

Γκιπάλης Σωκράτης

Διαιτολόγος – Διατροφολόγος



BIOGRAPHY

Sokratis Gkipalis studied at the Department of Nutrition and Dietetics at the University of Thessaly, graduating in 2022. In 2025, he obtained his master's degree in "Applied Dietetics and Nutrition" with a specialization in "Clinical Nutrition" from the Department of Nutrition and Dietetics at Harokopio University of Athens. He has attended numerous conferences and workshops in the field of Clinical Nutrition and Public Health, while also presenting a poster at the 17th Panhellenic Congress on Nutrition and Dietetics. The topics he dealt with in his diploma theses were, at undergraduate level, *"The Mediterranean Dietary Pattern and its relationship with individual's psychological state"* and, at postgraduate level, *"Live microorganisms in food and fermented products: the relationship between dietary intake and cognitive status in adults (including older adults)."*

In 2021, he completed his 6-month internship as a Clinical Dietitian at the Sismanogleio General Hospital of Athens, and from 2022 to 2024, he worked as a nutrition consultant for The 1-1 Diet by Cambridge Weight Plan, while also working as a self-employed Dietitian-Nutritionist. In addition, he has worked in the scientific department of a company with dietary supplements.

In the field of research, in 2024 he worked at the IMDEA Food Institute in Madrid, in the Precision Nutrition and Cardiometabolic Health Group, preparing a review on cardiometabolic risk factors and Precision Medicine. From March 2025 to the present, he has been working as a researcher at the Center for Public Health Research and Education (CPHRE) of the Academy of Athens, participating in various research projects.