



A/Prof Antigone Kouris-Blazos

SUMMARY:

A/Prof Antigone Kouris is an Accredited Practising Dietitian academic/researcher, clinician, educator, author and food product developer with over 30 years experience. She has a PhD in Nutrition, Bachelor of Science with Honours (Biochemistry/Microbiology) and Post Graduate Diplomas in Human Nutrition & Dietetics and Herbal Medicine.

She was at Monash University, Faculty of Medicine for nearly 20 years where she was mentored by the renowned Professor Mark Wahlqvist MD FRACP OA and who was her supervisor for her Honours and PhD. At Monash she was involved in lecturing/ coordinating the nutrition course to 2nd and 4th year medical students and supervision of 4 PhD students. At Monash she also held the following positions: Research Fellow; Deputy Director of the International Health and Development Unit at Monash Asia Institute; Director of the Health Eating Healthy Living Program (funded by the Victorian Health Promotion Foundation). She was also the Managing Editor of the Asia Pacific Journal of Clinical Nutrition for 4 years and the Managing Editor of a website owned by Professor Mark Wahlqvist www.healthyeatingclub.org for 10 years. She also coordinated an international study on over 800 elderly from 4 countries called the “Food Habits in Later Life study”, which included Aboriginal Australians in Western Australia and Greeks in Spata Greece. (Reference from Prof Wahlqvist attached).

Her pioneering PhD placed the Mediterranean diet pattern (MDP) on the map in 1995. It was the first study to show that adherence to a MDP in old age conferred longevity, resulting in a landmark paper in the British Medical Journal in 1995, American Journal of Clinical Nutrition in 1995 and Age and Ageing in 1996. Her research team at the time was also the first to develop a validated MDP score, enabling many researchers around the world to study the health benefits of the MDP contributing to the huge body of evidence surrounding this diet. Her research also identified a Greek migrant paradox whereby elderly Greeks in Australia were seemingly getting away with CVD risk factors due to a return to the Mediterranean diet in old age. At La Trobe she has supervised 2 PhD students who have studied the MDP and cuisine in older Greek Australians with respect to hydration, depression, successful aging and CVD risk factors.

She has over 50 published papers (mainly on Mediterranean diet) in peer-reviewed journals (>1300 citations, h-index of 17). She has also co-authored 35 chapters to 7 university text books (including “Food & Nutrition” ed Wahlqvist 3 editions; “A Guide to evidence based integrative medicine” ed Kotsirilos; “Nutrition and Metabolism” ed Gibney) and 3 of her own books (Drug nutrient herb interactions; Food sources of nutrients; and a “Mediterrasian” cook book).

In 2011 she joined the Department of Rehabilitation, Nutrition and Sport at La Trobe University in Melbourne to continue her research on the Mediterranean diet in collaboration with Harokopio university in Greece (MEDIS study), contribute to dietetic training and supervision of post graduate students. She has been in private practice as a dietitian clinician for 30 years working from various medical clinics. In 2011 she set up her own private practice in Murrumbidgee called “Total Nutrition Care”. In 2012 she turned her expertise to the development of a commercial functional food product

(cookies), based on lupin. Lupin is an ancient legume popular in the Mediterranean diet. Lupin flour is a novel ingredient with preliminary studies on bread and cookies showing promise for its use in reducing appetite, blood sugars/insulin, blood pressure and cholesterol. As a result of this venture, she has developed skills in food product development, marketing and business.

QUALIFICATIONS

- **Bachelor of Science**, double major in Biochemistry and Microbiology, Melbourne University 1984 (H1)
- **Honours, Bachelor of Science, Nutrition** program, supervisor Prof Mark Wahlqvist, Deakin Uni 1985 (H2A)
- **Post Grad Dip of Dietetics**, Deakin University 1986
- **PhD in Nutrition**, supervisor Prof Mark Wahlqvist, Faculty Medicine, Monash University 1992
- **Post Grad Dip Botanic Medicine (*High Distinction*)**, University of Newcastle 2010 (H1)

CURRENT EMPLOYMENT/INTERESTS

- **ACADEMIC: Associate Professor (part-time) 2017-2018**
Department of Rehabilitation, Nutrition and Sport, Discipline of Nutrition and Dietetics, La Trobe University
 - **Research/Collaborator** “MEDIS” (Mediterranean Island Study) study commenced 2010 in Melbourne in collaboration with Harokopio University (Athens) and La Trobe (Professor Itsiopoulos and PhD students Tania Thodis and Spero Tsindos).
 - **Supervisor of PhD, Masters and Honours students**
 - **Lecturer to 3rd and 4th year Dietetic students**
- **CLINICIAN: Accredited Practising Dietitian (part-time) 1987 -**
 - **Private practice** part-time; in 2011 opened my own clinic “Total Nutrition Care”
- **FOOD PRODUCT DEVELOPER AND BUSINESS OWNER 2012 -**
 - **Development of my own functional cookies using a novel ingredient** “lupin flour”; selling on-line, to hospitals, supermarkets, health food stores (www.skinnybik.com)
- **BOOK AUTHOR 1997 -**
 - co-author of 7 university text books (e.g “Food & Nutrition” ed Wahlqvist 3 editions; “A Guide to evidence based integrative medicine” ed Kotsirilos; “Nutrition & Metabolism” ed Gibney)
 - author of 3 of my own books (Drug nutrient herb interactions of over 400 medications; Food sources of nutrients; and a “Mediterrasian” cook book).
- **EDUCATOR: 2000 -**
Educating the public/colleagues in evidence-based nutrition and therapeutics
 - via my Facebook (ProfKourisNutrition)
 - via websites (HealthyEatingClub, HealthforLifeKitchen, DiabetesAustralia, DrJoanna) Radio and newspaper interviews
- **LEADER/MENTOR: 2010 -**
Promoting/educating/mentoring dietitians in integrative medicine (IM)
 - DAA coordinator, on-line discussion group on IM for dietitians via the Dietitian Association website
 - published a “Letter to the Editor” Journal of Nutrition & Dietetics in December 2010 regarding the role of dietitians in integrative medicine (co-authored by current and past Presidents of the Australian Integrative Medical Association Prof Phelps and Dr Kotsirilos)
 - mentoring new graduate dietitians (see below)

PAST ACADEMIC & HONORARY APPOINTMENTS

- **Lecturer in Nutrition (2nd and 4th year Med)**, Faculty of Medicine, Monash University, **1995-2001**
- Developed **on-line nutrition courses** for Monash University medical students, **2000-2001**
- **Director** of the Healthy Eating Healthy Living Program and Managing editor of Healthy Eating Information Web-Centre (funded by the Victorian Health Promotion Foundation from **1998-2000**).

- **Deputy Director** of the International Health and Development unit, Monash Asia Institute, **1999-2001**
- **Honorary Research Fellow**, Asia Pacific Health and Nutrition Centre, Monash Asia Institute, Monash University, supervised 4 PhD students, **2002 – 2005**
- **Adjunct Associate Professor** Department of Rehabilitation, Nutrition and Sport, Discipline of Nutrition and Dietetics, La Trobe University, **2011-2016**

OTHER PAST POSITIONS/JOB

- **Hospital dietitian** (Moorabbin & Frankston Hospitals) 1 year 1987
- **Managing Editor**, *Asia Pacific Journal of Clinical Nutrition*, 2002-2006
- **Managing Editor**, website owned by Professor Mark Wahlqvist, 2000-2010
- **Developed on-line nutrition courses** for doctors with Professor Mark Wahlqvist (Primed/ In Touch, Royal Australian College General Practitioners), 2002

PAST RESEARCH – Mediterranean diet and other lifestyle variables and their impact on longevity

PhD on the mediterranean diet and longevity of elderly Greeks in Australia and Greece 1988-1992

"Kouris-Blazos A. Elderly Greeks in Spata, Greece and Melbourne, Australia: Food Habits, Health and Lifestyle. PhD thesis. Monash University, Melbourne, Australia, 1994"

Results of study published in the BMJ 1995, Age and Ageing 1996 (see below)

Coordinator of an international nutrition study on over 800 elderly (Greeks, Anglo-Celts and Indigenous Australians, Swedes and Japanese), Faculty of Medicine, Monash University, 1988-2000

Between 1988 and 1991 data were collected on diet, health and lifestyle on 800 people aged 70 and over from countries/cultures experiencing longevity: Swedes, Greeks, Australians (Greeks and Anglo-Celts) and Japanese. This study was known as "Food Habits in Later Life" (coordinated by Dr Antigone Kouris-Blazos at Monash University). Subjects were followed up for 5-7 years to determine survival status. Adherence to a Mediterranean food pattern was measured using a 10 unit dietary score developed by Professor Antonia Trichopoulou, Dr Antigone Kouris-Blazos and Professor Mark Wahlqvist. This score was first published in the British Medical Journal in 1995 (1).

Key findings:

1) This study was the **first to show** that a **Mediterranean dietary pattern improves overall survival in both Greek (1) and non-Greek elderly (2)**. Subjects who had a more 'Mediterranean style' eating pattern i.e high intakes of plant foods (cereals, legumes, vegetables, fruits and nuts), low intakes of animal foods (meat, milk and dairy products) and moderate fish and alcohol consumption had a reduced risk of death by more than 40%.

2) Elderly Greeks in Australia had the lowest risk of death, even though they had the highest rates of obesity and other CVD risk factors (this phenomenon was described as a **"Morbidity Mortality Paradox"**) (3,4), followed by the slimmer and more athletic elderly Swedes, Japanese and Anglo-Australians - the elderly Greeks in Greece had the highest risk of death. (5). The elderly Greeks in Australia appeared to have a mortality advantage **mainly because of their adherence to a more traditional Mediterranean diet** and high intake of **legumes** into old age.

3) The statistical analyses containing **ten potential predictors of survival** (*Mediterranean diet score, memory score, general health score, activities of daily living (ADL) score, exercise score, social activity score, social networks scores, wellbeing, smoking, gender*) revealed that **diet was more important than most of the variables for survival**, except for smoking, being male and having a poor memory.(5) When the diet score was analysed in greater detail to determine which food group conferred the greatest impact on longevity in comparison to the other food groups it was found that a **regular intake of legumes was the most important food group for longevity** (6).

Publications from PhD and post doc research

1. Trichopoulou A, Kouris-Blazos A, Wahlqvist ML, Gnardellis Ch, Lagiou P, Polychronopoulos E, Vassilakou T, Lipworth L, & Trichopoulos D. Diet and overall survival in elderly people. *British Medical Journal* 1995; 311 (7018): 1457-1460.
2. Kouris-Blazos, Gnardellis, Wahlqvist et al., Advantages of the Mediterranean diet transferable to other populations? A cohort study in Melbourne, Australia. *Br J Nutrition* 1999; 82: 57-61.
3. Kouris-Blazos A, Wahlqvist ML, Trichopoulou A, Polychronopoulos E, Trichopoulos D. Health and Nutritional Status of elderly Greek migrants to Melbourne, Australia. *Age Ageing* 1996; 25: 177-189.
4. Kouris-Blazos A. Morbidity mortality paradox of 1st generation Greek Australians. *Asia Pac J Clin Nutr* 2002;11(supp): S569-575
5. Wahlqvist ML, Darmadi-Blackberry I, **Kouris-Blazos A**, Jolley D, Steen B, Lukito W, Horie Y. Does diet matter for survival in long-lived cultures? *Asia Pac J Clin Nutr* 2005; 14 (1): 2-6.
6. Darmadi-Blackberry I, Wahlqvist ML, **Kouris-Blazos A**, Steen B, Lukito W, Horie Y and Horie K. Legumes: the most important dietary predictor of survival in older people of different ethnicities. *Asia Pac J Clin Nutr* 2004; 13 (2): 217-220.

PhD Supervisor – 6 students

- **1997-2001** Dr Martalena Purba: "Cross-cultural comparisons of nutrition and ageing in Indonesia and other communities" (Monash University, Faculty of Medicine)
- **1997-2001** Dr Irene Darmadi "Long-lived elderly populations: food habits, health and lifestyle predictors of survival" (Monash University, Faculty of Medicine)
- **2001-2005** Dr Azizah Omar – Development and Evaluation of an on-line wellness program (www.healthyeatingclub.org) (Monash University, Faculty of Medicine)
- **2005-2006** Dr Verena Raschke – Development of an on-line data base on African Food Habits (Monash University, Faculty of Medicine)
- **2011-2015 Spero Tsindos** – Hydration and Mediterranean diet (La Trobe University, Dietetics)
- **2011-2018 Tania Thodis** - CVD risk factors, metabolic syndrome, Mediterranean diet and older Greek Australians from Crete and Cyprus (La Trobe University, Dietetics)
- **2018 - 2019 Sophie Skalkos** Glycaemic effects of lupin enriched biscuits compared to non-lupin biscuits in surgical hospital patients with diabetes (La Trobe University, Dietetics)

Honours Supervisor

- **2017 Lucsha Sabashan** Efficacy of a novel "Food Explorers" intervention for "fussy eaters" with developmental disabilities: Does it improve the quality of family mealtimes? (La Trobe University, Dietetics)
- **2018 Selin Ramadan** Can natural and artificial sweeteners help with weight management? (worm study) (La Trobe University, Dietetics)
- **2018 Despina Kolivas** Can dietary polyphenols affect expression of genes that are linked to Alzheimers disease (worm study) (La Trobe University, Dietetics)

Mentoring of Dietitians

- **2012 Sarah Leung** (Monash graduate)
- **2013 Anca Vereen** (Monash graduate)
- **2014 Marina Chan** (Monash graduate)
- **2017 Monica Rundle** (DAA mentoring program) (Monash graduate)
- **2018 Lucy Marks** (DAA mentoring program) (Monash graduate)
- **2018 Nicole Murphy** (DAA mentoring program)
- **2018 Michael Hann** (DAA mentoring program)

Radio Interviews

3AW/2GB 8-7-18 interviewed about a study showing that lentils reduce glycaemic response of rice and potato <https://www.houseofwellness.com.au/podcasts/08-07-2018-house-of-wellness-radio>

PUBLICATIONS SUMMARY (see below)

- **author of 3 books 2011-2012** (currently used for nutrition courses by several Australian universities)
- **50 published papers** in peer reviewed journals
- **co-author to 7 nutrition text books for universities**
- **7 reports** for Australian Government
- **contributor to World Health Organization** reports/books
- **coauthor of over 50 articles** for the Victorian government website Better Health Channel (attached)
- **articles and recipes for various websites** (Diabetes Australia, Health For Life Kitchen, Dr Joanna McMillan)

MY BOOKS (hard copies published by lulu.com)

- 1) "Food sources of nutrients" 2011
- 2) "Medications: Good and Bad Interactions with Nutrients and Herbs" 2011
- 3) "You are what you cook" my favourite recipes for wellness using Mediterranean & South Asian flavours 2012

PUBLICATIONS - Refereed Journals

- 1) Kucianski T, Thodis A, Vally H, Kouris-Blazos A, Moschonis M, Wilson A, van Gaal W, Tierney A, Itsiopoulos C. The Cardio-Med Survey Tool: Development and validation of a food frequency questionnaire in a multicultural cardiology cohort. In press
- 2) Itsiopoulos C, Kucianski T, Mayr HL, van Gaal WJ, Martinez-Gonzalez A, Vally H, Kingsley M, Kouris-Blazos A, Radcliffe J, Segal L, Brazionis L, Salim A, Tierney A, O'Dea K, Wilson A, Thomas CJ. The AUStralian MEDiterranean diet heart trial (AUSMED heart trial): A randomized clinical trial in secondary prevention of coronary heart disease in a multi-ethnic Australian population: Study protocol. Am Heart Journal 2018: 1-33 on-line.
- 3) Pillen H, Tsourtos G, Coveney J, Thodis T, Itsiopoulos C, **Kouris-Blazos A**. Retaining traditional dietary practices among Greek immigrants to Australia: the role of ethnic identity. Ecology of Food and Nutrition 2017; 28: 1-17.
- 4) Tsindos S, Itsiopoulos C, Polychronopoulos E, Panagiotakos D, **Kouris-Blazos A**. A novel method for the estimation of water requirements in an older Greek -Australian population using data from the MeDIS-Australia study, in press.
- 5) Thodis T, Itsiopoulos C, **Kouris-Blazos A**, Laima B, Polychronopoulos E, Panagiotakos D. An observational study of adherence to a traditional Mediterranean diet, socio-cultural characteristics and cardiovascular disease risk factors of older Greek Australians from **MEDiterranean ISlands (MEDIS-Australia Study)**: protocol and rationale. Nutr Diet 2017; Jul 24; doi 10.1111/1747-0080.12360.
- 4) Radcliffe JE, Thomas J, Bramley AL, **Kouris-Blazos A**, Radford BE, Scholey AB, Pipingas A, Thomas CJ, Itsiopoulos C. Controversies in omega-3 efficacy and novel concepts for application. J Nutrition & Intermediary Metabolism 2016 (5); 11-22.
- 5) Radd S, **Kouris-Blazos A**, Fiatarone Singh Maria, Flood V. Evolution of Mediterranean diets and cuisine: concepts and definitions. Asia Pac J Clin Nutr 2017; 26 (5): 749-763.
- 6) **Kouris-Blazos A**, Belski R. Health benefits of legumes and pulses with a focus on Australian sweet lupins. Asia Pac J Clin Nutr 2016; 25 (1): 1-17. doi: 10.6133/apjcn.2016.25.1.23. Review.

- 7) Tsindos S, Itsiopoulos C, **Kouris-Blazos A**. Investigation into water consumption and its influence on depression, memory problems and constipation in older persons. *J of Aging Research & Clinical Practice* 2015; 4 (3) 137-143.
- 8) **Kouris-Blazos A**, Itsiopoulos C. Low all-cause mortality despite high cardiovascular risk in elderly Greek-born Australians: attenuating potential of diet? *Asia Pac J Clin Nutr* 2014; 23 (4): 532-44.
- 9) **Kouris A**. Drug Nutrient Interactions. *Geriatric Medicine in General Practice* 2009; July vol 2: 26-27.
- 10) **Kouris A**. Can cinnamon lower blood sugars and lipids in people with diabetes? *JAIMA* 2009; 14 (1): 12-13
- 11) Raschke V, Oltersdorf U, Elmadfa I, Wahlqvist ML, **Kouris-Blazos A**, Cheema BSB. Investigation of the Dietary Intake and Health Status in East Africa in 1960s: A Review of the Historic Oltersdorf Collection. *Ecology of Food and Nutrition* 2008; 47 (1): 1-43
- 12) Raschke V, Oltersdorf U, Elmadfa I, Wahlqvist ML, **Kouris-Blazos A**, Cheema BSB. The need for an on-line collection of traditional African food habits. *Online Journal - African Journal of Food Agriculture Nutrition and Development* (http://www.ajfand.net/Issue-XII-files/PDFs/VERENA_2330.pdf, vol ?, 2007
- 13) Omar A, Wahlqvist ML, **Kouris-Blazos A**, Vicziany M. Wellness management through web-based programmes. *J Telemed Telecare* 2005;11 Suppl 1:8-11.
- 14) Wahlqvist ML, Darmadi-Blackberry I, **Kouris-Blazos A**, Jolley D, Steen B, Lukito W, Horie Y. Does diet matter for survival in long-lived cultures? *Asia Pac J Clin Nutr* 2005; 14 (1): 2-6.
- 15) Darmadi-Blackberry I, Wahlqvist ML, **Kouris-Blazos A**, Steen B, Lukito W, Horie Y and Horie K. Legumes: the most important dietary predictor of survival in older people of different ethnicities *Asia Pac J Clin Nutr* 2004; 13 (2): 217-220.
- 16) Wahlqvist ML, Darmadi-Blackberry I, Savige GS, **Kouris-Blazos A**, Trichopoulos D. Age-fitness. How achievable with food? *Forum Nutr.* 2003;56:258-61.
- 17) Wood B, **Kouris-Blazos A**. The 1995 national nutrition survey - date for persons 16 years and over, by socio-economic index of disadvantage for areas (SEIFA). *Asia Pac J Clin Nutr* 2002; 11 (Suppl): S231-S322.
- 18) Wahlqvist M, **Kouris-Blazos A**. Nutrition - is diet enough? *J Complementary Medicine* 2002: 1 (3) Nov-Dec; 46-48.
- 19) **Kouris-Blazos A**. Morbidity Mortality paradox of 1st generation Greek Australians. *Asia Pac J Clin Nutr* 2002: 11 (suppl): S569-S575.
- 20) **Kouris-Blazos A**, Setter TL, Wahlqvist ML. Nutrition and Health Informatics. *Nutrition Research* 2001; 21 (1-2): 269-278. On-line abstract.
- 21) Purba M, **Kouris-Blazos A**, Wattanapenpaiboon N, Lukito W, Rothenberg E, Steen B, Wahlqvist ML. Can skin wrinkling in a limited sun exposed site be used as a marker of health status and biological age in the elderly ? *Age Ageing*, 2001; May 30 (3): 227-234.
- 22) Purba M, **Kouris-Blazos A**, Wattanapenpaiboon N, Lukito W, Rothenberg E, Steen B, Wahlqvist ML. Skin Wrinkling: Can food make a difference. *Am Coll Nutr*, 2001: 20 (1); 71-80
- 23) Wahlqvist ML, Setter TL, Savige GS, **Kouris-Blazos A**. Role of Physical Activity in Ensuring Nutritional Well-being in the elderly. *World Rev Nutr Diet*, 2001.
- 24) **Kouris-Blazos A**, Wahlqvist ML. Indigenous Australian food culture on cattle stations prior to the 1960s and Food Intake of Older Aborigines in a community studied in 1988. *Asia Pac J Clin Nutr* 2000: 9 (3), 224-231

- 25) Wahlqvist ML, **Kouris-Blazos A**, Darmadi I, Purba M. Nutrition and the elderly a global perspective. South African J Clin Nutr 2000; Feb Vol. 13 (1); on-line full text article
- 26) Darmadi I, Horie Y, Wahlqvist ML, **Kouris-Blazos A**, Horie K, Sugase K, Wattanapenpaiboon N. Food and nutrient intakes and Overall survival of elderly Japanese. Asia Pac J Clin Nutr 2000; 9 (1): 7-11.
- 27) Wahlqvist ML, **Kouris-Blazos A**. International Union of Nutritional Sciences Committee 11/4 on Nutrition and Ageing: Food Habits in Later Life (FHILL) Program. Asia Pac J Clin Nutr 1999; 8 (4): 282-4.
- 28) Horwath C, **Kouris-Blazos A**, Savige G, Wahlqvist ML. Eating your way to a successful old age, with special reference to older women. Asia Pac J Clin Nutr 1999; 8 (3): 216-225.
- 29) Purba M, Lukito W, Wahlqvist ML, **Kouris-Blazos A**, Hadisaputro S, Lestiani L, Wattanapenpaiboon N, Kamso S. Food intake and eating patterns of Indonesian Elderly before the 1998 economic crisis. Asia Pac J Clin Nutr 1999; 8 (3): 200-206.
- 30) **Kouris-Blazos A**, Gnardellis C, Wahlqvist ML, Trichopoulos D, Lukito W, Trichopoulou A. Are the advantages of the Mediterranean diet transferable to other populations? A cohort study in Melbourne, Australia. British Journal Nutrition 1999; 82: 57-61
- 31) Wahlqvist M, **Kouris-Blazos A**, Wattanapenpaiboon N. The significance of eating patterns: an elderly Greek case study. Appetite 1999; 32: 23-32
- 32) **Kouris-Blazos A**, Wahlqvist M, Wattanapenpaiboon N. 'Morbidity mortality paradox' of Greek-born Australians: possible dietary contributors. Australian Journal Nutrition and Dietetics, 1999; 56 (2): 97-107
- 33) **Kouris-Blazos A**, Wahlqvist ML. The traditional Greek food pattern and overall survival of elderly people. Aust J Nutr Diet 1998; 4 Supp: 20-23
- 34) Wahlqvist M, Wattanapenpaiboon N, Kannar D, Dalais F, **Kouris-Blazos A**. Phytochemical Deficiency Disorders: Inadequate intake of protective foods. Current Therapeutics 1998;39:53-60.
- 35) Wahlqvist ML, **Kouris-Blazos A**, Hsu-Hage BH-H. Ageing, Food Culture & Health. SE Asian J Trop Med Pub Health 1997; 28 (2): 100-112
- 36) **Kouris-Blazos A**, Wahlqvist ML, Trichopoulou A, Polychronopoulos E, Trichopoulos D. Health & Nutritional Status of elderly Greek migrants to Melbourne, Australia. Age Ageing 1996; 25: 177-189.
- 37) Trichopoulou A, **Kouris-Blazos A**, Vassilakou T, Gnardellis Ch, Polychronopoulos E, Venizelos M, Lagiou P, Wahlqvist ML & Trichopoulos D. The diet and survival of elderly Greeks: A link to the past. Am J Clin Nutr 1995; 61 (6S): 1346-1350
- 38) Trichopoulou A, **Kouris-Blazos A**, Wahlqvist ML, Gnardellis Ch, Lagiou P, Polychronopoulos E, Vassilakou T, Lipworth L, & Trichopoulos D. Diet and overall survival in elderly people. British Medical Journal 1995; 311 (7018): 1457-1460.
- 39) Wahlqvist ML, Hsu-Hage B, **Kouris-Blazos A**, Lukito W. Food Habits in Later Life - An Overview of Key Findings. Asia Pacific J Clin Nutr 1995 ; 4 (2): 1-11.
- 40) Wahlqvist ML, Hsu-Hage B, **Kouris-Blazos A**, Lukito W. Food Habits in Later Life: A Cross-Cultural Study. Preliminary Results from communities in Australia, Greece, China & Sweden. Age & Nutrition 1992; 3: 151-154.
- 41) Wahlqvist ML, **Kouris-Blazos A**, Trichopoulou A & Polychronopoulos E. The Wisdom of the Greek Cuisine and Way of Life: Comparison of the Food and Health Beliefs of Elderly Greeks in Greece and Australia. Age & Nutrition 1991; 2 (3): 163-173.

42) Kouris A, Wahlqvist ML, Trichopoulou A & Polychronopoulos E. Use of Combined Methodologies in Assessing Food Beliefs and Habits of Elderly Greeks in Greece. *Food & Nutr Bull* 1991; 13 (2): 139-144

43) Wahlqvist ML, **Kouris A**, Gracey M & Sullivan H. An Anthropological Approach to the Study of Food & Health in an Indigenous Population. *Food & Nutr Bull* 1991;13(2):145-149.

44) Wahlqvist ML & **Kouris A**. Trans-Cultural Aspects of Nutrition in Old Age. *Age Ageing* 1990; 19 (supp): 43-52.

45) Kouris A, Wahlqvist ML & Worsley A. Characteristics that enhance adherence to high carbohydrate/ high fibre diets by persons with diabetes. *J Amer Diet Assoc* 1988; 88 (11): 1422-25.

BOOK CONTRIBUTOR

Kouris-Blazos A. Food sources of macronutrients, micronutrients, phytonutrients and chemicals. Appendix 1.

In: Kotsirilos V, Vitetta L, Sali A. A guide to evidence-based integrative and complementary medicine. Elsevier, Sydney 2011; 837-860

Kouris-Blazos A. Drug-nutrient-herb interactions for commonly prescribed medications. Appendix 2. In: Kotsirilos V, Vitetta L, Sali A. A guide to evidence-based integrative and complementary medicine. Elsevier, Sydney 2011; 901-922.

Kotsirilos V, Vitetta L, Sali A, **Kouris-Blazos A**. Herb-nutrient-drug interactions. Chapter 37. In: Kotsirilos V, Vitetta L, Sali A. A guide to evidence-based integrative and complementary medicine. Elsevier, Sydney 2011; 835-848.

Kouris-Blazos A, Kotsirilos V, Vitetta L, Sali A. Nutritional assessment and therapies. Chapter 37. In: Kotsirilos V, Vitetta L, Sali A. A guide to evidence-based integrative and complementary medicine. Elsevier, Sydney 2011; 14-47.

Kouris-Blazos A. Evaluating the reliability of Nutrition Information. In: ML Wahlqvist (ed). *Food & Nutrition: Australia & New Zealand. 3rd edition*. Allen & Unwin, Sydney: 2011; 11-20.

Kouris-Blazos A. Nutrition for activity, sport and survival. In: ML Wahlqvist (ed). *Food & Nutrition: Australia & New Zealand. 3rd edition*. Allen & Unwin, Sydney: 2011; 443-469.

Wahlqvist ML, **Kouris-Blazos A**, Nutrition for maturity and ageing. In: ML Wahlqvist (ed). *Food & Nutrition: Australia & New Zealand. 3rd edition*. Allen & Unwin, Sydney: 2011; 474-499

Kouris-Blazos A. Overweight, obesity and eating disorders. In: ML Wahlqvist (ed). *Food & Nutrition: Australia & New Zealand. 3rd edition*. Allen & Unwin, Sydney: 2011; 523-566.

Kouris-Blazos A. Disordered eating and eating disorders. In: ML Wahlqvist (ed). *Food & Nutrition: Australia & New Zealand. 3rd edition*. Allen & Unwin, Sydney: 2011; 567-577.

Savige G, **Kouris-Blazos A**, Wahlqvist ML. Iodine and thyroid function. In: ML Wahlqvist (ed). *Food & Nutrition: Australia & New Zealand. 3rd edition*. Allen & Unwin, Sydney: 2011; 671-686.

Wahlqvist ML, **Kouris-Blazos A**. Nutrition assessment and monitoring. In: ML Wahlqvist (ed). *Food & Nutrition: Australia & New Zealand. 3rd edition*. Allen & Unwin, Sydney: 2011; 687-715.

Wahlqvist ML, **Kouris-Blazos A**. Nutritional standards of reference. In: ML Wahlqvist (ed). *Food & Nutrition: Australia & New Zealand. 3rd edition*. Allen & Unwin, Sydney: 2011; 716-732.

Kouris-Blazos A. Dietary Advice & Food Guidance Systems. In: ML Wahlqvist (ed). *Food & Nutrition: Australia & New Zealand. 3rd edition*. Allen & Unwin, Sydney: 2011; 745-776.

Kouris-Blazos A. Evaluating the reliability of Nutrition Information. In: ML Wahlqvist (ed). *Food & Nutrition: Australia & New Zealand. 2nd edition*. Allen & Unwin, Sydney: 2002.

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Read R, **Kouris-Blazos A**. Overweight, obesity and eating disorders. In: ML Wahlqvist (ed). Food & Nutrition: Australia & New Zealand. **2nd edition**. Allen & Unwin, Sydney: 2002.

Wahlqvist ML, **Kouris-Blazos A**, Requirements in maturity and ageing. In: ML Wahlqvist (ed). Food & Nutrition: Australia & New Zealand. **2nd edition**. Allen & Unwin, Sydney: 2002

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- 1) Itsiopoulos C, Colaci L, Premaratna D, Radford B, Tierney A, Radcliffe J, Thomas C, **Kouris-Blazos A**, Quigley G. A systematic review of the literature for the development of evidence based statements (for nutraceuticals manufactured by Swisse Wellness Pty Ltd). Department of Rehabilitation, Nutrition and Sport, La Trobe University 2015.
- 2) Setter T, **Kouris-Blazos A**, Wahlqvist M. School-based Healthy Eating Initiatives: Recommendations for Success. Healthy Eating Healthy Living Program, Monash University, Victoria 2000.
- 3) Setter T, Gill T, **Kouris-Blazos A**, Wahlqvist M. Healthy weight and physical activity interventions in Victoria: the current situation, and recommendations for the future. Healthy Eating Healthy Living Program, Monash University (Victoria) and International Obesity Taskforce (NSW), 2000.
- 4) Wood B, Ross K, **Kouris-Blazos A**. Healthy Eating for Nutritionally **Vulnerable Groups**. Some Health Promotion Initiatives. Healthy Eating Healthy Living Program, Monash University, Victoria 2000.
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- 7) Wood B, Wattanapenpaiboon N, Ross, K, **Kouris-Blazos A**. 1995 National Nutrition Survey: All persons 16 years of age and over and all persons 16 years of age and over, **by SEIFA** (index of relative socio-economic disadvantage for area). Healthy Eating Healthy Living Program, Monash University, Victoria 2000.
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- 10) Wahlqvist ML, **Kouris-Blazos A**. Diet related disorders - state of play. Food and Nutrition Policy, Department of Community Services and Health, Canberra, Australia, 1991.



Event Outline

- Date:** Thursday 27 July 2017
Time: Panel to arrive 5.55pm
Lecture: 6.30 pm to 8.00pm (one-hour lecture and 30-minute Q& A)
Networking Drinks and Nibbles: 8:00pm to 9:00pm
Location: Village Roadshow Theatrette, State Library Victoria, 179 La Trobe Street
(Enter via entry 3) VIC, 3000.

Topic: Food, mood and diet – myth versus science

This exciting lecture will consider the health benefits of the Mediterranean Diet; how the food we eat affects our appetite and mood, scientific research relating to nutrition, depression and anxiety, and the protection the Diet provides against diabetes, heart disease, cancer and dementia.

Join two of La Trobe University's leading academics Catherine Itsiopoulos and Antigone Kouris from the School of Allied Health, Maha Restaurant Chef and Owner Shane Delia and Dr Norman Swan, host of ABC Radio National's The Health Report program, who will discuss and debate the controversy over the latest fad diets and their purported health benefits; explain how the Mediterranean Diet can help us all lead longer and healthier lives; and consider the causal links between food and mood.

The Mediterranean Diet rich in plant foods, olive oil, fish and seafood is one of the most respected, well researched and most-often prescribed diets in the world. Its positive health effects have been scientifically tested and proven for more than 60 years.

Bold Thinking Panellist

Host:



Francis Leach, Radio personality and journalist. Broadcaster, Journalist, Writer and passionate fan of *The Clash*, Francis is a man in love with ideas. He's passionate about people and their capacity to create and achieve greatness and he explores the human condition through his love of sport, music, popular culture and great writing. Francis engages in meaningful conversations and asks the right questions, even the tough ones, and his extraordinary breadth and depth of knowledge across any number of fields has given him a unique perspective on life and an amazing ability to connect with his audience.



Speakers:

Dr Catherine Itsiopoulos: Catherine is a recognised leader in Dietetics and has international standing as a leader in Mediterranean diet research. She is an Accredited Practising Dietitian, Deputy Chair of the Australian Dietetics Council, and is the founding Head of the Department of Dietetics and Human Nutrition at La Trobe University. Her current role is Head of School of Allied Health at La Trobe University where she leads 11 allied health disciplines. Previous roles

Curriculum Vitae: A/Prof Antigone Kouris-Blazos 2018

include Associate Dean International for Health Sciences at La Trobe University. Catherine's specific research area of interest is Mediterranean diet studies focussing on migration impact on diet and lifestyle and chronic disease risk, and dietary clinical intervention trials using the traditional Cretan Mediterranean diet (and elements of) as intervention models in the prevention and management of metabolic syndrome, Non-Alcoholic Fatty Liver Disease, type 2 diabetes, cardiovascular disease, depression and mood disorders. Her interests span whole of diet interventions, modulating individual components of diet such as omega-3/omega-6 ratio and pharmacological doses of long-chain omega-3s through diet, and culinary herb and spice placebo controlled capsule trials. Her clinical laboratory interests include measurement of dietary intake, plasma biomarkers of diet (carotenoids, polyphenols, and fatty acids), body composition and body fat distribution, and inflammatory markers of CVD risk. Catherine has authored over 60 peer-reviewed publications with over 920 citations, has authored an RACGP HANDII Guideline on Mediterranean Diet in CHD management (May 2014), has co-edited a Nutrition textbook, and has published 2 Mediterranean Diet Cookbooks (The Mediterranean Diet 2013, The Mediterranean Diet Cookbook 2015).



Dr Antigone Kouris: Antigone is an Associate Professor, School of Allied Health in the Department of Rehabilitation, Nutrition and Sport at La Trobe University. She is an Accredited Practising Dietitian with over 30 years' experience. She was the first researcher to show in 1995 that adherence to the Mediterranean diet pattern in old age reduces mortality. Her research team was also the first to develop a validated Mediterranean diet score, which is now used by many other researchers around the world working in this area. Her findings and the Mediterranean diet score resulted in a landmark paper in the British Medical Journal in 1995, American Journal of Clinical Nutrition in 1995 and Age and Ageing in 1996. Dr Kouris also coordinated an international mortality follow-up study known as "Food Habits in Later Life" which involved over 800 people aged over 70 from Australia (Anglo-Celts, Greeks, Aborigines), Greece, Japan and Sweden.



Shane Delia: is best known as Chef and Owner of Maha Restaurant & Biggie Smalls. Shane is a television presenter on Channel 9 Postcards, host of his own TV show Shane Delia's Spice Journey, author of Maha Middle Eastern Home Cooking & Spice Journey – Adventures in Middle Eastern Cooking, and an ambassador for Mercedes-Benz Australia, Western Bulldogs FC & Melbourne City FC. Shane is based in Melbourne, Australia. His wife Maha, is the inspiration and namesake of his flagship restaurant. Together they have two children, daughter Jayda and son Jude.



Dr Norman Swan: hosts The Health Report on the ABC's Radio National, and Tonic on ABC News24 (Television). The Health Report is the world's longest running health programme in the English speaking world and Norman has won many awards for his work including Australia's top prize for journalism, the Gold Walkley. He was only the third person to be awarded the prestigious medal of the Australian Academy of Science and was given an honorary MD by the University of Sydney on its 150th anniversary.

Norman trained in medicine in Scotland and paediatrics in London and Sydney before joining the ABC and has hosted many other programmes on radio and television. He was the medical host on Channel Ten's Biggest Loser for six seasons and in September 2015 made a Four Corners on waste in the healthcare system. Norman created, wrote and narrated Invisible Enemies, a four part series on disease and civilisation for Channel 4 UK and broadcast in 27 countries. He has consulted to the World Health Organisation and co-chaired a global meeting of health ministers in Bamako West Africa focused on evidence based policy and priorities in health research. He has been the Australian correspondent for both the Journal of the American Medical Association (JAMA) and the British Medical Journal (BMJ).

Norman is also co-founder of Tonic Health Media, an integrated health television channel and production company which has over 15 million viewers per month.

28th July 2017-08-04

Good morning Antigone,

I hope this email finds you well and that you don't mind my emailing. I was a guest at last night's Bold Thinking lecture and I just wanted to pass on my positive feedback and thanks to you for sharing your insights.

Both myself and my colleague couldn't stop commenting on how fascinating the information that you each shared was. I was certainly inspired by the end of the session to refocus my diet – something that I have struggled with for some time.

I grew up on a Greek diet, courtesy of my wonderful Yiayia – by the time I got to my teens, I'd been convinced that oil was bad for me and gave away most of the delicious cuisine, much to my Yiayia's broken heart... You live, you learn!

Thank-you again, I took a lot from your insights.

Kind regards,

Mel Edgar

Melanie Edgar
Marketing Coordinator
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