

GRIGORIA MITROPOULOU

Dr. Grigoria Mitropoulou is a Postdoctoral Researcher in the Laboratory of Applied Microbiology and Biotechnology at the Department of Molecular Biology & Genetics of Democritus University of Thrace (DUTH) in Alexandroupolis. She received her PhD entitled "Antimicrobial activity of natural products" in Applied Microbiology and Biotechnology in 2021. She has a Degree in Molecular Biology & Genetics (2013), a Master of Science Degree in "Applications of Biology in Medicine" (2005) and a Degree in Technician of Medical Laboratory (1999). She has 38 full publications in peer-reviewed international journals, 1 chapter in a book, and 70 presentations at International Conferences. She has participated, as a research associate, in 7 research projects funded by the EU, National Grants and the Hellenic Foundation for Research and Innovation.

Working experience

2021-2023: Postdoctoral Researcher, DUTH

2016-2023: Molecular Biologist, General Hospital "Amalia Fleming"

2015-2016: Molecular Biologist, General Hospital "Sismanoglio"

2000-2015: Technician of Medical Laboratory, General Hospital "Sismanoglio"

Research Grants (selected)

- 2020-2023: Infrastructure of Microbiome Applications in Food Systems- FOODBIOMES , Hellenic General Secretariat of Research and Technology (GSRT), Project Leader: Y. Kourkoutas. Budget: 3.943.705 €.
- 2020-2023: 1st Call of H.F.R.I. research projects for the support of Faculty Members (DEP) and Researchers, and the procurement high-value research equipment: "Innovative immobilized functional starter cultures: Characterization and application in production of novel foods with health-promoting potential using agricultural wastes-iFUNcultures" Project Leader: Y. Kourkoutas. Budget: 170.000 €..
- 2018-2019: Greek Operational Programme "Human Resources Development, Education and Lifelong Learning, Support researchers with emphasis on young researchers": "Novel wine products using biopreservatives and probiotics" co-financed by the European Union (European Social Fund) and Greek National Funds, National Strategic Reference Framework (NSRF) 2014-2020. Project Leader: Y. Kourkoutas. Budget: 65.800 €.
- 2013-2015: Cooperation (Synergasia) II: Proposal 11SYN_2_566: "Novel functional foods containing bioactive essential oils from Greek endemic species with health promoting properties" in collaboration with EVGA S.A and VIORYL S.A., Industries. Greek General Secretariat of Research and Technology (GSRT) and private industrial funds. Project Leader: Y. Kourkoutas. Budget: 1.184.000 €.
- 2012-2015: Greece-China Bilateral Cooperation: Proposal 12CHN_409: "Bioactive essential oils and other beneficial substances isolated from Greek and Chinese endemic species with health promoting properties" in collaboration with VIORYL S.A. and PAXMAN S.A. Industries. Greek General Secretariat of Research and Technology (GSRT) and private industrial funds. Project Leader: Y. Kourkoutas Budget: 560.000 €.

Publications (selected)

- Mitropoulou et al. 2023. Insights into Antimicrobial and Anti-Inflammatory Applications of Plant Bioactive Compounds. *Microorganisms*, 2023, 11, 5, 1156. <https://doi.org/10.3390/microorganisms11051156>
- Mitropoulou et al. 2022. Assessment of Antimicrobial Efficiency of *Pistacia lentiscus* and *Fortunella margarita* Essential Oils against Spoilage and Pathogenic Microbes in Ice Cream and Fruit Juices. *Microbiol Res*, 13, 667-680. <https://doi.org/10.3390/microbiolres13030048>.
- Mitropoulou et al. 2021. *Origanum vulgare* ssp. *hirtum* essential oil as a natural intrinsic hurdle against common spoilage and pathogenic microbes of concern in tomato juice. *Appl Microbiol*, 2021, 1, 1–10. <https://doi.org/10.3390/applmicrobiol1010001>.
- Mitropoulou et al. 2020. Assessment of the antimicrobial, antioxidant, and antiproliferative potential of *Sideritis raeseri* subsp. *raeseri* essential oil. *Foods*, 2020, 9, 860. <https://doi:10.3390/foods9070860>.
- Mitropoulou et al. 2020. *Cinnamomum zeylanicum* essential oils as potential biopreservatives against spoilage in low alcohol wine products. *Foods*, 2020, 9, 577. <https://doi:10.3390/foods9050577>.
- Mitropoulou et al. 2017. *Citrus medica* essential oil exhibits significant antimicrobial and antiproliferative activity. *LWT-Food Sci Technol*, 2017, 84, 344-352, <https://doi.org/10.1016/j.lwt.2017.05.036>.

Awards

Gustafson (2015): Best PhD student published paper

National/International Collaborations

- FOODBIOMES Research infrastructure network

Personal website:

- <https://scholar.google.com/citations?hl=en&user=ASrVN8wAAAAJ>