Ioannis N. Daliakopoulos , Dimitrios Papadimitriou , Vasileios Tzanakakis , Ioannis Louloudakis , Iordanis Papadopoulos , Marios Pnevmatikakis , Maria Tsitsiridou , Theano Kafkala , Kyriakos Kontekas , Maria Galliaki , Nikolaos Markakis , Thrassyvoulos Manios , Konstantinos Paschalidis , Antonia Psaroudaki (2024) «Effect of foliar fertilization on *Urospermum picroides*, an indigenous plant of the traditional cretan-mediterranean diet» *Scientia Horticulturae* 332 (2024) 113202/
<https://doi.org/10.1016/j.scienta.2024.113202>
2. Vasilaki, E.; Markoulakis, E.; Lazari, D.; Psaroudaki, A.; Barbounakis, I.; Antonidakis, E. A (2024) «Novel Low-Frequency Electromagnetic Active Inertial Sensor for Drug Detection». *Sensors* 2024, 24, 3059. <https://doi.org/10.3390/s24103059>
3. Tsiftoglou, O.S.; Lagogiannis, G.; Psaroudaki, A.; Vantsioti, A.; Mitić, M.N.; Mrmošanin, J.M.; Lazari, D. Phytochemical Analysis of the Aerial Parts of *Campanula pelviformis* Lam. (Campanulaceae): Documenting the Dietary Value of a Local Endemic Plant of Crete (Greece) Traditionally Used as Wild Edible Green. *Sustainability* 2023, 15, 7404. <https://doi.org/10.3390/su15097404>
4. Christoforidi I., Kollaros D., Papadakaki M, Psaroudaki A., Antoniou Th., Daliakopoulos I.N., (2022) “A novel index for assessing perceived availability and public demand for urban green space: Application in a Mediterranean island” *Urban Forestry & Urban Greening*, V. 69, March 2022, 127498. <https://doi.org/10.1016/j.ufug.2022.127498>
5. Irene Christoforidi, Amalia Filippaki, Areti Alexopoulou, Ioannis N. Daliakopoulos and Antonia Psaroudaki 2022 « Pilot training in Cretan diet and food reuse» RETASTE Conference Abstracts Vol. 2 RETASTE-PLW-264 Herakleion, Greece, 20-21 October, 2022 © Author(s) 2022. CC Attribution 3.0 License
6. Antonia Psaroudaki, Nikolaos Nikoloudakis, Georgios Skaracis, Andreas Katsiotis (2015) «Genetic structure and population diversity of eleven edible herbs of Eastern Crete» *Journal of Biological Research-Thessaloniki* (22:7) doi:10.1186/s40709-015-0030-7
7. Ψαρουδάκη Αντωνία (2015) " Τα Ξεχασμένα Ψυχανθή της Διατροφής των

- Κρητών" 1ο Διεθνές Συνέδριο «Ιστορικής και Πολιτιστικής Διάστασης της Κρητικής Διατροφής». Πλήρη Πρακτικά, Σελ. 135-148, Σητεία 19-20 Ιουνίου 2015, Έκδοση Δήμου Σητείας. Επιμέλεια: Δρ. Γ. Α. Φραγκιαδάκης, ISBN 978-618-82322-0-4.
8. . Evangelos Grigoroudis, Antonia Psaroudaki, Christina Diakaki (2013) "Towards a food-serving services quality management system for compliance with the mediterranean dietary model", *Ecology of Food and Nutrition* Vol.52 pp. 267-293
 9. Psaroudaki, Dimitropoulakis P., Constantinidis Th., Katsiotis A., Skaracis G. (2012) ."Ten indigenous edible plants and their participation in the diet of the inhabitants of Eastern Crete nowadays", *Culture, Agriculture, Food and Environment Journal*, Vol. 34, Issue 2 pp. 172–177.
 10. Psaroudaki Antonia , Grigoroudis Evangelos A methodology for the certification of food-serving services according to the Mediterranean dietary model» Proceedings of the 11th International Congress on Engineering and Food, May 22-26, 2011, Athens, Greece. Organizer: School of Chemical Engineering, National Technical University of Athens Supporting Organizations: Agricultural University of Athens, Aristotle University of Thessaloniki, Harokopion University of Athens, Technical Chamber of Greece ICEF Athens 2011, Printed Proceedings VOLUME III. , p. 1869-1870 Copyright © NTUA, School of Chemical Engineering, Athens 2011, SET ISBN: 978-960-89789-6-6 , ISBN: 978-960-89789–5-6, Full Paper Proceedings: main topic Modeling Food Safety & Quality, paper number 12 MFS525, Editors: Petros S. Taoukis, Nikolaos G. Stoforos, Vaios T. Karathanos, George D. Saravacos.
 11. Ψαρουδάκη Αντωνία, Κατσιώτης Ανδρέας Κωνσταντινίδης Θεοφάνης, Δημητροπουλάκης Πέτρος ,Σκαράκης Γεώργιος(2010) « Γενετική ποικιλότητα σε αυτοφυή εδάδιμα της ανατολικής Κρήτης και η συμμετοχή τους στο σημερινό διαιτολόγιο των κατοίκων της περιοχής» 13ο Πανελλήνιο συνέδριο Ελληνικής Επιστημονικής Εταιρείας Γενετικής Βελτίωσης φυτών. 13-15 Οκτωβρίου 2010 Πνευματικό Κέντρο Καλαμάτας Πρακτικά συνεδρίου σελ 370-380.
 12. Psaroudaki. A. "An extensive survey of the impact of tropospheric ozone on the biochemical properties of edible plants" (2007) , WSEAS Transactions on Environment and Development, Issue 6, Volume 3, pp. 99-110.

Professional experience

From 2019 to the present: Assistant professor in the Department of Nutrition and Dietetics of ELMEPA with the subject of Healthy Nutrition and Food

Between 2000-2019 she taught as a Scientific and laboratory associate at ELMEPA (formerly TEI CRETE) in the Department of Nutrition and Dietetics.

Since 2004, she has participated in more than ten national and European scientific programs

In the decade 1990-2000 she was involved in marine and food tourism as a shareholder and manager of sailing company.

Other scientific and social activity

2015: Participation in the creation and submission of the file for the recognition of the Ethnobotanical Practices of the Edible Native Plants of Crete as Intangible Cultural Heritage (cooperation TEI of Crete – Lychnostatis Museum).

Corrections of articles for their acceptance and publication in scientific journals:
Reviewer: Scientia Horticulturae, Archives of Pharmacy and Pharmaceutical Sciences, Human Ecology

Since 2017, she has been the president of the Lyceum of Greek women of Sitia