



DIMITRIS PEPPAS

PhD(c), M.Sc.

UNIVERSITY OF ATHENS PhD CANDIDATE

HAROKOPIO UNIVERSITY

Nutritional Genomics

His passion with sports and nutrition dates back to his school years. He was a basketball player participating in European championships and has won numerous international awards.

He holds two university degrees. One from the Department of Dietetics-Nutrition Science of Harokopio University and one from the Department of Physical Education and Sports Science of the University of Athens. His master thesis referred to Genetic Predisposition and Interactions with Diet and Exercise. In addition, he has been awarded the first prize by the Hellenic Society of Adolescent Medicine "George Marangos", for his research: "Physical activity is associated with mitigation of genetic predisposition to obesity in pre-adolescent children: findings of the GENDAI study".

Since 2010 he has been providing specialized services in his clinic in Glyfada.

At the same time, he has been appearing in numerous TV shows about nutrition and well-being.

For more than 10 years he has been offering voluntary work as well as organizing activities related to nutrition and health in close collaboration with renowned organizations (SOS Children's Villages, Feeding Program at the Accommodation for Unaccompanied Children, school canteens in the Municipality of Elliniko - Argyroupolis, women facing or overcoming breast cancer).

Having changed drastically the bad eating patterns of more than 10,000 people in Greece and Cyprus, Dimitris Peppas has found his own unique way of delving into modern issues of nutrition and health.