

PERSONAL INFORMATION

Name: Irida Palamidi
Date of birth: 12/11/1983
Family status: Married Children: two
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EDUCATION AND TRAINING

- Oct 23-May-24 **Pedagogical and Didactic Competence Certification.**
1-Year Pedagogical Training Programme (EPPAIK). School of Pedagogical and Technological Education (ASPETE)
- Feb 12–Apr 19 **Phd**
Agricultural University of Athens, Faculty of Animal Science and Aquaculture. (Greece)
Dissertation in Faculty of Animal Science and Aquaculture: Dietary bioactive additives effects on growth performance, digestibility, intestinal microflora composition, expression of gut barrier genes and immune related biomarkers in broilers
- Oct 09–Sep 11 **Master of Science**
Nutrition and Animal Feed Technology. Agricultural University of Athens, Faculty of Animal Science and Aquaculture Iera odos 75, 118 55 Athens (Greece)
Thesis at Laboratory of Nutritional Physiology and Feeding: The effect of probiotics on the composition of broiler intestinal microflora
- Nov 01–Mar 09 **Degree**
Agricultural University of Athens, Faculty of Animal Science and Aquaculture Iera odos 75, 118 55 Athens (Greece)
Thesis at Laboratory of Nutritional Physiology and Feeding: Investigation of probiotics or essential oils incorporation in broiler nutrition on the composition and metabolic activity of the intestinal microflora.

WORKSHOPS

- Sept 2023 **4th International Meeting of Young Researchers in Schools – MEDNIGHT**
Presented research work and received certificate of participation.
Part of the European Researchers' Night, a science dissemination initiative funded by the Horizon Europe programme (Marie Skłodowska-Curie Actions).

TEACHING EXPERIENCE

- Oct 19-July 21 Independent Teaching of the courses “Animal Husbandry” and “Nutrition of Farm Animal” in the Department of Agricultural Business Administration and Supply Systems (Thebes) in the framework of the Act “Acquisition of Academic Teaching Experience for Young Scientists. Doctoral holders 2019-2020 and 2020-2021 at the Agricultural University of Athens”
- Oct 23-Jan 24 Independent Teaching of the Course “Animal Physiology and Behavior” in the Undergraduate Program School of Life Sciences at Aegean College (Athens)”.
- Mart 24-Jun 24 Independent Teaching of the courses “Animal Husbandry” and “Nutrition of Farm Animal” in the Department of Food Science and Nutrition at the University of Thessaly
- Oct 24-Jan 25 Independent Teaching of the Course “Animal Physiology and Behavior” in the Undergraduate Program School of Life Sciences at Aegean College (Athens)”.
- Oct 09-July 15 Auxiliary teaching in the laboratory exercises of the courses of the undergraduate program of the Department of Animal Production and Aquaculture of AUA:
- "Digestion-Metabolism" 5th semester
 - " Biotechnology of Animal Production " 7th semester

WORK/RESEARCH EXPERIENCE

- May 24- Today [Research Partner – Feed Innovations & Technologies I.K.E. \(Spin-off Company of Agricultural University of Athens\)](#)
Spin-off company originated from academic research in animal nutrition and production.
- Dec 24-Jan 24 [Research program](#)
Agricultural University of Athens
“Efficacy Optimization of dietary plant bioactive formulations in poultry nutrition”
- Jan 24-Jun 24 [Research program](#)
Agricultural University of Athens
“Evaluation of vitamin D based nutritional solution on performance and egg quality in breeder layers ”
- July 23 – Nov 23 [Research program](#)
Agricultural University of Athens

- July 21–April 23
 “Evaluation of vitamin D based nutritional solution on performance and egg quality in breeder layers “
[Research program](#)
 Agricultural University of Athens
- Feb 20–Dec 22
 “Investigation on incorporating yoghurt acid whey in the diets of production animals and its effect on productive characteristics”
[Postdoctoral scholarship IKY](#)
 Agricultural University of Athens
- April 18–Jan 20
 “Effect of diet on cellular markers of intestinal microflora and biomarkers of intestinal function of broilers”
[Research Program](#)
 Agricultural University of Athens
- Jan 16–June 16
 “Genome Wide Association Scanning and Gene Network Analysis of Body Weight in broilers”
[Research Program](#)
 Agricultural University of Athens
- Nov 15–Feb 16
 “Mapping and validating energy and protein matrix values of phytogenics and probiotics for optimum performance efficiency in broilers”
[Research Program](#)
 Agricultural University of Athens
- Nov 13–Oct 14
 “Matrix value validations for selected feed enzymes in broilers”
[Research Program](#)
 Agricultural University of Athens
- Jan 12–May 13
 “Investigation of critical biomarkers underpinning the mechanisms behind the beneficial effects of probiotic and phytogenic feed additives on broiler performance and gut health”
[Research Program](#)
 Agricultural University of Athens
- Sep 12–Apr 13
 “Investigation of the efficacy of *Saccharomyces cerevisiae* in broilers under pathogenic challenge”
[Research Program](#)
 Agricultural University of Athens
- Sep 12–Apr 13
 “Investigation of critical biomarkers underpinning the mechanisms behind the beneficial effects of probiotic and phytogenic feed additives on broiler performance and gut health”
 Agricultural University of Athens

Publications in peer-reviewed international journals

- Mountzouris KC, Tsirtsikos P, **Palamidi I**, Arvaniti A, Mohnl M, Schatzmayr G and Fegeros K. 2010. Effects of probiotic inclusion levels in broiler nutrition on growth performance nutrient digestibility, plasma immunoglobulins and cecal microflora composition. *Poultry Science* 89: 58-67.
- Mountzouris KC, Paraskevas V, Tsirtsikos P, **Palamidi I**, Steiner T, Schatzmayr G and Fegeros K. 2011. Assessment of a phytogenic feed additive effect on broiler growth performance, nutrient digestibility and caecal microflora composition. *Animal Feed Science and Technology* 168: 223-231.
- Mountzouris KC, **Palamidi I**, Tsirtsikos P, Mohnl M, Schatzmayr G and Fegeros K. 2014. Effect of dietary inclusion level of a multi-species probiotic on broiler performance and two biomarkers of their caecal ecology. *Animal Production Science* 55: 484-493
- Mountzouris K, Dalaka E. **Palamidi I**, Paraskeuas B, Demey V, Theodoropoulos G and Fegeros K. 2015. Evaluation of yeast dietary supplementation in broilers challenged or not with Salmonella on growth performance, cecal microflora composition and Salmonella in ceca, cloacae and carcass skin. *Poultry Science* 94: 2445–2455.
- Palamidi I**, Paraskeuas V, Theodorou G, Breitsma R, Schatzmayr G, Theodoropoulos G, Fegeros K and Mountzouris KC. 2016. Effects of dietary acidifier supplementation on broiler growth performance, digestive and immune function indices. *Animal Production Science* 57: 271-281.
- Palamidi I**, Fegeros K, Mohnl M, Abdelrahman WHA, Schatzmayr G, Theodoropoulos G and Mountzouris KC. 2016. Probiotic form effects on growth performance, digestive function, and immune related biomarkers in broilers. *Poultry Science* 0:1 11.
- Paraskeuas V, Fegeros K, **Palamidi I**, Theodoropoulos G and Mountzouris KC. 2016. Phytogenic Administration and Reduction of Dietary Energy and Protein Levels Affects Growth Performance, Nutrient Digestibility and Antioxidant Status of Broilers. *The Journal of Poultry Science* 53: 264-273.
- Paraskeuas V, Fegeros K, **Palamidi I**, Hunger C and Mountzouris KC. 2017. Growth performance, nutrient digestibility, antioxidant capacity, blood biochemical biomarkers and cytokine expression in broiler chickens fed different phytogenic levels. *Animal Nutrition* 3: 114-120.
- Palamidi I** and Mountzouris KC. 2018. Diet supplementation with an organic acids-based formulation affects gut microbiota and expression of gut barrier genes in broilers. *Animal Nutrition*. 4: 367-377
- Mountzouris KC, **Palamidi I**, Paraskeuas V, Griela E and Fegeros K. 2019. Dietary probiotic form modulates broiler gut microbiota indices and expression of gut barrier genes including essential components for gut homeostasis. *Journal of Animal Physiology and Animal Nutrition*. doi: 10.1111/jpn.13112
- Tarsani E, Theodorou G, **Palamidi I**, Kominakis A. 2020. Identification of Candidate Genes for Body Weight in Broilers Using Extreme-Phenotype Genome-Wide Association Study. *International Journal of Genetics and Genomics (IJGG)*. 8: 29-40.
- Dalaka E, Vassilakos D, Stefanos G, Kalogianni A, **Palamidi I**, Gelasakis A, Politis I, Theodorou G. 2022. Utilization of 2D and 3D cell cultures for the modelling of intramammary infection in sheep. *Frontiers in Animal Science*. doi:10.3389/fanim.2022.1015982
- Palamidi I**, Paraskeuas VV, Mountzouris KC. 2023. Dietary and phytogenic inclusion effects on the broiler chicken cecal ecosystem. *Frontiers in Animal Science*. doi:10.3389/fanim.2022.1094314
- Papadomichelakis G, **Palamidi I**, Paraskeuas VV, Giamouri E, Mountzouris KC. 2023. Evaluation of a Natural Phytogenic Formulation as an Alternative to Pharmaceutical Zinc Oxide in the Diet of Weaned

Piglets. *Animals*. 13:431. doi:10.3390/ani13030431

Palamidi I, Paraskeuas VV, Kotsampasi B, Hadjigeorgiou I, Politis I, Mountzouris KC. 2023. Effect of Yogurt Acid Whey on the Quality of Maize Silage. *Fermentations*. 9, 994. doi:10.3390/fermentation9120994

Stefos GC, Dalaka E, Papoutsi G, **Palamidi I**, Andreou V, Katsaros G, Bossis I, Politis I, & Theodorou G. 2024. In vitro evaluation of the effect of yogurt acid whey fractions on iron bioavailability. *Journal of dairy science*, 107, 683–694. doi:0.3168/jds.2023-23643

Palamidi I, Paraskeuas VV, Griela E, Politis I, Mountzouris KC. 2024. Yogurt acid whey powder dietary inclusion level modulates broiler cecal microbiota composition and metabolic activity. *Livestock Science*. doi: 10.1016/j.livsci.2024.105576

Presentations in international conferences with peer review

Yogurt Acid Whey addition affects broiler caecal microbiota composition and metabolic activity. **Palamidi I**, VV Paraskeuas, I Politis and KC Mountzouris. 74th Annual Meeting of the European Federation of Animal Science. 26 August – 1 September, 2023.

Antioxidant and anti-hypertensive properties of acid whey from Greek yoghurt. Dalaka E, A Vaggeli, GC Stefos, **I Palamidi**, A Savvidou, I Politis and G Theodorou. 74th Annual Meeting of the European Federation of Animal Science. 26 August – 1 September, 2023.

Yoghurt acid whey effects on broiler performance, meat oxidative status and caecal barrier integrity. V.V. Paraskeuas, G. Papadomichelakis, A. Pappas, P. Simitzis, E.C. Anagnostopoulos, I.P. Brouklogiannis, E. Griela, **I. Palamidi**, G. Theodorou, I. Politis and K.C. Mountzouris. 74th Annual Meeting of the European Federation of Animal Science. 26 August – 1 September, 2023.

Effect of yoghurt acid whey on quality characteristics of corn silage. I. Palamidi, V.V. Paraskeuas, I.P. Brouklogiannis, E.C. Anagnostopoulos, I. Politis, I. Hadjigeorgiou and K.C. Mountzouris. 74th Annual Meeting of the European Federation of Animal Science. 26 August – 1 September, 2023.

Evaluation of the effect of Greek yoghurt acid whey peptides in iron bioavailability. Stefos GC, E Dalaka, Papoutsi G, **I Palamidi**, V Andreou, I Politis, G Theodorou. 7th IDF Symposium on Science and Technology of Fermented Milk. November 29-30, 2022

Immunomodulatory properties of acid whey from Greek yogurt of different animal origin. Dalaka E, M Karavoulia, A Vaggeli, GC Stefos, **I Palamidi**, I Politis and G Theodorou. 73rd Annual Meeting of the Federation of Animal Science, Porto, Portugal, 5-9 September, 2022

Assessing the beneficial effects of an organic acids - based formulation for broiler performance and gut function. Berrios R, Mountzouris KC, **I Palamidi**, M Mohnl, N Roth. International Poultry Scientific Forum (IPSF), Atlanta, USA, 27-28 January, 2020 (Book of abstracts pp 95-96)

Exploiting extreme phenotypes to investigate haplotype structure and detect signatures of selection for body weight in broilers. Tarsani E, A Kominakis, G Theodorou, **I Palamidi**. 15th European Poultry Conference. Dubrovnik, Croatia. September 17 –21 2018 (Book of Abstracts S66-P019 p.601)

Effects of *Saccharomyces cerevisiae* var. *boulardii* dietary supplementation on broiler growth performance and *Salmonella* load in the gut and carcass skin following challenge with *Salmonella* Enteritidis. Mountzouris K, **I Palamidi**, V Paraskeuas, V Demey, F Barbe, G Theodoropoulos, K

Fegeros. 20th European Symposium on Poultry Nutrition (ESPN), Prague Czech Republic, 24-27 August 2015 (Proceedings P-049 p.160)

Phytogenic inclusion in maize or wheat diets affects performance, biochemical parameters and total antioxidant activity of plasma and meat in broilers. Paraskeuas V, **I Palamidi**, T Steiner, K Fegeros, KC Mountzouris. 14th European Poultry Conference, Stavanger, Norway, June 23-27, 2014, (Proceedings p 576 P191).

Effects of dietary energy and protein levels and supplementation with essential oils on growth performance of broilers. Weiland T, K Mountzouris, V Paraskevas, **I Palamidi**, T Steiner, K Fegeros. International Poultry Scientific Forum 2013, Georgia World Congress Center, Atlanta, January 28-29 2013 (Book of Abstracts page 62, poster 204)

Influence of an acidifier administration in diets supplemented or not with an antimicrobial growth promoter on broiler performance Mountzouris K, **I Palamidi**, V Paraskevas, Ra Urbaityte, S Pasteiner, K Fegeros. International Poultry Scientific Forum, Georgia World Congress Center, Atlanta, January 28-29 2013 (Book of Abstracts page 56, poster 185)

Effects of dietary energy and protein levels and supplementation with essential oils on growth performance and nutrient digestibility of broilers. Mountzouris KC, V Paraskevas, **I Palamidi**, T Steiner, A Aufy, K Fegeros. 19th European Symposium on Poultry Nutrition, Potsdam, Germany, August 26-29, 2013 (Proceedings p 177 PP V-26)

Effects of dietary acidifier administration in conjunction or not with an antimicrobial growth promoter on broiler performance and nutrient digestibility. Mountzouris KC, **I Palamidi**, V Paraskevas, R Urbaityte, S Pasteiner K Fegeros. 19th European Symposium on Poultry Nutrition, Potsdam, Germany, August 26-29, 2013 (Proceedings p 181 PP V-37)

Evaluation of the effect of dietary inclusion level of a three strain probiotic on broiler performance and cecal microflora biomarkers. Mountzouris KC, **I Palamidi**, P Tsirtsikos, M Mohnl, G Schatzmayr, K Fegeros. 19th European Symposium on Poultry Nutrition, Potsdam, Germany, August 26-29, 2013, (Proceedings p 190-191 PP V-64).

Assessment of the effect of dietary inclusion level of a three-strain probiotic on broiler performance and biomarkers of their cecal ecology. Mountzouris KC, **I Palamidi**, P Tsirtsikos, M Mohnl, G Schatzmayr, K Fegeros. World Nutrition Forum 2012, October 10-13, Singapore (Poster Book of Abstracts p 88)

Effects of an acidifier feed additive administration with or without antimicrobial growth promoters in broiler performance. Mountzouris KC, **I Palamidi**, V Paraskevas, R Urbaityte, S Pasteiner, K Fegeros. World Nutrition Forum 2012, October 10-13, Singapore (Poster Book of Abstracts p 87)

Evaluation of the efficacy of sequential administration of probiotics and phytogenics or their throughout combination in broiler nutrition. Mountzouris KC, P Tsirtsikos, **I Palamidi**, K Fegeros. World Nutrition Forum 2010. (Book of Abstracts p 86-87)

Presentations in national conferences with peer review

Yogurt acid whey addition affects broiler cecal microbiota composition and metabolic activity. **Palamidi I**, Paraskeuas VV, Politis I, Mountzouris KC. 36th Annual Conference of the Hellenic

Zootechnical Society. Athens, Agrinio 6-7 October 2022

Effect of Yoghurt Acid Whey on quality characteristics of corn silage. **Palamidi I**, Paraskeuas VV, Brouklogiannis IP, Anagnostopoulos EC, Politis I, Hadjigeorgiou I, Mountzouris KC. 36th Annual Conference of the Hellenic Zootechnical Society. Agrinio, Greece. October 2022

Effect of nutrition on the gastro-intestinal ecosystem of broilers. **Palamidi I**, Mountzouris K. 35th Annual Conference of the Hellenic Zootechnical Society. Athens, Greece. November 6-7 October, 2021.

Effect of the level of addition of phytogenics to maize or wheat-based diets on performance characteristics, nutrient digestibility and selected biochemical markers in plasma and meat of broilers. Paraskevas V, **Palamidi I**, Mountzouris K, Fegeros K. 29th Annual Conference of the Hellenic Zootechnical Society. Kyparissia, Greece. October 1-3, 2014.

Influence of an acidifier and an antimicrobial growth factor administration in broiler diets on the gene expression of selected cytokines. **Palamidi I**, Mountzouris K, Fegeros K. 29th Annual Conference of the Hellenic Zootechnical Society. Kyparissia, Greece. October 1-3, 2014.

Effect of the inclusion of an acidifier and an antimicrobial growth factor to the diet, performance and nutrient digestibility in broilers. **Palamidi I**, Paraskevas V, Fegeros K, Mountzouris K. 28th Annual Conference of the Hellenic Zootechnical Society. Florina, Greece. October 2-4, 2013.

Effect of Phytogenic Administration and Reduction of Dietary Energy and Protein Levels on Growth Performance and Nutrient Digestibility of Broilers. Paraskevas V, **Palamidi I**, Fegeros K, Mountzouris K. 28th Annual Conference of the Hellenic Zootechnical Society. Florina, Greece. October 2-4, 2013.

Effects of dietary probiotic inclusion on growth performance and cecal microflora composition in broilers Mountzouris K., **Palamidi I**, Tsirtsikos P., Fegeros K. 26th Annual Conference of the Hellenic Zootechnical Society. Xalkida, Greece. October 12-14, 2011.

Effects of a probiotic inclusion levels in broilers nutrition. Mountzouris K., Tsirtsikos P., **Palamidi I**, Fegeros K. 25th Annual Conference of the Hellenic Zootechnical Society. Nauplio, Greece. October 7- 9, 2009.

RESEARCH INTERESTS

My research interests fall within the broader field of Animal Science and focus on:

- The elucidation of microbial communication mechanisms (quorum sensing) and their interaction with host cells (microbiota–host crosstalk), with emphasis on the gut–brain axis and its role in the regulation of animal physiology and behavior
- The investigation of the effects of bioactive feed components and beneficial microorganisms on key physiological functions, including nutrient utilization, gut microbiota composition and metabolic activity, intestinal integrity, and immune response.
- The nutrition of farm animals, and its interconnection with production physiology, animal health, and welfare.
- The relationship between animal nutrition and the quality and safety of animal-derived products (e.g., meat, milk).
- The valorization of agri-food by-products for the development of innovative and sustainable feed solutions, aiming to reduce feeding costs and the environmental footprint of livestock farming.

LABORATORY TECHNIQUES

- Design and execution of *in vitro* and *in vivo* experiments
- Microbiological techniques with emphasis on intestinal microbiology
- Isolation of nucleic acids from biological samples
- PCR and FISH (Fluorescent in situ hybridisation) molecular biology techniques
- Preparation of libraries for NextGen Sequencing
- Determination of antibodies and/or antigens by ELISA
- Determination of enzyme activities
- Determination of the total antioxidant capacity of biological materials
- Analytical techniques for the determination of feed nutrients
- Gas chromatography (GC) techniques for the determination of microbial fermentation end products.

SCHOLARSHIPS

Oct 01-Aug 06	Undergraduate scholarship from the bequest of the "Fokion Ioannou Kalogera" Foundation
Feb 20–Dec 22	Postdoctoral scholarship by the State Scholarship Foundation IKY

ADDITIONAL PERSONAL SKILLS

Mother tongue(s) Greek
Other languages: English C2 level (Proficiency)
Computers: ECDL equivalent proficiency
Statistics: SPSS and GraphPad proficient user