



Eleni Peppas is a research associate at the Center for Research and Education in Public Health (KEEDY) of the Academy of Athens. She is a nutritionist, a graduate of the Department of Nutrition and Dietetics from the International University of Greece. She is attending the postgraduate program in the field of public health science and policy at the University of Western Attica. She has worked at the Hellenic Health Foundation as a researcher in various European programs related to nutrition and health. Previously, she worked at the Athens School of Health, as a researcher, in the European Prospective Investigation in Cancer and Nutrition (EPIC). Part of her research concerns the promotion of the Greek traditional Mediterranean diet. More specifically, she is focusing on the use of aromatic plants in traditional Greek recipes and the effect of the processing method on complex traditional Greek foods. In addition, she is studying the phytochemical components of herbal infusions and their importance in the health of consumers. At the same time, she is working on recording and emphasizing the importance of traditional recipes. She has extensive experience in the creation and study of food composition tables, as well as in nutritional tools for recording nutritional intake. Another area of interest is health promotion and the assessment methodologies. In this field, she has participated in intervention programs for the dissemination of the Mediterranean Diet. She has 59 publications in international scientific journals and eight presentations at conferences, four of them as a speaker.(h-index:25, citations:2443). (source: google scholar 25/7/2025).

<https://scholar.google.com/citations?hl=el&user=Hg4Hp0AAAAJ>