



A/Prof Antigone Kouris-Blazos

SUMMARY:

A/Prof Antigone Kouris is an Accredited Practising Dietitian clinician, researcher, educator, author and food product developer with over 30 years experience. She has a PhD in Nutrition, Bachelor of Science with Honours (Biochemistry/Microbiology) and Post Graduate Diplomas in Human Nutrition & Dietetics and Herbal Medicine.

She worked with the renowned Professor Mark Wahlqvist OA for 20 years in the Department of Medicine at Monash University where she completed her PhD and co-ordinated the nutrition course for the medical curriculum (2nd & 4th years). She also coordinated an international study on over 800 elderly from 4 countries called the “Food Habits in Later Life study”, which included Aboriginal Australians in Western Australia and Greeks in Spata Greece. (Reference from Prof Wahlqvist attached)

Her PhD involved pioneering research on the Mediterranean diet pattern and longevity in the elderly. She helped put Mediterranean diet research on the map in the early 1990s. Her study assessed for the first time adherence to the Mediterranean diet by using a score (published in the BMJ). This score has enabled 1000s of researchers around the world to study the health benefits of the Mediterranean diet pattern. Her research also identified a Greek migrant paradox whereby elderly Greeks in Australia were seemingly getting away with CVD risk factors due to a return to the Mediterranean diet in old age.

She has 45 published papers, has co-authored 5 university text books (including “Food & Nutrition” ed Wahlqvist 3 editions; “A Guide to evidence based integrative medicine” ed Kotsirilos; “Nutrition and Metabolism” ed Gibney) and 3 of her own books (Drug nutrient herb interactions; Food sources of nutrients; and a “Mediterrasian” cook book). She has also been the managing editor of the Asia Pacific Journal of Clinical Nutrition for 4 years.

In 2011 she joined the Department of Rehabilitation, Nutrition and Sport at La Trobe University in Melbourne as an Adjunct Associate Professor to continue her research on the Mediterranean diet in collaboration with Harokopio university in Greece (MEDIS study), contribute to dietetic training, supervision of 2 PhD students and new course development in evidence-based nutraceuticals.

She has been in private practice as a dietitian clinician for 30 years working from various medical clinics. In 2011 she also set up her own private practice in Murrumbena called “Total Nutrition Care”.

In 2012 she turned her expertise to the development of a commercial functional food product (cookies), based on lupin. Lupin is an ancient legume popular in the Mediterranean diet. Lupin flour is a novel ingredient with preliminary studies on bread and cookies showing promise for its use in reducing appetite, blood sugars/insulin, blood pressure and cholesterol. As a result of this venture, she has developed skills in food product development, marketing and business.

QUALIFICATIONS

- **Bachelor of Science**, double major in Biochemistry and Microbiology, Melbourne University 1984
- **Honours, Bachelor of Science, Nutrition** program, supervisor Prof Mark Wahlqvist, Deakin University 1985
- **Post Grad Dip of Dietetics**, Deakin University 1986
- **PhD in Nutrition**, supervisor Prof Mark Wahlqvist, Faculty Medicine, Monash University 1992
- **Post Grad Dip Botanic Medicine (*High Distinction*)**, University of Newcastle 2010

CURRENT EMPLOYMENT/INTERESTS

- **Adjunct Associate Professor**, Department of Rehabilitation, Nutrition and Sport, La Trobe University 2011 -
- **Accredited Practising Dietitian** in private practice part-time 1987 -
- **Author**, contributed a total of 13 chapters to 2 text books published in 2011; published my own pocket books/ebooks for health professionals and general public 2011 (see below)
- **Research/Collaborator** "MEDIS" (Mediterranean Island Study) study commenced 2010 in Melb in collaboration with Harokopio University (Athens) and A/Professor Itsiopoulos and research dietitian Tania Thodis.
- **Compilation of over 400 medications** and their interactions with nutrients and herbs last 3 years (published in the "Guide to evidence based integrative medicine", ed Kotsirilos et al., 2011 and as my own publication)
- **Promoting/educating dietitians in integrative medicine** (coordinator of an on-line discussion group on integrative medicine for dietitians via the Dietitian Association website; published a "Letter to the Editor" Journal of Nutrition & Dietetics in December 2010 regarding the role of dietitians in integrative medicine (co-authored by current and past Presidents of the Australian Integrative Medical Association Prof Phelps and Dr Kotsirilos)
- **Food product development using a novel functional ingredient** "lupin flour" ([www. skinnybik.com](http://www.skinnybik.com))

PAST ACADEMIC APPOINTMENTS

- **Lecturer in Nutrition (2nd and 4th year Med) , Faculty of Medicine, Monash University, 1995-2001**
Developed on-line nutrition courses for medical students (2000-2001)
- **Director** of the Healthy Eating Healthy Living Program and Managing editor of Healthy Eating Information Web-Centre (funded by the Victorian Health Promotion Foundation from 1998-2000).
- **Deputy Director** of the International Health and Development unit, Monash Asia Institute, 1999-2001
- **Honorary Research Fellow**, Asia Pacific Health and Nutrition Centre, Monash Asia Institute, Monash University, 2002 – 2005, supervised 4 PhD students

OTHER PAST POSITIONS/JOBS

- **Managing Editor**, *Asia Pacific Journal of Clinical Nutrition*, 2002-2006
- **Managing Editor**, website owned by Professor Mark Wahlqvist 2000-2010
- **Developed on-line nutrition courses** for doctors with Professor Mark Wahlqvist (Primed/ In Touch, Royal Australian College General Practitioners).

PAST RESEARCH – Mediterranean diet and other lifestyle variables and their impact on longevity

PhD on the mediterranean diet and longevity of elderly Greeks in Australia and Greece 1988-1992

"Kouris-Blazos A. Elderly Greeks in Spata, Greece and Melbourne, Australia: Food Habits, Health and Lifestyle. PhD thesis. Monash University, Melbourne, Australia, 1994"

Results of study published in the BMJ 1995, Age and Ageing 1996 (see below)

Coordinator of an international nutrition study on over 800 elderly (Greeks, Anglo-Celts and Indigenous Australians, Swedes and Japanese), Faculty of Medicine, Monash University, 1988-2000

Between 1988 and 1991 data were collected on diet, health and lifestyle on 800 people aged 70 and over from countries/cultures experiencing longevity: Swedes, Greeks, Australians (Greeks and Anglo-Celts) and Japanese. This study was known as "Food Habits in Later Life" (coordinated by Dr Antigone Kouris-Blazos at Monash University). Subjects were followed up for 5-7 years to determine survival status. Adherence to a Mediterranean food pattern was measured using a 10 unit dietary score developed by Professor Antonia Trichopoulou, Dr Antigone Kouris-Blazos and Professor Mark Wahlqvist. This score was first published in the British Medical Journal in 1995 (1).

Key findings:

1) This study was the **first to show** that a **Mediterranean dietary pattern improves overall survival in both Greek (1) and non-Greek elderly (2)**. Subjects who had a more 'Mediterranean style' eating pattern i.e high intakes of plant foods (cereals, legumes, vegetables, fruits and nuts), low intakes of animal foods (meat, milk and dairy products) and moderate fish and alcohol consumption had a reduced risk of death by more than 40%.

2) Elderly Greeks in Australia had the lowest risk of death, even though they had the highest rates of obesity and other CVD risk factors (this phenomenon was described as a **"Morbidity Mortality Paradox"**) (3,4), followed by the slimmer and more athletic elderly Swedes, Japanese and Anglo-Australians - the elderly Greeks in Greece had the highest risk of death. (5). The elderly Greeks in Australia appeared to have a mortality advantage **mainly because of their adherence to a more traditional Mediterranean diet** and high intake **of legumes** into old age.

3) The statistical analyses containing **ten potential predictors of survival** (*Mediterranean diet score, memory score, general health score, activities of daily living (ADL) score, exercise score, social activity score, social networks scores, wellbeing, smoking, gender*) revealed that **diet was more important than most of the variables for survival**, except for smoking, being male and having a poor memory.(5) When the diet score was analysed in greater detail to determine which food group conferred the greatest impact on longevity in comparison to the other food groups it was found that a **regular intake of legumes was the most important food group for longevity** (6).

Publications from PhD and post doc research

1. Trichopoulou A, Kouris-Blazos A, Wahlqvist ML, Gnardellis Ch, Lagiou P, Polychronopoulos E, Vassilakou T, Lipworth L, & Trichopoulos D. Diet and overall survival in elderly people. *British Medical Journal* 1995; 311 (7018): 1457-1460.
2. Kouris-Blazos, Gnardellis, Wahlqvist et al., Advantages of the Mediterranean diet transferable to other populations? A cohort study in Melbourne, Australia. *Br J Nutrition* 1999; 82: 57-61.
3. Kouris-Blazos A, Wahlqvist ML, Trichopoulou A, Polychronopoulos E, Trichopoulos D. Health and Nutritional Status of elderly Greek migrants to Melbourne, Australia. *Age Ageing* 1996; 25: 177-189.
4. Kouris-Blazos A. Morbidity mortality paradox of 1st generation Greek Australians. *Asia Pac J Clin Nutr* 2002;11(supp): S569-575
5. Wahlqvist ML, Darmadi-Blackberry I, **Kouris-Blazos A**, Jolley D, Steen B, Lukito W, Horie Y. Does diet matter for survival in long-lived cultures? *Asia Pac J Clin Nutr* 2005; 14 (1): 2-6.
6. Darmadi-Blackberry I, Wahlqvist ML, **Kouris-Blazos A**, Steen B, Lukito W, Horie Y and Horie K. Legumes: the most important dietary predictor of survival in older people of different ethnicities. *Asia Pac J Clin Nutr* 2004; 13 (2): 217-220.

PhD Supervisor – 6 students

- **1997-2001** Dr Martalena Purba: "Cross-cultural comparisons of nutrition and ageing in Indonesia and other communities"
- **1997-2001** Dr Irene Darmadi "Long-lived elderly populations: food habits, health and lifestyle predictors of survival"
- **2001-2005** Dr Azizah Omar – Development and Evaluation of an on-line wellness program (www.healthyeatingclub.org)
- **2005-2006** Dr Verena Raschke – Development of an on-line data base on African Food Habits
- **2011-2017** **Tania Thodis** - CVD risk factors, metabolic syndrome, Mediterranean diet and older Greek Australians from Crete and Cyprus
- **2011-2015** **Spero Tsindos** – Hydration and Mediterranean diet

PUBLICATIONS SUMMARY

- **45 published papers** in peer reviewed journals
- **7 reports** for Australian Government
- **contributor to World Health Organization** reports/books (attached)
- **coauthor of over 50 articles** for the Victorian government website Better Health Channel (attached)

- **contributor to 4 nutrition text books**

3 editions "Food and Nutrition" ed ML Wahlqvist, Allen & Unwin, 1997, 2002, 2011; "Nutrition and Metabolism" ed Gibney et al, Oxford, 2002

- **contributor to a medical textbook**

"A Guide to Evidence-based Integrative and Complementary Medicine" ed Kotsirilos et al, Elsevier 2011)

- **Published my own books**

"Food sources of nutrients" 2011

"Medications: Good and Bad Interactions with Nutrients and Herbs" 2011

"You are what you cook" my favourite recipes for wellness using Mediterranean and South Asian flavours

PUBLICATIONS - Refereed Journals

1) Pillen H, Tsourtos G, Coveney J, Thodis T, Itsiopoulos C, **Kouris-Blazos A**. Retaining traditional dietary practices among Greek immigrants to Australia: the role of ethnic identity. *Ecology of Food and Nutrition*, in press.

2) Tsindos S, Itsiopoulos C, Polychronopoulos E, Panagiotakos D, **Kouris-Blazos A**. A novel method for the estimation of water requirements in an older Gree-Australian population using data from the MeDIS-Australia study, in press.

3) Thodis T, Itsiopoulos C, **Kouris-Blazos A**, Laima B, Polychronopoulos E, Panagiotakos D. An observational study of adherence to a traditional Mediterranean diet, socio-cultural characteristics and cardiovascular disease risk factors of older Greek Australians from **MeDiterranean ISlands (MEDIS-Australia Study)**: protocol and rationale, in press.

4) Radcliffe JE, Thomas J, Bramley AL, **Kouris-Blazos A**, Radford BE, Scholey AB, Pipingas A, Thomas CJ, Itsiopoulos C. Controversies in omega-3 efficacy and novel concepts for application. *J Nutrition & Intermediary Metabolism* 2016 (5); 11-22.

5) Radd S, **Kouris-Blazos A**, Fiatarone Singh Maria, Flood V. Evolution of Mediterranean diets and cuisine: concepts and definitions. *Asia Pac J Clin Nutr* 2016

6) **Kouris-Blazos A**, Belski R. Health benefits of legumes and pulses with a focus on Australian sweet lupins. *Asia Pac J Clin Nutr* 2016; 25 (1): 1-17. doi: 10.6133/apjcn.2016.25.1.23. Review.

7) Tsindos S, Itsiopoulos C, **Kouris-Blazos A**. Investigation into water consumption and its influence on depression, memory problems and constipation in older persons. *J of Aging Research & Clinical Practice* 2015; 4 (3) 137-143.

8) **Kouris-Blazos A**, Itsiopoulos C. Low all-cause mortality despite high cardiovascular risk in elderly Greek-born Australians: attenuating potential of diet? *Asia Pac J Clin Nutr* 2014; 23 (4): 532-44.

9) **Kouris A**. Drug Nutrient Interactions. *Geriatric Medicine in General Practice* 2009; July vol 2: 26-27.

10) **Kouris A**. Can cinnamon lower blood sugars and lipids in people with diabetes? *JAIMA* 2009; 14 (1): 12-13

11) Raschke V, Oltersdorf U, Elmadfa I, Wahlqvist ML, **Kouris-Blazos A**, Cheema BSB. Investigation of the Dietary Intake and Health Status in East Africa in 1960s: A Review of the Historic Oltersdorf Collection. *Ecology of Food and Nutrition* 2008; 47 (1): 1-43

12) Raschke V, Oltersdorf U, Elmadfa I, Wahlqvist ML, **Kouris-Blazos A**, Cheema BSB. The need for an on-line collection of traditional African food habits. *Online Journal - African Journal of Food Agriculture Nutrition and Development* (http://www.ajfand.net/Issue-XII-files/PDFs/VERENA_2330.pdf, vol ?, 2007

13) Omar A, Wahlqvist ML, **Kouris-Blazos A**, Vicziany M. Wellness management through web-based programmes. *J Telemed Telecare* 2005;11 Suppl 1:8-11.

PUBLICATIONS - Refereed Journals cont..

14) Wahlqvist ML, Darmadi-Blackberry I, **Kouris-Blazos A**, Jolley D, Steen B, Lukito W, Horie Y. Does diet matter for survival in long-lived cultures? *Asia Pac J Clin Nutr* 2005; 14 (1): 2-6.

15) Darmadi-Blackberry I, Wahlqvist ML, **Kouris-Blazos A**, Steen B, Lukito W, Horie Y and Horie K. Legumes: the most important dietary predictor of survival in older people of different ethnicities *Asia Pac J Clin Nutr* 2004; 13 (2): 217-220.

16) Wahlqvist ML, Darmadi-Blackberry I, Savige GS, **Kouris-Blazos A**, Trichopoulos D. Age-fitness. How achievable with food? *Forum Nutr.* 2003;56:258-61.

17) Wood B, **Kouris-Blazos A**. The 1995 national nutrition survey - data for persons 16 years and over, by socio-economic index of disadvantage for areas (SEIFA). *Asia Pac J Clin Nutr* 2002; 11 (Suppl): S231-S322.

18) Wahlqvist M, **Kouris-Blazos A**. Nutrition - is diet enough? *J Complementary Medicine* 2002: 1 (3) Nov-Dec; 46-48.

19) **Kouris-Blazos A**. Morbidity Mortality paradox of 1st generation Greek Australians. *Asia Pac J Clin Nutr* 2002: 11 (suppl): S569-S575.

20) **Kouris-Blazos A**, Setter TL, Wahlqvist ML. Nutrition and Health Informatics. *Nutrition Research* 2001; 21 (1-2): 269-278. On-line abstract.

21) Purba M, **Kouris-Blazos A**, Wattanapenpaiboon N, Lukito W, Rothenberg E, Steen B, Wahlqvist ML. Can skin wrinkling in a limited sun exposed site be used as a marker of health status and biological age in the elderly ? *Age Ageing*, 2001; May 30 (3): 227-234.

22) Purba M, **Kouris-Blazos A**, Wattanapenpaiboon N, Lukito W, Rothenberg E, Steen B, Wahlqvist ML. Skin Wrinkling: Can food make a difference. *Am Coll Nutr*, 2001: 20 (1); 71-80

23) Wahlqvist ML, Setter TL, Savige GS, **Kouris-Blazos A**. Role of Physical Activity in Ensuring Nutritional Well-being in the elderly. *World Rev Nutr Diet*, 2001.

24) **Kouris-Blazos A**, Wahlqvist ML. Indigenous Australian food culture on cattle stations prior to the 1960s and Food Intake of Older Aborigines in a community studied in 1988. *Asia Pac J Clin Nutr* 2000: 9 (3), 224-231

25) Wahlqvist ML, **Kouris-Blazos A**, Darmadi I, Purba M. Nutrition and the elderly a global perspective. *South African J Clin Nutr* 2000; Feb Vol. 13 (1); on-line full text article

26) Darmadi I, Horie Y, Wahlqvist ML, **Kouris-Blazos A**, Horie K, Sugase K, Wattanapenpaiboon N. Food and nutrient intakes and Overall survival of elderly Japanese. *Asia Pac J Clin Nutr* 2000; 9 (1): 7-11.

27) Wahlqvist ML, **Kouris-Blazos A**. International Union of Nutritional Sciences Committee 11/4 on Nutrition and Ageing: Food Habits in Later Life (FHILL) Program. *Asia Pac J Clin Nutr* 1999; 8 (4): 282-4.

28) Horwath C, **Kouris-Blazos A**, Savige G, Wahlqvist ML. Eating your way to a successful old age, with special reference to older women. *Asia Pac J Clin Nutr* 1999; 8 (3): 216-225.

29) Purba M, Lukito W, Wahlqvist ML, **Kouris-Blazos A**, Hadisaputro S, Lestiani L, Wattanapenpaiboon N, Kamso S. Food intake and eating patterns of Indonesian Elderly before the 1998 economic crisis. *Asia Pac J Clin Nutr* 1999; 8 (3): 200-206.

30) **Kouris-Blazos A**, Gnardellis C, Wahlqvist ML, Trichopoulos D, Lukito W, Trichopoulou A. Are the advantages of the Mediterranean diet transferable to other populations? A cohort study in Melbourne, Australia. *British Journal Nutrition* 1999; 82: 57-61

PUBLICATIONS Refereed Journals cont..

- 31) Wahlqvist M, **Kouris-Blazos A**, Wattanapenpaiboon N. The significance of eating patterns: an elderly Greek case study. *Appetite* 1999; 32: 23-32
- 32) **Kouris-Blazos A**, Wahlqvist M, Wattanapenpaiboon N. 'Morbidity mortality paradox' of Greek-born Australians: possible dietary contributors. *Australian Journal Nutrition and Dietetics*, 1999; 56 (2): 97-107
- 33) **Kouris-Blazos A**, Wahlqvist ML. The traditional Greek food pattern and overall survival of elderly people. *Aust J Nutr Diet* 1998; 4 Supp: 20-23
- 34) Wahlqvist M, Wattanapenpaiboon N, Kannar D, Dalais F, **Kouris-Blazos A**. Phytochemical Deficiency Disorders: Inadequate intake of protective foods. *Current Therapeutics* 1998;39:53-60.
- 35) Wahlqvist ML, **Kouris-Blazos A**, Hsu-Hage BH-H. Ageing, Food Culture & Health. *SE Asian J Trop Med Pub Health* 1997; 28 (2): 100-112
- 36) **Kouris-Blazos A**, Wahlqvist ML, Trichopoulou A, Polychronopoulos E, Trichopoulos D. Health & Nutritional Status of elderly Greek migrants to Melbourne, Australia. *Age Ageing* 1996; 25: 177-189.
- 37) Trichopoulou A, **Kouris-Blazos A**, Vassilakou T, Gnardellis Ch, Polychronopoulos E, Venizelos M, Lagiou P, Wahlqvist ML & Trichopoulos D. The diet and survival of elderly Greeks: A link to the past. *Am J Clin Nutr* 1995; 61 (6S): 1346-1350
- 38) Trichopoulou A, **Kouris-Blazos A**, Wahlqvist ML, Gnardellis Ch, Lagiou P, Polychronopoulos E, Vassilakou T, Lipworth L, & Trichopoulos D. Diet and overall survival in elderly people. *British Medical Journal* 1995; 311 (7018): 1457-1460.
- 39) Wahlqvist ML, Hsu-Hage B, **Kouris-Blazos A**, Lukito W. Food Habits in Later Life - An Overview of Key Findings. *Asia Pacific J Clin Nutr* 1995 ; 4 (2): 1-11.
- 40) Wahlqvist ML, Hsu-Hage B, **Kouris-Blazos A**, Lukito W. Food Habits in Later Life: A Cross-Cultural Study. Preliminary Results from communities in Australia, Greece, China & Sweden. *Age & Nutrition* 1992; 3: 151-154.
- 41) Wahlqvist ML, **Kouris-Blazos A**, Trichopoulou A & Polychronopoulos E. The Wisdom of the Greek Cuisine and Way of Life: Comparison of the Food and Health Beliefs of Elderly Greeks in Greece and Australia. *Age & Nutrition* 1991; 2 (3): 163-173.
- 42) Kouris A, Wahlqvist ML, Trichopoulou A & Polychronopoulos E. Use of Combined Methodologies in Assessing Food Beliefs and Habits of Elderly Greeks in Greece. *Food & Nutr Bull* 1991; 13 (2): 139-144
- 43) Wahlqvist ML, **Kouris A**, Gracey M & Sullivan H. An Anthropological Approach to the Study of Food & Health in an Indigenous Population. *Food & Nutr Bull* 1991;13(2):145-149.
- 44) Wahlqvist ML & **Kouris A**. Trans-Cultural Aspects of Nutrition in Old Age. *Age Ageing* 1990; 19 (supp): 43-52.
- 45) Kouris A, Wahlqvist ML & Worsley A. Characteristics that enhance adherence to high carbohydrate/ high fibre diets by persons with diabetes. *J Amer Diet Assoc* 1988; 88 (11): 1422-25.

BOOK CONTRIBUTOR

Kouris-Blazos A. Food sources of macronutrients, micronutrients, phytonutrients and chemicals. Appendix 1.

In: Kotsirilos V, Vitetta L, Sali A. A guide to evidence-based integrative and complementary medicine. Elsevier, Sydney 2011; 837-860

Kouris-Blazos A. Drug-nutrient-herb interactions for commonly prescribed medications. Appendix 2. In: Kotsirilos V, Vitetta L, Sali A. A guide to evidence-based integrative and complementary medicine. Elsevier, Sydney 2011; 901-922.

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Kotsirilos V, Vitetta L, Sali A, **Kouris-Blazos A**. Herb-nutrient-drug interactions. Chapter 37. In: Kotsirilos V, Vitetta L, Sali A. A guide to evidence-based integrative and complementary medicine. Elsevier, Sydney 2011; 835-848.

Kouris-Blazos A, Kotsirilos V, Vitetta L, Sali A. Nutritional assessment and therapies. Chapter 37. In: Kotsirilos V, Vitetta L, Sali A. A guide to evidence-based integrative and complementary medicine. Elsevier, Sydney 2011; 14-47.

Kouris-Blazos A. Evaluating the reliability of Nutrition Information. In: ML Wahlqvist (ed). Food & Nutrition: Australia & New Zealand. **3rd edition**. Allen & Unwin, Sydney: 2011; 11-20.

Kouris-Blazos A. Nutrition for activity, sport and survival. In: ML Wahlqvist (ed). Food & Nutrition: Australia & New Zealand. **3rd edition**. Allen & Unwin, Sydney: 2011; 443-469.

Wahlqvist ML, **Kouris-Blazos A**, Nutrition for maturity and ageing. In: ML Wahlqvist (ed). Food & Nutrition: Australia & New Zealand. **3rd edition**. Allen & Unwin, Sydney: 2011; 474-499

Kouris-Blazos A. Overweight, obesity and eating disorders. In: ML Wahlqvist (ed). Food & Nutrition: Australia & New Zealand. **3rd edition**. Allen & Unwin, Sydney: 2011; 523-566.

Kouris-Blazos A. Disordered eating and eating disorders. In: ML Wahlqvist (ed). Food & Nutrition: Australia & New Zealand. **3rd edition**. Allen & Unwin, Sydney: 2011; 567-577.

Savige G, **Kouris-Blazos A**, Wahlqvist ML. Iodine and thyroid function. In: ML Wahlqvist (ed). Food & Nutrition: Australia & New Zealand. **3rd edition**. Allen & Unwin, Sydney: 2011; 671-686.

Wahlqvist ML, **Kouris-Blazos A**. Nutrition assessment and monitoring. In: ML Wahlqvist (ed). Food & Nutrition: Australia & New Zealand. **3rd edition**. Allen & Unwin, Sydney: 2011; 687-715.

Wahlqvist ML, **Kouris-Blazos A**. Nutritional standards of reference. In: ML Wahlqvist (ed). Food & Nutrition: Australia & New Zealand. **3rd edition**. Allen & Unwin, Sydney: 2011; 716-732.

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Kouris-Blazos A. Evaluating the reliability of Nutrition Information. In: ML Wahlqvist (ed). Food & Nutrition: Australia & New Zealand. **2nd edition**. Allen & Unwin, Sydney: 2002.

Read R, **Kouris-Blazos A**. Nutrition for activity, sport and survival. In: ML Wahlqvist (ed). Food & Nutrition: Australia & New Zealand. **2nd edition**. Allen & Unwin, Sydney: 2002.

Read R, **Kouris-Blazos A**. Overweight, obesity and eating disorders. In: ML Wahlqvist (ed). Food & Nutrition: Australia & New Zealand. **2nd edition**. Allen & Unwin, Sydney: 2002.

Wahlqvist ML, **Kouris-Blazos A**, Requirements in maturity and ageing. In: ML Wahlqvist (ed). Food & Nutrition: Australia & New Zealand. **2nd edition**. Allen & Unwin, Sydney: 2002

Wahlqvist ML, **Kouris-Blazos A**, Nutrition and Cancer. In: ML Wahlqvist (ed). Food & Nutrition: Australia & New Zealand. **2nd edition**. Allen & Unwin, Sydney: 2002.

Wahlqvist ML, **Kouris-Blazos A**, Genetic individuality, diet and disease. In: ML Wahlqvist (ed). Food & Nutrition: Australia & New Zealand. **2nd edition**. Allen & Unwin, Sydney: 2002.

Wahlqvist ML, **Kouris-Blazos A**, Immune function, infection and diseases of affluence. In: ML Wahlqvist (ed). Food & Nutrition: Australia & New Zealand. **2nd edition**. Allen & Unwin, Sydney: 2002.

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Wahlqvist ML, **Kouris-Blazos A**, Food and Nutrition Policies in the Asia Pacific region: Nutrition in transition. In: ML Wahlqvist (ed). Food & Nutrition: Australia & New Zealand. **2nd edition**. Allen & Unwin, Sydney: 2002.

Wahlqvist ML, **Kouris-Blazos A**, Ross K, Setter T, Tienboon T. Growth and Ageing. In: Nutrition and Metabolism. Ed M.Gibney. British Nutrition Society. Chapter 9, Oxford, 2002.

Wahlqvist ML, **Kouris-Blazos A**, Savige G . Food Security and the Aged in Development: Its Governance. In: Not by Bread Alone. Food Security and Governance in Africa. Editors A. Ogunrinade, R Oniango, J May. Toda Institute for Global Peace and Policy Research. Witwatersrand University Press. 1999.

Wahlqvist ML, **Kouris-Blazos A**, Crotty P, Worsley T, Harvey P, Tieru H, Cavalli-Sforza LT. Development of Food-Based Dietary Guidelines for the Western Pacific Region. World Health Organisation, Regional Office for the Western Pacific, Manila, 1999 . Short on-line article or publication on WHO website

Wahlqvist ML, **Kouris-Blazos A**, Savige G. Food-based Dietary Guidelines for Older Adults. In: Ageing and Nutrition: a growing global challenge. A Joint WHO/Tufts University Consultation, Boston, USA 26-29 May 1998, WHO in press. <http://www.who.int/nut/age.htm>

Wahlqvist ML, **Kouris-Blazos A**. Dietary Advice & Food Guidance Systems. In ML Wahlqvist (ed). Food & Nutrition: Australasia, Asia and the Pacific. **1st edition**. Allen & Unwin, Sydney: 1997.

Read R, **Kouris-Blazos A**. Overweight & Obesity. In ML Wahlqvist (ed). Food & Nutrition: Australasia, Asia and the Pacific. **1st edition**. Allen & Unwin, Sydney: 1997.

Read R, **Kouris-Blazos A**. Food, Physical Activity & Exercise. In ML Wahlqvist (ed). Food & Nutrition: Australasia, Asia and the Pacific. **1st edition**. Allen & Unwin, Sydney: 1997.

Kouris-Blazos A, Hsu-Hage B. Predicting later life status from food habits in communities of elderly Greeks. In: Cross-cultural study of food habits and health status in later life: Description of elderly communities and lessons learnt. Eds M. Wahlqvist, B Hsu-Hage, A Kouris-Blazos, W Lukito & IUNS Study Centre Investigators. United Nations University Press & Asia Pacific Journal of Clinical Nutrition, Melb, 1995.

Scrimshaw N, **Kouris-Blazos A**, Taub B, Wahlqvist ML, Davies L. Rapid Assessment Procedures for use in the elderly. In: Cross-cultural study of food habits and health status in later life: Description of elderly communities and lessons learnt. Eds M. Wahlqvist, B Hsu-Hage, A Kouris-Blazos, W Lukito & IUNS Study Centre Investigators. United Nations University Press & Asia Pacific Journal of Clinical Nutrition, Melbourne, 1995.

Kouris-Blazos A. Overview of Protocol. In: Cross-cultural study of food habits and health status in later life: Description of elderly communities and lessons learnt. Ed M. Wahlqvist, B Hsu-Hage, A Kouris-Blazos, W Lukito & IUNS Study Centre Investigators. United Nations University Press & Asia Pacific J Clin Nutr, Melbourne, 1995.

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Reflections on the work of
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July 2006

It is now more than 20 years since I first encountered an eager and intellectually impressive young science graduate, keen to pursue her interests in nutrition and health. I accepted her into an Honours degree programme and watched her subsequent highly motivated career with admiration. Her passion for her Greek culture has been a great asset – and, just sometimes, limited the wider horizon! In any case, she has crossed many boundaries, cultural and scientific, clinical and public health, family and professional, and created a legacy of knowledge and insight to enrich the Greek, Australian and International communities at large. Particularly impressive have been her contributions to the understanding of an integrated nutritional approach to health, represented by the exemplar of the Mediterranean diet at home and abroad.

Her ability to enable others to learn, whether students, patients, friends or family is wonderful for those who encounter her.

In recent times she has turned her hand and mind to Nutrition editing and publishing, a partnership, I have very much enjoyed with her. It will not be her last endeavour.

She has much energy and aptitude for an ever-changing career in nutrition and health.

Mark L Wahlqvist

