

**Aleksandra S. Kristo, PhD** • Lecturer, Nutrition

Food Science and Nutrition • California Polytechnic State University

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## EDUCATION AND TRAINING

Postdoctoral Training, Tufts University, JM USDA Human Nutrition Research Center on Aging, Cardiovascular Nutrition Laboratory, Boston MA 2012-13

PhD, Food and Nutrition Sciences, University of Maine, Orono ME, 2012

MSc, Food Science and Human Nutrition, University of Maine Orono ME, 2008

BSc, Dietetics and Nutritional Science, Harokopio University, Athens Greece, 2004

## FURTHER TRAINING

TIDE (Teaching Inclusion & Diversity Everywhere), California Polytechnic University, Summer 2019

AL\$ (Affordable Learning Solutions), California Polytechnic University, Summer 2019

## POSITIONS

- Lecturer, Nutrition, California Polytechnic University, USA, since September 2018
- External Graduate Faculty, University of Maine, USA, since January 2015
- Assistant Professor of Nutrition, Istanbul Yeni Yuzyil University, Istanbul Turkey, 2013-2018
- Postdoctoral Associate, Tufts University Human Nutrition Research Center on Aging, Cardiovascular Nutrition Laboratory, 2012-2013
- Research Assistant, University of Maine, 2006-2012
- Presidential Teaching Fellow, Dept. Food Science and Nutrition, University of Maine, Fall 2011
- Visiting Research Fellow, Dept. Chemistry, University of Patras Greece, Summer 2008
- Visiting Research Fellow, Dept. Physiology and Biophysics, University of Louisville KY, Fall 2007
- Nutrition and Dietetic Consultant - Registered Dietitian, Food and Weight Control Company Gilli Diet, Athens Greece, 2004-2005
- Dietetic Intern, Clinical Dietetics Internship Program, Harokopio University, 2003-2004; Rotations in the following hospitals in Athens, Greece: Lung Disease and Cystic Fibrosis Units, Sismanogleio General Hospital; Childhood Obesity Unit, Paidon, Aglaia Kyriakou Pediatric Hospital; GI tract and Kidney Disease Units, Laiko General Hospital; Trauma, Intensive Care and Parenteral Nutrition Units, KAT General Hospital; Diabetes and Hypertension Units, Tzanio General Hospital.

## RESEARCH INTERESTS

- Dietary bioactive compounds, lipids and carbohydrates in cardiovascular disease: role, metabolism and molecular targets, mainly inflammatory and oxidative pathways
- Interplay between diet/dietary interventions and chronic disease risk factors
- Nutritional status and education during adolescence and adulthood in relation to chronic disease risk

## RESEARCH PROJECTS

- NEW ROME study: Nutritional Evaluation Workpackage for Rum Orthodox Minority Education
- YENI/NEW study: Youth Education in Nutrition Inquiry / Nutrition Education Works
- Wild blueberries and bioactive compounds in cardiovascular disease and metabolic syndrome (*collaboration with University of Maine*)

## PUBLICATIONS

**Google Scholar Citations: 440**

1. **Kristo AS**, Gültekin B, Öztağ M, Sikalidis AK. **The Effect of Eating Habits' Quality on Scholastic Performance in Turkish Adolescents.** Behav. Sci. 2020, 10(1), 31. doi: 10.3390/bs10010031
2. **Kristo AS**, Klimis-Zacas D, Sikalidis AK. **Protective Role of Dietary Berries in Cancer.** Antioxidants (Basel). 2016 Oct 19;5(4). pii: E37. doi: 10.3390/antiox5040037.

## PUBLICATIONS (cont'd)

3. Vendrame S, Tsakiroglou P, **Kristo AS**, Schuschke DA, Klimis-Zacas D. **Wild blueberry consumption attenuates local inflammation in the perivascular adipose tissue of obese Zucker rats**. *Appl. Physiol. Nutr. Metab.* 2016 Oct;41(10):1045-1051. doi: 10.1139/apnm-2016-0160
4. Klimis-Zacas D, Vendrame S, **Kristo AS**. **Wild Blueberries Attenuate Risk Factors of the Metabolic Syndrome**. *Journal of Berry Research* 6 (2016) 225–236. doi: 10.3233/JBR-160136
5. **Kristo AS**, Tzanidaki G, Lygeros A, Sikalidis AK. **Bile sequestration potential of edible clinoptilolite under simulated digestion of a high-fat meal; an in vitro investigation**. *Food Funct.* 2015 Dec 2;6(12):3818-27. doi: 10.1039/c5fo00116a
6. **Kristo AS**, Sikalidis AK. **Malnutrition and cardiometabolic risk among Turkish adolescents: a public health concern during epidemiological transition**. *Am J Biomed Sci.* 2014, 6(4), 290-307. doi: 10.5099/aj140400290
7. Wang H, Blumberg JB, Oliver Chen CY, Choi SW, Corcoran MP, Harris SS, Jacques PF, **Kristo AS**, Lai CQ, Lamon-Fava S, Matthan NR, McKay DL, Meydani M, Parnell LD, Prokopy MP, Scott TM, Lichtenstein AH. **Dietary modulators of statin efficacy in cardiovascular disease and cognition**. *Mol Aspects Med.* 2014 Aug;38C:1-53. doi: 10.1016/j.mam.2014.04.001
8. Vendrame S, **Kristo AS**, Schuschke DA, Klimis-Zacas D. **Wild blueberry consumption affects arterial vascular function in the obese Zucker rat**. *Appl Physiol Nutr Metab.* 2014 Feb;39(2):255-61. doi: 10.1139/apnm-2013-0249
9. Vendrame S, Daugherty A, **Kristo AS**, Klimis-Zacas D. **Wild blueberry-enriched diet (*Vaccinium angustifolium*) improves dyslipidemia and modulates expression of genes related to lipid metabolism in obese Zucker rats**. *Br J Nutr.* 2014 Jan;111(2):194-200. doi: 10.1017/S0007114513002390
10. **Kristo AS**, Kalea AZ, Schuschke DA, Klimis-Zacas DJ. **Attenuation of alpha-adrenergic-induced vasoconstriction by dietary wild blueberries (*Vaccinium angustifolium*) is mediated by the NO-cGMP pathway in spontaneously hypertensive rats (SHRs)**. *Int J Food Sci Nutr.* 2013 Dec;64(8):979-87. doi: 10.3109/09637486.2013.825698
11. Lacombe A, Li RW, Klimis-Zacas D, **Kristo AS**, Tadepalli S, Krauss E, Young R, Wu VC. **Lowbush Wild Blueberries have the Potential to Modify Gut Microbiota and Xenobiotic Metabolism in the Rat Colon**. *PLoS One.* 2013 Jun 28;8(6):e67497. doi: 10.1371/journal.pone.0067497
12. **Kristo AS**, Matthan NR, Lichtenstein AH. **Effect of diets differing in glycemic index and glycemic load on cardiovascular risk factors: review of randomized controlled-feeding trials**. *Nutrients.* 2013 Mar 28;5(4):1071-80. doi:10.3390/nu5041071
13. Vendrame S, Daugherty A, **Kristo AS**, Riso P, Klimis-Zacas D. **Wild blueberry (*Vaccinium angustifolium*) consumption improves inflammatory status in the obese Zucker rat model of the metabolic syndrome**. *J Nutr Biochem.* 2013 Aug;24(8):1508-12. doi: 10.1016/j.jnutbio.2012.12.010
14. **Kristo AS**, Malavaki CJ, Lamari FN, Karamanos NK, Klimis-Zacas DJ. **Wild blueberry (*V. angustifolium*)-enriched diets alter aortic glycosaminoglycan profile in the spontaneously hypertensive rat**. *J Nutr Biochem.* 2012 Aug;23(8):961-5. doi: 10.1016/j.jnutbio.2011.05.002
15. Lacombe A, Li R.W, Klimis-Zacas D, **Kristo AS**, Tadepalli S, Krauss E, Young R, Wu V.C.H. **Lowbush blueberries, *Vaccinium angustifolium*, modulate the functional potential of nutrient utilization and DNA maintenance mechanisms in the rat proximal colon microbiota**. *Functional Foods in Health and Disease* 2012, 2(6):228-241. doi: 10.31989/ffhd.v2i6.87
16. Del Bo' C, Klimis-Zacas DJ, **Kristo AS**, Kalea AZ, Ciappellano S, Riso P, Porrini M. **The temporal effect of a wild blueberry (*V. angustifolium*)-enriched diet on vasomotor tone in the Sprague-Dawley rat**. *Nutr Metab Cardiovasc Dis.* 2012 Feb;22(2):127-32. doi: 10.1016/j.numecd.2010.05.004
17. **Kristo AS**, Kalea AZ, Schuschke DA, Klimis-Zacas DJ. **A wild blueberry-enriched diet (*Vaccinium angustifolium*) improves vascular tone in the adult spontaneously hypertensive rat**. *J Agric Food Chem.* 2010 Nov 24;58(22):11600-5. doi: 10.1021/jf101839u
18. Kalea AZ, Clark K, Schuschke DA, **Kristo AS**, Klimis-Zacas DJ. **Dietary enrichment with wild blueberries (*Vaccinium angustifolium*) affects the vascular reactivity in the aorta of young spontaneously hypertensive rats**. *J Nutr Biochem.* 2010 Jan;21(1):14-22. doi: 10.1016/j.jnutbio.2008.09.005

**BOOK CHAPTERS**

1. **Kristo AS**, Sikalidis AK. **Biomarkers of Different Cardiovascular Diseases**. In: Martyrosyan DM, editor. *Functional Foods for Chronic Diseases*, Textbook. Food Science Publisher, Functional Food Center Inc. 2016, Volume II, 34 – 57.
2. Sikalidis AK, **Kristo AS**. **Epidemiology of Cardiovascular Disease**. In: Martyrosyan DM, editor. *Functional Foods for Chronic Diseases*, Textbook. Food Science Publisher, Functional Food Center Inc. 2016, Volume II, 10 – 33.
3. Klimis-Zacas D, **Kristo AS**. **Wild Blueberries (*Vaccinium angustifolium*): Modulators of Vascular Function, Structure, and Metabolism**. In: Bhimanagouda SP, Guddadarangavvanahally KJ, Kotamballi NCM, Chidambara M, Navindra PS, editors. *Emerging Trends in Dietary Components for Preventing and Combating Disease*. ACS Publication Series; January 1, 2012, 151-166.

**PRESENTATIONS**

1. **Kristo AS**. **Functional food as medicine. What would Hippocrates say about blueberries?** 3<sup>rd</sup> ENMF (Exploring Novel Medical Frontiers) Conference, January 2018, Thessaloniki, Greece
2. Öztağ M, **Kristo AS**, Sikalidis AK. **The relationship between amount/quality of snack consumption and socioeconomic status in diabetic patients in Turkey**. 3<sup>rd</sup> ENMF (Exploring Novel Medical Frontiers) Conference, January 2018 Thessaloniki, Greece.
3. Dandin E, **Kristo AS**, Sikalidis AK. **Knowledge level of mother/infant obesity-related pregnancy complications in Turkish women at different socioeconomic status**. 3<sup>rd</sup> ENMF (Exploring Novel Medical Frontiers) Conference, January 2018 Thessaloniki, Greece. (Received conference award)
4. Uğur P, **Kristo AS**, Sikalidis AK. **Association between adherence to self-care activities and quality of life in Turkish adults with Type 2 Diabetes**. 3<sup>rd</sup> ENMF (Exploring Novel Medical Frontiers), Conference, January 2018 Thessaloniki, Greece.
5. Gültekin B, **Kristo AS**, Sikalidis AK. **The effect of adolescent eating habits on scholastic aptitude in Turkey**. 3<sup>rd</sup> ENMF (Exploring Novel Medical Frontiers) Conference, January 2018 Thessaloniki, Greece.
6. Deliismail A, **Kristo AS**, Sikalidis AK. **Sugar-sweetened beverage consumption and risk of T2DM in working females in Istanbul**. 3<sup>rd</sup> ENMF (Exploring Novel Medical Frontiers) 26 – 28<sup>th</sup> January 2018 Thessaloniki, Greece.
7. Öztağ M, **Kristo AS**, Ulutin C, Sikalidis AK. **Prevention of Chronic Disease through Nutrition to Improve Health Economics**. 1st National Health Management Congress – New Approaches in Health Management, December 2017, Istanbul, Turkey.
8. E. P. Uğur, A. Uzun, E. Dandin, **A. S. Kristo**, C. Ulutin, A. K. Sikalidis. **The effect of nutrition education on determining dietary patterns as assessed by food group servings in female college students in Turkey**. 6<sup>th</sup> National Healthy Life Symposium, Nutrition and Sports for Life Congress, May 2017, Istanbul, Turkey.
9. E. Dandin, E. P. Uğur, A. Uzun, **A. S. Kristo**, C. Ulutin, A. K. Sikalidis. **The effect of nutrition education on dieting decisions of female Turkish college students in urban and rural areas**. National congress on child, adolescent and adult obesity, Agriculture and Food Systems, April 2016, Antalya, Turkey.
10. **A. S. Kristo**, A. K. Sikalidis. **Environmental dimensions of nutrition and diet in public health and chronic disease. A case for Mediterranean diet?** Mediterranean Scientific Association of Environmental Protection 18<sup>th</sup> Symposium, September 2015, Crete, Greece.
11. D. Klimis-Zacas, S. Vendrame, **A. S. Kristo**. **Wild Blueberry Consumption (*V. angustifolium*) Attenuates Local Inflammation in the Perivascular Adipose Tissue of the Obese Zucker Rat**. Experimental Biology 2015, Boston MA.
12. S. Vendrame, **A. S. Kristo**, A. Daugherty, D.A. Schuschke and D. Klimis-Zacas. **Wild blueberry-enriched diet affects  $\alpha$ 1-adrenergic induced vasoconstrictor response in the aorta of obese Zucker rats**. FASEB J. 2013 27:1078.6. Experimental Biology 2013, Boston MA.
13. S. Vendrame, A. Daugherty, **A. S. Kristo**, D. Klimis-Zacas. **Wild blueberry consumption affects lipid profile and gene expression in the obese Zucker rat**. European Atherosclerosis Society 2012, Milan, Italy.
14. A. C. Lacombe, R.W. Li, D. Klimis-Zacas, **A. S. Kristo**, S. Tadepalli, E. Krauss, R. Young, V.C.H Wu. **Lowbush blueberries modulate the functional potential of the rat proximal colon microbiota**. American Society for Microbiology 2012, San Francisco CA.
15. **A. S. Kristo**, A. Z. Kalea, D. A. Schuschke, D. Klimis-Zacas. **Wild blueberry diets attenuate phenylephrine (Phe)-induced vasoconstriction via NO-sGC-cGMP signaling, but not the COX pathway in spontaneously hypertensive rats (SHR)** FASEB J. 2012;26:1026.7. Experimental Biology 2012, San Diego CA.

## PRESENTATIONS (cont'd)

16. S. Vendrame, A. Daugherty, **A. S. Kristo**, D. Klimis-Zacas. **Wild Blueberry consumption markedly attenuates concentration and expression of inflammatory markers in the obese Zucker rat.** FASEB J. 2012;26:385.5. Experimental Biology 2012, San Diego CA.
17. A. C. Lacombe, V. C. H. Wu, R.W. Li, S. Tadepalli, E. Krauss, **A. S. Kristo**, D. Klimis-Zacas. **Dietary effects of lowbush blueberries (*Vaccinium angustifolium*) on the gut microbiome using a rat model.** American Society for Microbiology 2011, New Orleans LA.
18. **A. S. Kristo**, A. Z. Kalea, D. A. Schuschke, D. Klimis-Zacas. **Wild blueberries (*V. angustifolium*) are involved in the nitric oxide (NO)-soluble guanylyl cyclase (sGC) regulation of vascular tone in the adult spontaneously hypertensive rat (SHR).** FASEB J. 2011 25:435.3. Experimental Biology 2011, Washington DC.
19. D. Klimis-Zacas, **A. S. Kristo**. **Wild blueberries (*Vaccinium angustifolium*): Modulators of vascular function, structure and metabolism.** ACS Symposium Series "Emerging Trends in Dietary Components for Preventing and Combating Disease", 240th ACS National Meetings 2010, Boston MA.
20. **A. S. Kristo**, C. J. Malavaki, F. N. Lamari, N. K. Karamanos, D. Klimis-Zacas. **Wild blueberry (*V. angustifolium*) consumption alters the composition and structure of glycosaminoglycans (GAGs) in spontaneously hypertensive rats (SHR).** FASEB J. 2009 23:230.7. Experimental Biology 2009, New Orleans LA.
21. **A. S. Kristo**, A. Z. Kalea, D. A. Schuschke and D. Klimis-Zacas. **Effect of wild blueberries (*V. angustifolium*) on endothelium-dependent vasodilation in spontaneously hypertensive (SHR) and normotensive Wistar Kyoto rats.** FASEB J. 2008 22:700.27. Experimental Biology 2008, San Diego CA.

## INVITED TALKS

- D. Klimis-Zacas, **A. S. Kristo**. Wild blueberry diets modify structural properties of thoracic aortas in spontaneously hypertensive rats (SHR). Wildbrew Meeting, Bangor ME, Oct. 2009.
- D. Klimis-Zacas, **A. S. Kristo**. Functional improvement of vasomotor tone by wild blueberries in the adult spontaneously hypertensive rat (SHR). Wildbrew Meeting, Bangor ME, Oct. 2009.
- **A. S. Kristo**. Consumption of wild blueberry diets and vascular function as related to cardiovascular disease. Maine Nutrition Council Educational Event, Orono ME, May 2011.
- **A. S. Kristo**. SHR adrenergic response is attenuated by wild blueberries via the NO pathway without affecting prostanoid signaling. Wild Blueberry Association of North America Research Summit, Bar Harbor ME, Aug. 2011.

## TEACHING

### California Polytechnic University, Dept. Food Science and Nutrition

FSN210, Human Nutrition

FSN310, Maternal Child Nutrition

FSN416, Community Nutrition

FSN461, Senior Project Advisor

### Istanbul Yeni Yuzyil University, Dept. Nutrition and Dietetics

NUT101, Introduction to Nutrition and Dietetics, Fall 2013/14/15/16

NUT120, Aspects of Nutrition, Spring 2014/15/16/17

NUT210, Nutrition Training and Consultancy, Fall 2014/15/16

NUT214, Sports Nutrition and Metabolism, Spring 2015/16

NUT212, Lifecycle Nutrition, Spring 2015/16/17

NUT301, Nutritional Assessment, Fall 2015/16

NUT306, Maternal and Child Nutrition, Fall 2015/16

NUT310, Nutrition Seminar, Spring 2016/17

### University of Maine, Dept. Food Science and Nutrition

*Instructor* (Presidential Teaching Fellow): FSN 101, Introduction to Food and Nutrition, Fall 2011

*Guest Lecturer*: FSN 101, Introduction to Food and Nutrition; FSN 420, Medical Nutrition Therapy; FSN 584, Lipids, Diet and Cardiovascular Disease, Spring 2009-Spring 2011.

*Laboratory Instructor*: Provided training on animal dietary studies, animal microsurgery procedures, arterial functional assays, biochemical assays, Fall 2006-Spring 2012.

### Tufts University, Human Nutrition Research Center on Aging

Laboratory Instructor: Provided training on cell culture studies and molecular techniques, Spring 2013.

#### **REVIEWER IN PEER-REVIEWED SCIENTIFIC JOURNALS**

- International Journal of Health Promotion and Education, Taylor & Francis, since June 2019
- Journal of Nutritional Biochemistry, ELSEVIER, since March 2013
- Nutrition, Metabolism and Cardiovascular Diseases, ELSEVIER, since July 2013
- Comparative Exercise Physiology, Wageningen Academic Publishers, since April 2015
- Journal of Functional Foods, ELSEVIER, since September 2016
- Sports Sciences for Health, SPRINGER, since November 2016
- Journal of Nutritional Science, Cambridge Journals, since February 2017
- Clinical and Experimental Pharmacology and Physiology, WILEY, since March 2017
- Molecular Nutrition and Food Research, WILEY, since July 2017
- Journal of Cellular Biochemistry, WILEY, since October 2018

#### **SCHOLARSHIPS AND AWARDS**

- Honorary Graduate of Zographeion Lycée in Istanbul during the celebration of 122 years
- Gerondelis Foundation Inc., Special Fellowship for graduate studies in the USA, 2012
- University of Maine Presidential Teaching Fellowship Award, 2011
- George F. Dow Graduate Award, College of Natural Sciences, Forestry and Agriculture, University of Maine, 2011
- Maine Economic Improvement Fund Award, University of Maine, 2010-2011
- Departmental Research Assistantship, University of Maine, 2009-2010
- Graduate Student Government (GSG) Degree Award, University of Maine, 2006, 2007, 2009, 2010
- Chase Distinguished Research Assistantship, University of Maine, 2008-2009
- Summer Research Award, University of Maine, 2007/ 2008
- GSG Travel to Present Award, University of Maine, 2008/ 2011
- International Student Tuition Scholarship, University of Maine, 2006-2009
- Greek National Foundation for Scholarships (IKY) Scholarship for graduate studies abroad, 2006-2009

#### **MEMBERSHIPS**

- Mediterranean Scientific Association of Environmental Protection, since September 2015
- American Heart Association, since September 2012
- North American Vascular Biology Organization, since May 2011
- Hellenic Bioscientific Association of USA, since May 2009
- American Association for the Advancement of Science, since September 2008
- Kappa Omicron Nu Honorary Society, since February 2008
- Golden Key Honorary Society, since September 2007
- Phi Tau Sigma Honorary Society, since May 2007
- American Society of Nutrition, since June 2007

#### **COMMUNITY OUTREACH**

- Invited Public Panel Lecture: "The Mediterranean Diet in our common quest for health...". Sismanoglio Megaro, Consulate General of Greece in Istanbul, April 2014 (Supported by the Stavros Niarchos Foundation and the Bodosaki Foundation).
- ERASMUS+ programme "Mens Sana in Corpore Sano" (Nutrition Health and Fitness in Adolescence) May 2014 Talk Series, Doga College Istanbul.
- Educational Lecture Series on Mediterranean Diet and Health for Children: "Improving Child Nutrition and Health; Lessons from the Mediterranean Diet". Zographeion Hellenic Lycée of Istanbul and Zappeion Hellenic Lycée of Istanbul, May-June 2014.
- Invited Public Panel Lecture Series "Food, Spirits and Gastronomic Traditions in the Eastern Mediterranean", Consulate General of Greece in Istanbul and the Hellenic Research Institute, Fall 2014-Spring 2015.
- The DKNY-i<sup>2</sup> Project 2015-2016: Disseminating Knowledge of Nutrition to Youth – Initiative by Istanbul 2015-2016, Action: "Adolescence and Chronic Disease Risk", Discussing preliminary findings from the NEW ROME study in schools Workshop, Zappeion Lycée February 2016.

**UNIVERSITY AND PUBLIC SERVICE**

- Graduate Student Government (GSG) Senate, EXPO Organizing Committee, University of Maine, 2009-2010
- Volunteer at Graduate Recognition Ceremony, University of Maine, May 2009/10
- Judge for the Maine State Science and Technology Fair, University of Maine, May 2009
- GSG Senate, Social Committee, University of Maine, 2008-2009
- Volunteer at Graduate Student Orientation, University of Maine, August 2009
- GSG Grant Reviewer, University of Maine, Fall 2008
- Volunteer at International Student Orientation, University of Maine, September 2007