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Associate Professor, Design and optimization of food processing

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Date of birth 30 March 1973
Family status Married, three children

Academic Training

- **B.Sc.**, Department of Chemical Engineering, School of Engineering, Aristotle University of Thessaloniki, 1996 (Thesis: Quality control during processing of feta cheese. NIR application)
- **M.Sc.**, Quality Management, Hellenic Open University, 2006 (Thesis: Design and analysis of experiments in food processes)
- **Ph.D.**, Laboratory of Food Process Engineering, Department of Chemical Engineering, School of Engineering, Aristotle University of Thessaloniki, 2005 (Thesis: Spray drying of tomato pulp)

Positions Held

1997-1998 Chemical engineer in Elliniki Agora S.A. - Industry of canned vegetables and salads

2000-2004 Graduate Research Assistant, Laboratory of Food Process Engineering, Department of Chemical Engineering, School of Engineering, Aristotle University of Thessaloniki

2005-2009 Lecturer, Technological Institute of West Macedonia, Department of Quality Control and Trade of Agricultural Products

2006-2008 Lecturer, Technological Institute of Larissa, Department of Food Technology

2005-2007 Post-Doc Scientist, Laboratory of General and Inorganic Chemical Technology, Department of Chemistry, Aristotle University of Thessaloniki

2007-2010 Research Associate, Laboratory of Food Process Engineering, Department of Chemical Engineering, School of Engineering, Aristotle University of Thessaloniki

2010-2015 Lecturer, Laboratory of Food Engineering and Processing, Department of Food Science and Technology, Faculty of Agriculture, Aristotle University of Thessaloniki

2015-2019 Assistant Professor, Laboratory of Food Engineering and Processing, Department of Food Science and Technology, Faculty of Agriculture, Aristotle University of Thessaloniki

2019- Associate Professor, Laboratory of Food Engineering and Processing, Department of Food Science and Technology, Faculty of Agriculture, Aristotle University of Thessaloniki

Scholarships

- Greek Ministry of Education Scholarship (IKY) at the Pan-Hellenic Entrance Examinations
- Greek Ministry of Education Scholarship (IKY) for postgraduate studies in food processing-preservation-engineering
- Greek Ministry of Education Scholarship (IKY) for postdoctoral research

Teaching

Department of Chemical Engineering, Aristotle University of Thessaloniki

- Computer Applications in Chemical Engineering (2000-2003)
- Laboratory of Food Processing and Biotechnology (2000-2004)

Department of Quality Control and Trade of Agricultural Products, Technological Institute of West Macedonia

- Standardization of Agricultural Products (Theory and Laboratory) (2005-2009)
- Preservation of Agricultural Products (Theory and Laboratory) (2008-2009)

Department of Food Technology, Technological Institute of Larissa

- Food Engineering I (Laboratory) (2005-2006)
- Food Engineering II (Laboratory) (2006-2007)
- Food Processing I (Theory) (2006-2008)
- Food Processing II (Theory) (2007-2008)
- Physical Chemistry of Foods (Theory) (2006-2008)
- Technology and Quality Control of Fruits and Vegetables (Theory) (2007-2008)

Department of Food Science and Technology, Aristotle University of Thessaloniki

Undergraduate Courses

- Food Engineering I (2011-)
- Food Engineering II (2010-)
- Mathematical Models in Food Science (co-teaching) (2011-)
- Automation Systems for Food Processing Plants (co-teaching) (2011-)
- Management of Water and Wastes in Agricultural Industries (2016-)

Postgraduate Courses

- Food Process Design (2012-)
- Processing and Nutritive Value of Foods (2019-)
- Assessment of the Shelf Life of Foods (2020-)

Department of Chemistry

Postgraduate Courses

- Manufacturing Processes of Food Products and Ingredients with Emphasis to Bioprocesses (2019-)

Research interests

- Design of drying processes
- Modelling of food processing using Computational Fluid Dynamics (CFD) codes
- Development of pilot scale processing equipment
- Modelling of nutrient destruction during drying and thermal processing
- Management and valorization of food waste

Brief presentation of academic work - recognition

- Thirty four (60) publications in peer-reviewed journals
- Forty six (81) presentations in scientific meetings
- Five (8) book chapters
- More than 3400 citations in S.C.I. (h-index 30)
- Frequent manuscript reviewer for the Journals: *Drying Technology*, *Journal of Food Engineering*, *International Journal of Food Science and Technology*, *Critical Reviews in Food Science and Nutrition*, *Innovative Food Science and Emerging Technologies*, *Computers and Electronics in Agriculture*

List of publications

A. Scientific journals

- A.1. Adamopoulos K.G.*, **Goula A.M.** & Petropakis H.J. 2001. "Quality control during processing of feta cheese. NIR application". *Journal of Food Composition and Analysis*. 14 (4): 431-440.
- A.2. **Goula A.M.** & Adamopoulos K.G.* 2003. "Spray drying performance of a laboratory spray dryer for tomato powder preparation". *Drying Technology*. 21 (7): 1273-1289.
- A.3. **Goula A.M.** & Adamopoulos K.G.* 2003. "Estimating the composition of tomato juice products by near infrared spectroscopy". *Journal of Near Infrared Spectroscopy*. 11: 123-136.
- A.4. Adamopoulos K.G.* & **Goula A.M.** 2004. "Application of near-infrared reflectance spectroscopy in the determination of major components in taramosalata". *Journal of Food Engineering*. 63: 199-207.
- A.5. **Goula A.M.** & Adamopoulos K.G.* 2004. "Influence of spray drying conditions on residue accumulation – Simulation using CFD". *Drying Technology*. 22 (5): 1107-1128.
- A.6. **Goula A.M.**, Adamopoulos K.G.* & Kazakis N.A. 2004. "Influence of spray conditions on tomato powder properties". *Drying Technology*. 22 (5): 1129-1151.
- A.7. **Goula A.M.** & Adamopoulos K.G.* 2004. "Spray drying of tomato pulp: Effect of feed concentration". *Drying Technology*. 22 (10): 2309-2330.
- A.8. **Goula A.M.** & Adamopoulos K.G. 2005. "Spray drying of tomato pulp in dehumidified air. I. The effect on product recovery". *Journal of Food Engineering*. 66: 25-34.
- A.9. **Goula A.M.** & Adamopoulos K.G.* 2005. "Spray drying of tomato pulp in dehumidified air. II. The effect on powder properties". *Journal of Food Engineering*. 66: 35-42.
- A.10. **Goula A.M.** & Adamopoulos K.G.* 2005. "Stability of lycopene during spray drying of tomato pulp". *LWT – Food Science and Technology*. 38: 479-487.
- A.11. **Goula A.M.**, Adamopoulos K.G.*, Chatzitakis P.C. & Nikas V.A. 2006. "Prediction of lycopene degradation during a drying process of tomato pulp". *Journal of Food Engineering*. 74: 37-46.
- A.12. **Goula A.M.** & Adamopoulos K.G.* 2006. "Retention of ascorbic acid during drying of tomato halves and tomato pulp". *Drying Technology*. 24 (1): 57-64.
- A.13. **Goula A.M.**, Karapantsios T.D.* & Adamopoulos K.G. 2007. "Characterization of tomato pulp stickiness during spray drying using a contact probe method". *Drying Technology*. 25 (4): 591-598.
- A.14. **Goula A.M.**, Karapantsios T.D.* & Adamopoulos K.G. 2007. "An advanced centrifugal technique to characterize the sticking properties of tomato pulp during drying". *Drying Technology*. 25 (4): 599-607.

- A.15. Goula A.M.***, Karapantsios T.D., Achilias D.S. & Adamopoulos K.G. 2008. "Water sorption isotherms and glass transition temperature of spray dried tomato pulp". *Journal of Food Engineering*. 85: 73-83.
- A.16. Goula A.M.**, Kostoglou M., Karapantsios T.D. & Zouboulis A.I. 2008. "A CFD methodology for the design of sedimentation tanks in potable water treatment. Case study: The influence of a feed flow control baffle". *Chemical Engineering Journal*. 140: 110-121.
- A.17. Goula A.M.*** & Adamopoulos K.G. 2008. "Effect of maltodextrin addition during spray drying of tomato pulp in dehumidified air: I. Drying kinetics and product recovery". *Drying Technology*. 26 (6): 714-725.
- A.18. Goula A.M.*** & Adamopoulos K.G. 2008. "Effect of maltodextrin addition during spray drying of tomato pulp in dehumidified air: II. Powder properties". *Drying Technology*. 26 (6): 726-737.
- A.19. Goula A.M.**, Kostoglou M., Karapantsios T.D. & Zouboulis A.I. 2008. "The effect of influent temperature variations in a sedimentation tank for potable water treatment – A Computational Fluid Dynamics study". *Water Research*. 42 (13): 3405-3414.
- A.20. Goula A.M.*** & Adamopoulos K.G. 2009. "Modeling the rehydration process of dried tomato". *Drying Technology*. 27 (10): 1078-1088.
- A.21. Goula A.M.*** & Adamopoulos K.G. 2010. "A new technique for spray drying orange juice concentrate". *Innovative Food Science and Emerging Technologies*. 11: 342-351.
- A.22. Goula A.M.*** & Adamopoulos K.G. 2010. "Kinetic models of β -carotene degradation during air drying of carrots". *Drying Technology*. 28 (6): 752-761.
- A.23. Goula A.M.*** & Adamopoulos K.G. 2011. "Rheological models of kiwifruit juice for processing applications". *Journal of Food Processing & Technology*. 2 (1): 1-7.
- A.24. Goula A.M.*** & Adamopoulos K.G. 2012. "A new technique for spray-dried encapsulation of lycopene". *Drying Technology*. 30 (6): 641-652.
- A.25. Goula A.M.*** & Lazarides H.N. 2012. "Modeling of mass and heat transfer during combined processes of osmotic dehydration and freezing (Osmo-Dehydro-Freezing)". *Chemical Engineering Science*. 82: 52-61.
- A.26. Goula A.M.*** & Adamopoulos K.G. 2012. "A method for pomegranate seed application in food industries: Seed oil encapsulation". *Food and Bioproducts Processing*. 90 (4): 639-652.
- A.27. Goula A.M.*** 2013. "Ultrasound-assisted extraction of pomegranate seed oil - Kinetic modeling". *Journal of Food Engineering*. 117: 492-498.
- A.28. Goula A.M.*** & Adamopoulos K.G. 2013. "A method for preparing a novel solid product from olive mill wastewater: wastewater characterization and product recovery". *Drying Technology*. 31: 339-349.
- A.29. Goula A.M.***, Tzika A. & Adamopoulos K.G. 2014. "Kinetic models of evaporation and total phenolics degradation during pomegranate juice concentration". *International Journal of Food Engineering*. 10 (3): 383-392.
- A.30. Kalamara E.**, **Goula A.M.*** & Adamopoulos K.G. 2015. "An integrated process for utilization of pomegranate wastes – seeds". *Innovative Food Science and Emerging Technologies*. 27: 144-153.
- A.31. Goula A.M.*** & Lazarides H.N. 2015. "Integrated processes can turn industrial food waste into valuable food by-products and/or ingredients: The cases of olive mill and pomegranate wastes". *Journal of Food Engineering*. 167: 45-50.
- A.32. Goula A.M.***, Chasekioglou A. & Lazarides H.N. 2015. "Drying and shrinkage

- kinetics of solid waste of olive oil processing”. *Drying Technology*. 33 (14): 1728-1738.
- A.33.** Kaderides K., **Goula A.M.*** & Adamopoulos K.G. 2015. “A process for turning pomegranate peels into a valuable food ingredient using ultrasound-assisted extraction and encapsulation”. *Innovative Food Science and Emerging Technologies*. 31: 204-215.
- A.34.** Vareltzis P., Adamopoulos K., Stavrakakis E., Stefanakis A. & **Goula A.M.** 2016. “Approaches to minimise yoghurt syneresis in simulated tzatziki sauce preparation”. *International Journal of Dairy Technology*. 69: 191-199.
- A.35.** **Goula A.M.***, Thymiatis K. & Kaderides K. 2016. “Valorization of grape pomace: Drying behavior and ultrasound extraction of phenolics”. *Food and Bioproducts Processing*. 100: 132-144.
- A.36.** **Goula A.M.***, Ververi M., Adamopoulou A. & Kaderides K. 2017. “Green ultrasound-assisted extraction of carotenoids from pomegranate wastes using vegetable oils”. *Ultrasonics Sonochemistry*. 34: 821-830.
- A.37.** Chasekioglou A., **Goula A.M.***, Adamopoulos K.G. & Lazarides H.N. 2017. “An approach to turn olive mill wastewater into a valuable food by-product based on spray drying in dehumidified air using drying aids”. *Powder Technology*. 311: 376-389.
- A.38.** **Goula A.M.***, Kokolaki M. & Daftsiou E. 2017. “Use of ultrasound for osmotic dehydration. The case of potatoes”. *Food and Bioproducts Processing*. 105: 157-170.
- A.39.** Kaderides K. & **Goula A.M.*** 2017. “Development and characterization of a new encapsulating agent from orange juice by-products”. *Food Research International*. 100: 612-622.
- A.40.** **Goula A.M.***, Papatheodorou A, Karasavva S. & Kaderides K. 2018. “Ultrasound-assisted aqueous enzymatic extraction of oil from pomegranate seeds”. *Waste and Biomass Valorization*. 9 (1): 1-11.
- A.41.** Kiritsakis K., **Goula A.M.***, Adamopoulos K.G. & Gerasopoulos D. 2018. “Valorization of olive leaves: spray drying of olive leaf extract”. *Waste and Biomass Valorization*. 9 (4): 619-633.
- A.42.** Sarakatsianos I., Adamopoulos K., Samanidou V., **Goula A.** & Ninou E. 2018. “Optimization of microwave-assisted extraction of phenolic compounds from medicinal and aromatic plants: *Sideritis raeseri*, *Sideritis scardica* and *Origanum vulgare*”. *Current Analytical Chemistry*. 18: 1-6.
- A.43.** **Goula A.M.**, Prokopiou P. & Stoforos N.G. 2018. “Thermal degradation kinetics of L-carnitine”. *Journal of Food Engineering* 231: 91-100.
- A.44.** Mourtzinis I., Menexis N., Iakovidis D., Makris D.P. & **Goula A.*** 2018. “A green extraction process to recover polyphenols from byproducts of hemp oil processing”. *Recycling*. 3: 1-15.
- A.45.** Tsali A. & **Goula A.M.*** 2018. “Valorization of grape pomace: Encapsulation and storage stability of its phenolic extract”. *Powder Technology*. 340: 194-207.
- A.46.** Sarakatsianos I., Manousi N., Georgantelis D., **Goula A.**, Adamopoulos K. & Samanidou V. 2018. “Detection of mechanically deboned meat in cold cuts by inductively coupled plasma-mass spectrometry”. *Pakistan Journal of Analytical and Environmental Chemistry*. 19(2): 115-121.
- A.47.** Kaderides K., Papaoikonomou L., Serafim M. & **Goula A.M.*** 2019. “Microwave-assisted extraction of phenolics from pomegranate peels: Optimization, kinetics, and comparison with ultrasounds extraction”. *Chemical Engineering and Processing: Process Intensification*. 137: 1-11.

- A.48.** Kaderides K. & **Goula A.M.*** 2019. “Encapsulation of pomegranate peel extract with a new carrier material from orange juice by-products”. *Journal of Food Engineering*. 253: 1-13.
- A.49.** Ververi M. & **Goula A.M.*** 2019. “Pomegranate peel and orange juice by-product as new biosorbents of phenolic compounds from olive mill wastewaters”. *Chemical Engineering and Processing: Process Intensification*. 138: 86-96.
- A.50.** Vasilaki A., Hatzikamari M., Stagkos-Georgiadis A., **Goula A.M.** & Mourtzinis I. 2019. “A natural approach in food preservation: Propolis extract as sorbate alternative in non-carbonated beverage”. *Food Chemistry*. 298:125080.
- A.51.** Sarakatsianos I., Adamopoulos K., Samanidou V., **Goula A.** & Ninou E. 2020. Optimization of microwave-assisted extraction of phenolic compounds from medicinal and aromatic plants: *Sideritis raeseri*, *sideritis scardica* and *origanum vulgare*. *Current Analytical Chemistry*, 16(2): 106-111.
- A.52.** Kaderides K., Mourtzinis I. & **Goula A.M.*** 2020. “Stability of pomegranate peel polyphenols encapsulated in orange juice industry by-product and their incorporation in cookies”. *Food Chemistry*. 310: 125849.
- A.53.** Drevelegka I. & **Goula A.M.*** 2020. “Recovery of grape pomace phenolic compounds through optimized extraction and adsorption processes” *Chemical Engineering and Processing: Process Intensification*. 149: 107845.
- A.54.** Loukri A., Tsitlakidou P., **Goula A.**, Assimopoulou A., Kontogiannopoulos K.N. & Mourtzinis I. 2020. Green extracts from coffee pulp and their application in the development of innovative brews. *Applied Sciences (Switzerland)*. 10(19): 1-13, 6982.
- A.55.** Papaoikonomou L., Labanaris K., Kaderides K. & **Goula A.M.*** 2021. Adsorption–desorption of phenolic compounds from olive mill wastewater using a novel low-cost biosorbent. *Environmental Science and Pollution Research*, 28(19): 24230-24244.
- A.56.** Tzatsi P. & **Goula A.M.*** 2021. Encapsulation of extract from unused chokeberries by spray drying, co-crystallization, and ionic gelation. *Waste and Biomass Valorization*, 12(8): 4567-4585.
- A.57.** Kaderides K., Kyriakoudi A., Mourtzinis I. & **Goula A.M.*** 2021. Potential of pomegranate peel extract as a natural additive in foods. *Trends in Food Science and Technology*, 115: 380-390.
- A.58.** Chezanoglou E. & **Goula A.M.*** 2021. Co-crystallization in sucrose: A promising method for encapsulation of food bioactive components. *Trends in Food Science and Technology*, 114: 262-274.
- A.59.** Solomakou N. & **Goula A.M.*** 2021. Treatment of olive mill wastewater by adsorption of phenolic compounds. *Reviews in Environmental Science and Biotechnology*, 20: 839-863.
- A.60.** Pantelidou D., Gerogiannis K., **Goula A.M.***, Gonas C. (2021). Ultrasound-assisted osmotic dehydration as a method for supplementing potato with unused chokeberries phenolics. *Food Bioprocess Technology*, 14: 2231-2247.
- A.61.** Solomakou N., Loukri A., Tsafrakidou P., Michaelidou A.-M., Mourtzinis I., **Goula A.M.*** (2022). Recovery of phenolic compounds from spent coffee grounds through optimized extraction processes. *Sustainable Chemistry and Pharmacy*, 25: 100592.

* *corresponding author*

B. Book chapters

- B.1. **Goula A.M.** 2015. “Dehydration-Spray drying-Freeze drying”. In *Handbook of Food Processing. Food Preservation* (Eds.: Varzakas T. & Tzia C.), CRC Press, Boca Raton, Florida, USA.
- B.2. **Goula A.M.** 2016. “Implications of non-equilibrium state glass transitions in spray dried sugar-rich foods”. In *Non-Equilibrium States and Glass Transitions in Foods: Processing Effects and Product Specific Implications* (Eds.: Bhandari B. & Roos Y.), Elsevier Applied Science, New York, USA.
- B.3. **Goula A.M.** & Kaderides K. 2016. “Pomegranate waste as a source of nutraceuticals”. In *Pomegranate: Chemistry, Processing and Health Benefits*, Nova Science Publishers, Inc., USA.
- B.4. Lazarides H.N. & **Goula A.M.** 2017. “Sustainability and ethics along the food supply chain”. In *Food Ethics in Food Studies Education* (Eds.: Costa R. & Pittia P), Springer Publishing Co., New York, USA.
- B.5. **Goula A.M.** & Gerasopoulos D. 2017. “Integrated olive mill waste (OMW) processing towards complete by-product recovery of functional components”. In *Olives and Olive oil as Functional Foods: Bioactivity, Chemistry and Processing* (Eds.: Kiritsakis A.P. & Sahidi F.), John Wiley & Sons, Ltd., New York, USA.
- B.6. **Goula A.M.**, Kiritsakis K. & Kiritsakis A. 2017. “Application of HACCP and traceability in olive oil mills and packaging units and their effect on quality and functionality”. In *Olives and Olive oil as Functional Foods: Bioactivity, Chemistry and Processing* (Eds.: Kiritsakis A.P. & Sahidi F.), John Wiley & Sons, Ltd., New York, USA.
- B.7. Mourtzinis I. & **Goula A.M.** 2019. “Polyphenols in agricultural by-products and food waste”. In *Polyphenols in Plants* (Ed.: Watson R.R.), Academic Press, New York, USA.
- B.8. Tsiviki M., & **Goula A.M.** 2021. “Valorization of grape seeds”. In *Valorization of Agri-Food Wastes and By-Products* (Ed.: Bhat R.), Academic Press, New York, USA.

C. International conferences

- C.1. **Goula A.M.** & Adamopoulos K.G. 2002. “Flow and thermal field simulation of a heat exchanger”. *2002 Southeastern Europe Fluent Users Group Meeting*, October 31-November 1, 2002, Thessaloniki (poster presentation).
- C.2. **Goula A.M.** & Adamopoulos K.G. 2003. “Influence of spray drying conditions on tomato powder moisture”. In P. Fischer, I. Marti & E.J. Windhab (Eds.), *Proceedings of the 3rd International Symposium on Food Rheology and Structure (ISFRS 2003)*, February 9-13, 2003, Zurich, Switzerland (pp. 643-644) (poster presentation).
- C.3. **Goula A.M.** & Adamopoulos K.G. 2003. “Simulation of a spray drying process using computational fluid dynamics”. In G.D. Saravacos, Z.B. Maroulis, M. Krokida & V.T. Karathanos (Eds.), *Proceedings of the Symposium EUDrying '03*, September 4-5, 2003, Heraklion, Crete, Greece (pp. 112-119) (poster presentation).
- C.4. **Goula A.M.**, Adamopoulos K.G. & Kazakis N.A. 2003. “Influence of spray conditions on tomato powder properties”. *6th Conference on Process Integration, Modelling and Optimization for Energy Saving and Pollution Reduction PRES '03*, October 26-29, 2003, Hamilton, Ontario, Canada (poster presentation).
- C.5. Adamopoulos K.G. & **Goula A.M.** 2003. “Influence of spray drying conditions on residue accumulation – Simulation using CFD”. *6th Conference on Process Integration, Modelling and Optimization for Energy Saving and Pollution*

- Reduction PRES '03*, October 26-29, 2003, Hamilton, Ontario, Canada (poster presentation).
- C.6. Goula A.M.**, Chotzidis A.A., Ismyrliadou A.M. & Dolis K.G. 2004. "Total Quality Management practices and processes in greek public education: Quality public education isn't an oxymoron any longer". In N.P. Terzis (Ed.), *Quality in Education in the Balkans*, Thessaloniki, 2005 (pp. 477-488) (*Proceedings of the 5th International Conference on Education and Pedagogy in Balkan Countries*, July 2-3, 2004, Sofia, Bulgaria) (oral presentation).
- C.7. Goula A.M.** & Adamopoulos K.G. 2004. "Spray drying of tomato pulp: Effect of feed concentration". In *Proceedings of the 7th Conference on Process Integration, Modelling and Optimization for Energy Saving and Pollution Reduction PRES '04*, August 22-26, 2004, Praha, Czech Republic (pp. 1397-1398) (oral presentation).
- C.8. Goula A.M.** & Adamopoulos K.G. 2005. "Retention of ascorbic acid during drying of tomato halves and tomato pulp". In *Proceedings of the 8th Conference on Process Integration, Modelling and Optimization for Energy Saving and Pollution Reduction PRES '05*, May 15-18, 2005, Giardini Naxos, Italy (pp. 713-718) (oral presentation).
- C.9. Goula A.M.**, Karapantsios T.D. & Adamopoulos K.G. 2006. "Characterization of tomato pulp stickiness during spray drying". In *Proceedings of the 9th Conference on Process Integration, Modelling and Optimization for Energy Saving and Pollution Reduction PRES '06*, August 27-31, 2006, Praha, Czech Republic (p. 1121) (oral presentation).
- C.10. Goula A.M.**, Karapantsios T.D. & Adamopoulos K.G. 2006. "A new centrifugal technique to characterize the sticking properties of tomato pulp during drying". In *Proceedings of the 9th Conference on Process Integration, Modelling and Optimization for Energy Saving and Pollution Reduction PRES '06*, August 27-31, 2006, Praha, Czech Republic (p. 1122) (oral presentation).
- C.11. Goula A.M.** & Adamopoulos K.G. 2007. "Design and analysis of experiments in spray drying of tomato pulp". In *Proceedings of the 5th International Congress on Food Technology "Consumer Protection through Food Process Improvement & Innovation in the Real World"*, March 9-11, 2007, Thessaloniki, Greece (vol. 1, pp. 96-106) (oral presentation).
- C.12. Goula A.M.**, Kostoglou M., Karapantsios T.D. & Zouboulis A.I. 2007. "Design of potable water sedimentation tanks by CFD simulations" *1st International Conference on Environmental Management, Engineering, Planning and Economics (CEMEPE)*, June 24-28, Skiathos, Greece (poster presentation).
- C.13. Goula A.M.** & Adamopoulos K.G. 2011. "Optimization of lycopene microencapsulation by spray drying". *ICEF 11-International Congress on Engineering and Food*, May 22-26, Athens, Greece (oral presentation).
- C.14. Stefanakis A.G.**, Stavrakakis E.K., Adamopoulos K.G., Vareltzis P.K. & **Goula A.M.** 2011. "Effect of various proteins on characteristics and synerisis of tzatziki". *ICEF 11-International Congress on Engineering and Food*, May 22-26, Athens, Greece (poster presentation).
- C.15. Goula A.M.** & Lazarides H.N. 2011. "Modelling of transport processes during osmo-dehydro-freezing". *ICEF 11-International Congress on Engineering and Food*, May 22-26, Athens, Greece (poster presentation).
- C.16. Prokopiou P.**, **Goula A.M.** & Stoforos N.G. 2011. "Thermal inactivation kinetics of L-carnitine". *ICEF 11-International Congress on Engineering and Food*, May 22-26, Athens, Greece (poster presentation).
- C.17. Sarakatsianos I.**, Adamopoulos K., Samanidou V. & **Goula A.** 2013. "Microwave

- assisted extraction optimization of phenolic constituents from Greek mountain tea *Sideritis raeseri*. *8th International Conference on Instrumental Methods of Analysis Modern Trends and Applications*, September 15-19, Thessaloniki, Greece (oral presentation).
- C.18.** Daftsiou E., **Goula A.M.** & Lazarides, H.N. 2014. “An integrated approach in modeling osmotic treatments based on universal process/product related parameters”. *3rd ISEKI Food Conference*, May 21-23, Athens, Greece (oral presentation).
- C.19.** **Goula A.M.** & Lazarides H.N. 2014. “Novel integrated processes can turn industrial food waste into valuable food by-products and/or ingredients: The cases of olive mill and pomegranate wastes”. *3rd ISEKI Food Conference*, May 21-23, Athens, Greece (oral presentation).
- C.20.** Gkountenoudi-Eskitzi I., Lazaridou A., **Goula A.M.** & Biliaderis C.G. 2014. “Development of gluten-free breads enriched with chickpea and acorn flours using response surface methodology”. *A.A.C.C. International Annual Meeting*, October 5-8, Providence, Rhode Island, U.S.A (poster presentation).
- C.21.** Kaderides K., **Goula A.M.** & Adamopoulos K.G. 2015. “An integrated process for utilization of pomegranate peels”. *IWWATV 2015 International Conference on Industrial Waste and Wastewater Treatment and Valorisation*, May 21-23, Athens, Greece (oral presentation).
- C.22.** Thymiatis K., Kaderides K. & **Goula A.M.** 2015. “An approach to turn grape pomace into a valuable food by-product”. *29th EFFoST International Conference*, November 10-12, Athens, Greece (oral presentation).
- C.23.** Adamopoulou A., Ververi M., Kaderides K. & **Goula A.M.** 2015. “Green ultrasound-assisted extraction of carotenoids from pomegranate wastes using vegetable oils”. *29th EFFoST International Conference*, November 10-12, Athens, Greece (poster presentation).
- C.24.** Karasavva S., Papatheodorou A., Kaderides K. & **Goula A.M.** 2015. “Aqueous enzymatic extraction of oil from pomegranate wastes – seeds”. *29th EFFoST International Conference*, November 10-12, Athens, Greece (poster presentation).
- C.25.** Papaoikonomou L., Kaderides K., **Goula A.M.**, Adamopoulos K.G. & Lazarides H.N. 2015. “Comparison of extraction methods for exploitation of pomegranate wastes–peels”. *International Conference “Novel Methods for Integrated Exploitation of Agricultural by-Products”*, November 16-18, Thessaloniki, Greece (oral presentation).
- C.26.** Kaderides K., Karanatsidis G., **Goula A.M.** & Adamopoulos K.G. 2016. “Combination of two food wastes - pomegranate peel and orange juice by-product - into one multipurpose functional food”. *4th International Conference on Sustainable Solid Waste Management*, June 23-25, Limassol, Cyprus (oral presentation).
- C.27.** Papaoikonomou L., Kaderides K., **Goula A.M.** & Adamopoulos K.G. 2016. “Optimization of polyphenols extraction from pomegranate peels – drying, enzymatic pretreatment, extraction method, operating conditions”. *4th International Conference on Sustainable Solid Waste Management*, June 23-25, Limassol, Cyprus (oral presentation).
- C.28.** Ververi M., Sakellaropoulos N., Kaderides K. & **Goula A.M.** 2016. “Pomegranate peel and orange juice by-product as new biosorbents of phenolic compounds from olive mill wastewaters”. *4th International Conference on Sustainable Solid Waste Management*, June 23-25, Limassol, Cyprus (oral presentation).
- C.29.** Drevelegka I., Kaderides K. & **Goula A.M.** 2016. “A comparative study on

- different extraction techniques to recover polyphenols from winery waste”. *4th International Conference on Sustainable Solid Waste Management*, June 23-25, Limassol, Cyprus (oral presentation).
- C.30.** Kokolaki M., Daftsiou E., Kaderides K. & **Goula A.M.** 2017. “Use of ultrasounds for osmotic dehydration of potatoes”. *6th International Congress on Food Technology*, March 18-19, Athens, Greece (poster presentation).
- C.31.** Tsali A., Kaderides K. & **Goula A.M.** 2017. “Encapsulation, storage stability, and fortification into foods of grape pomace extract”. *6th International Congress on Food Technology*, March 18-19, Athens, Greece (oral presentation).
- C.32.** Gounaris D., Kaderides K. & **Goula A.M.** 2017. “Solid foodstuff supplemented with phenolics from pomegranate wastes by ultrasound-assisted osmotic treatment”. *5th International Conference on Sustainable Solid Waste Management*, June 21-24, Athens, Greece (poster presentation).
- C.33.** Drevelegka I., Kaderides K. & **Goula A.M.** 2017. “Kinetics and modeling during phenolics extraction from grape pomace”. *5th International Conference on Sustainable Solid Waste Management*, June 21-24, Athens, Greece (poster presentation).
- C.34.** Ververi M., Kaderides K. & **Goula A.M.** 2017. “Low cost biosorbents of phenolic compounds from olive mill wastewater: Kinetic and equilibrium studies”. *5th International Conference on Sustainable Solid Waste Management*, June 21-24, Athens, Greece (oral presentation).
- C.35.** Kaderides K., Kapantai E.M. & **Goula A.M.** 2017. “Pomegranate peels phenolics encapsulated in edible fruit fiber: storage stability and ingredient for functional foods”. *5th International Conference on Sustainable Solid Waste Management*, June 21-24, Athens, Greece (oral presentation).
- C.36.** Papaoikonomou L., Labanaris K., Kaderides K. & **Goula A.M.** 2018. “Batch and continuous adsorption of phenolic compounds from olive mill wastewater using a novel low cost biosorbent”. *6th International Conference on Sustainable Solid Waste Management*, June 13-16, Naxos Island, Greece (oral presentation).
- C.37.** Kaderides K., Papaoikonomou L., Patsopoulou I., Sorovakou L. & **Goula A.M.** 2018. “Extract from pomegranate waste as an alternative natural antioxidant in foods”. *6th International Conference on Sustainable Solid Waste Management*, June 13-16, Naxos Island, Greece (oral presentation).
- C.38.** **Goula A.M.**, Vakali C., Lalopoulou E. & Papachristos D.P. 2018. “Extending shelf life of organic beans”. *ICOAS '18, 6th International Conference on Organic Agriculture Sciences*, November 7-9, Eisenstadt, Austria (oral presentation).
- C.39.** Kaderides K., Patsopoulou I., Sorovakou L. & **Goula A.M.** 2019. “Extract from pomegranate waste as an alternative natural antioxidant in foods”. *7th International Conference on Sustainable Solid Waste Management*, June 26-29, Heraklion, Greece (oral presentation).
- C.40.** Tzatsi P., Fotiou D., Karipoglou D., Stampinas E.G. & **Goula A.M.** 2019. “An integrated process for utilization of unused chokeberries”. *7th International Conference on Sustainable Solid Waste Management*, June 26-29, Heraklion, Greece (oral presentation).
- C.41.** Papaoikonomou L., Labanaris K., Kaderides K. & **Goula A.M.** 2019. “Adsorption - desorption of phenolic compounds from olive mill wastewater using a novel low cost biosorbent”. *7th International Conference on Sustainable Solid Waste Management*, June 26-29, Heraklion, Greece (oral presentation).
- C.42.** Tzatsi P., Athanasiou S., Chezanoglou E., Kalapouti A., Sferopoulou E., Sidera E., **Goula A.M.** 2019. “Encapsulation of antioxidant compounds extracted from

- unused chokeberries by extrusion, and co-crystallization”. *7th International Conference on Sustainable Solid Waste Management*, June 26-29, Heraklion, Greece (poster presentation).
- C.43.** Keramidis P., Papaoikonomou L. & **Goula A.M.** 2019. “Peanut shell as new biosorbent of phenolic compounds from olive mill wastewaters”. *7th International Conference on Sustainable Solid Waste Management*, June 26-29, Heraklion, Greece (poster presentation).
- C.44.** Mourtzinis I., **Goula A.**, Biliaderis C.G. & Makris D.P. 2019. “Green extraction of polyphenols from agricultural by-products and food waste”. *6th International Conference of Sustainable Postharvest and Food Technologies*, April 7-12, Kaldovo, Serbia (oral presentation) (award of the best presentation in category from abroad).
- C.45.** Solomakou N. & **Goula A.M.** 2020. “Novel low cost biosorbents of phenolic compounds from olive mill wastewaters”. 1st International Electronic Conference on Applied Sciences, 10-30 November (oral presentation).
- C.46.** Mourtzinis I., **Goula A.**, Loukri A., Tsitlakidou P. Green extraction of polyphenols from agricultural by-products and food waste- applications in cosmetic formulas. 10th International Phytocosmetics and Phytotherapy Congress, 3-4 September, Greece (oral presentation).
- C.47.** Tzatsi P., Petraki P.A., Tsitsiplamis I. & **Goula A.M.** 2020. “Valorization unused chokeberries: encapsulation and storage stability of their phenolic extract”. 8th International Conference on Sustainable Solid Waste Management, June 17-20, Thessaloniki, Greece (oral presentation).
- C.48.** Pantelidou D., Gerogiannis K., Gonas C. & **Goula A.M.** 2020. “Vegetables supplemented with phenolics from unused chokeberries by ultrasound-assisted osmotic treatment”. 8th International Conference on Sustainable Solid Waste Management, June 17-20, Thessaloniki, Greece (oral presentation).
- C.49.** Velopoulos I., Solomakou N., Kaderides K. & **Goula A.M.** 2021. “Holistic utilization of oregano: optimization of essential oil distillation and valorization of distilled oregano waste”. 8th International Conference on Sustainable Solid Waste Management, June 23-26, Thessaloniki, Greece (poster presentation).
- C.50.** Solomakou N. & **Goula A.M.** 2021. “Holistic exploitation of spent coffee grounds: recovery of phenolic compounds and use as biosorbent”. 8th International Conference on Sustainable Solid Waste Management, June 23-26, Thessaloniki, Greece (oral presentation).
- C.51.** Loukri A., Solomakou N., Tsafrakidou P., Michaelidou A.M., Mourtzinis I. & **Goula A.M.** 2021. “Recovery of spent coffee grounds phenolic compounds through optimized extraction processes”. 8th International Conference on Sustainable Solid Waste Management, June 23-26, Thessaloniki, Greece (oral presentation).
- C.52.** Solomakou N. & **Goula A.M.** 2021. “Spent coffee ground as biosorbent of phenolic compounds from olive mill wastewater”. 9th Greek Lipid Forum. October 22, Thessaloniki (poster presentation).