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# Anestis Dougkas

Research Group Leader in Nutrition

## Details

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## Discipline(s)

Nutrition Health & Eating Behaviour

## Activities / CV

### MY ACTIVITIES

- Research  
Contribution to international collaborative research projects and managing a variety of research projects using real meals in real life setting within the nutrition and health axis
- Education  
Teaching at MSc students and supervision of MSc and PhD students and postdocs  
I co-supervise a postdoc [Kenza Drareni](#) who works on the culinary management of sensory disorders and malnutrition related to chemotherapy and a PhD student [Erika Guyot](#) who works on the prospective exploration of the evolution of eating behavior in patients who have undergone bariatric surgery (i.e. obesity surgery).
- Dissemination  
Disseminating nutrition science to a variety of audiences both in written form and as oral presentations through organization of seminars, conferences and applied workshops

### MY RESUME

- 2016-present: Research Scientist at the Center for Food and Hospitality Research, Institut Paul Bocuse, France
- 2011-2015: Post-Doctoral fellow at the Food for Health Science Center, Lund University, Sweden
- 2011: Research Associate, University of Reading, UK
- 2011: PhD in Nutrition, University of Reading, UK
- 2007: MSc in Food Science and Nutrition, University of Reading, UK
- 2006: BSc (4 y) in Chemistry, specializing in Biochemistry-Food Chemistry, Aristotle University of Thessaloniki, Greece

## Additional information

### CURRENT MAJOR RESEARCH PROJECTS

The core of my research axis is on appetite/energy intake regulation and eating behaviour. An imbalance characterized by a deficiency or excess of energy, protein and other nutrients, which causes measurable adverse effects on body form (shape, size, composition) function and clinical outcome encompass both overnutrition (obesity) and undernutrition as the two sides of the same coin.

This is addressed taking into account both the stimulus and the eating context and therefore satiety and eating behaviour is assessed in a real life ecological environment that Institut Paul Bocuse provides (Experimental Lab) and investigating various approaches at three different level stated below:

- Nutrients (e.g protein sources etc.)
- Meals (composition, texture, cooking approach etc.)
- Diet/eating patterns (frequency, time, quantity etc.)

## MY RESEARCHES IN 5 WORDS

Human nutrition, appetite regulation, eating behaviour, obesity, protein enriched meals

## MY PUBLICATIONS

[www.researchgate.net/profile/Anestis\\_Douglas2/publications](http://www.researchgate.net/profile/Anestis_Douglas2/publications)

## Peer Reviewed Publications

- Dougkas A, Reynolds CK, Givens ID, Elwood PC & Minihaane AM. (2011) Associations between dairy consumption and body weight: a review of the evidence and underlying mechanisms. *Nutrition Research Reviews*, 15, 1-24.
- Dougkas A, Minihaane AM, Givens ID, Reynolds CK & Yaqoob P. (2012) Differential effects of dairy snacks on appetite, but not overall energy intake. *British Journal of Nutrition*, 108, 2274-2285.
- Dougkas A, Yaqoob P, Givens ID, Reynolds CK & Minihaane AM. (2013) The impact of obesity-related single nucleotide polymorphisms on appetite and energy intake. *British Journal of Nutrition*, 110, 1151-1156.
- Givens ID, Livingstone KM, Pickering JE, Fekete AA, Dougkas A & Elwood PC. (2014) Milk: White elixir or white poison? An examination of the associations between dairy consumption and disease in human subjects. *Animal Frontiers* 8, 8-15
- Dougkas A and Östman E. (2016) Protein enriched liquid preloads varying in macronutrient content modulate appetite and appetite-regulating hormones in healthy adults. *Journal of Nutrition*. doi: 10.3945/jn.115.217224
- Korompokis K, Östman E and Dougkas A. (2016) The impact of liquid preloads varying in macronutrient content on postprandial kinetics of amino acids relative to appetite in healthy adults. *Appetite*; 107:511-520
- Dougkas A and Östman E. (2017) Comparable effects of breakfast meals varying in protein source on subjective appetite and subsequent energy intake in healthy males. *European Journal of Nutrition*. doi: 10.1007/s00394-017-1392-4
- Zanzer YC, Plaza M, Dougkas A, Turner C, Björck I and Östman E. (2017) Polyphenol-rich spice-based beverages modulated postprandial early glycaemia, appetite and PYY after breakfast challenge in healthy subjects: A randomized, single blind, crossover study. *Journal of Functional Foods*; 35:574-583
- Zanzer YC, Plaza M, Dougkas A, Turner C, Östman E. (2018) Black pepper-based beverage (BPB) induced appetite-suppressing effects without altering postprandial glycaemia, gut and thyroid hormones or gastrointestinal tolerability: a randomized crossover study in healthy subjects. *Food and Function* 9, 2774-2786
- Guo J, Dougkas A, Elwood PC & Givens ID. (2018) Dairy foods and body mass index over 10-year: evidence from the Caerphilly Prospective Study. *Nutrients* 10(10), 1515
- Dougkas A, Barr S, Reddy S and Summerbell CD. (2019) A critical review of the role of milk and dairy products in the development of obesity in children and adolescents. *Nutrition Research Reviews* 32(1), 106-127.
- Zanzer YC, Batista AG, Dougkas A, Tovar J, Granfeldt Y, Östman E. (2019) Difficulties in translating appetite sensations effect of turmeric-based beverage when given prior to isoenergetic medium or high-fat meals in healthy subjects. *Nutrients* 11(4). pii: E736
- Carughi A, Bellisle F, Dougkas A, Feeney MJ, Higgs JD. (2019) A randomized controlled study to assess effects of a daily pistachio (*Pistacia vera*) "goûter" (afternoon snack) on next-meal energy intake, satiety and anthropometry in French women. *Nutrients* 11(4). pii: E767
- Drareni K, Dougkas A, Giboreau A, Laville M, Souquet PJ, Bensafi M. (2019) Relationship between food behavior and taste and smell alterations in cancer patients undergoing chemotherapy: A structured review. *Seminars in Oncology* 2, 160-172
- Dougkas A, Vannereux M, Giboreau A. (2019) The impact of herbs and spices on increasing the appreciation and intake of low salt legume-based meals. *Nutrients* 11(12).
- Drareni K, Bensafi M, Giboreau A, Dougkas A. (2020) Chemotherapy-induced taste and smell changes influence food perception in cancer patients. *Supportive Care in Cancer*

## Book chapters

- Giboreau A, Dougkas A. (2018) Gastronomy as an Aid to Increasing people's Food Intake at Healthcare Institutions, in the *Encyclopedia of Food Security and Sustainability*. Elsevier
- Dougkas A, Saulais L, Giboreau A. (2019) Studying Natural Meals: What are the Benefits of the Living Lab Approach? in 'Context: The Effects of Environment on Product Design and Evaluation' edited by HL. Meiselman. Elsevier
- Dougkas A, Cooper L, Hocking E. (2020) The role of dairy products in the development of obesity across the lifespan. In I.D Givens (eds) *Milk and Dairy Foods: Their Functionality in Human Health*. Elsevier

- Dougkas A., Hobbs D. (2020) The Role of Milk and Dairy Products in the Development of Obesity and Cardiometabolic Disease. In: Meiselman H. (eds) Handbook of Eating and Drinking: Interdisciplinary perspectives. Springer, Cham

## DETAILS

[anestis.douglas@institutpaulbocuse.com](mailto:anestis.douglas@institutpaulbocuse.com)

+33 (0)4 72 18 54 61

## MY PROFILE

[www.linkedin.com](http://www.linkedin.com)

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### Research & Innovation Center - Institut Lyfe

Château du Vivier - Ecully - France

Tel: +33 (0)4 72 18 02 20

### Contact

Raphaëlle Mouillefarine

*Partnerships Development*

[Send an email](#)

+33 (0)4 26 20 97 63

### Career

> [PhD Position - HealthFerm - Social Science](#)

> [Social Science Research Scientist F/M](#)

> [PhD Position - Computational Neuroscience - Cognitive Neuroscience](#)