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## NutriLab of Athens in collaboration with Queens College of New York!

Tuesday, 23 January 2024 13:04 |



(/epistimi/171490-to-nutrilab-athinon-se-synergasia-me-to-queens-college-tis-neas-yorkis?tmpl=comp



The Dietetic and Ergometric Center of Athens NutriLab collaborated with a leading University of America, with the scientific manager of the Spartan doctor of Harokopio University, Konstantinos Bardis.

Students and the renowned professors Dr. Nikos Alexiou, Kostas Skaltsas and Spartiatis Georgios Yiannopoulos, of Queens College, New York, visited the Nutrilab laboratory in Athens, starting a collaboration for educational purposes.

In the context of this visit, the scientific team highlighted the possibilities provided in the Nutrilab laboratory by carrying out specialized anthropometric measurements. Among them, ergometric assessment, medical health index assessment, liposuction and Basal Metabolic Rate (BMR) measurement of student volunteers gained interest and attention.



At the same time, an educational seminar was held with a detailed explanation of the Mediterranean diet model, the most recognized healthy model, adapted to special situations such as sports, championships, clinical cases and pregnancy. In the context of this presentation, the students had the opportunity to express their questions, thus creating a framework for a constructive dialogue/seminar.

The aim of the specific meeting was to start a collaboration for educational purposes, with extensive analyzes on health indicators and nutrition issues, related to the maintenance of optimal health levels, the enhancement of sports performance and the prevention and management of various pathological conditions.

The scientific manager of NutriLab, Dr. Mr. Bardis, and the professors of Queens College discussed the expansion of this cooperation with Nutrilab Sparta!

**The NutriLab Scientific team that participated in the presentation:**

Dr. Bardis Kon/nos: Scientific Manager NutriLab: PhD Harokopio University – Department of Dietetics & Nutrition Science

Patsiliva Maria – Dietitian - Nutritionist Harokopio University

Kociafiti Pagona Maria – Dietitian - Nutritionist Harokopio University

Buta Evelina – Dietitian - Nutritionist University of Thessaly

**Dietetic and Ergometric NutriLab Athens, Kifissou 20A**

**Dietetic and Ergometric NutriLab Sparta, Platanista 78**

**Contact Phone: 210 300 3535**

**[www.nutrilab.gr](https://nutrilab.gr/index.php/el/)** (https://nutrilab.gr/index.php/el/)

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