

Ioulita Mastora BSc - Dietitian-Nutritionist

Ioulita Mastora is a Dietitian-Nutritionist and a graduate of the Department of Nutrition and Dietetics at the Alexander Technological Educational Institute of Thessaloniki (currently the International Hellenic University – IHU).

She holds a Master Practitioner in Eating Disorders diploma from the Centre for Education & Treatment of Eating Disorders (KEADD) and has completed the Continuing Education Programme “eating disorders” at the National and Kapodistrian University of Athens. She has also attended scientific conferences and educational programmes focusing on eating disorders, diabetes, and clinical nutrition.

She has gained clinical experience at the Diabetes Clinic of Papageorgiou General Hospital, where she was involved in nutritional counselling and assessment of individuals with diabetes, anthropometric assessment, and support in diabetic foot care. She has also gained experience in a private dietetic practice, participating in the development of individualized nutrition plans and the ongoing monitoring and reassessment of clients.

Her approach is based on individualized nutritional support and nutrition education, taking into consideration each individual’s specific needs and clinical profile. Her professional interests particularly focus on Eating Disorders and clinical dietetics.