

Transforming Nutrition with Artificial Intelligence

**Erasmus+***A 5-day interdisciplinary Blended Intensive Programme · Lemnos, Greece*

ABOUT THE PROGRAMME

An interdisciplinary course introducing students and early-career researchers in nutrition, dietetics, food science and health science to the practical applications of AI in contemporary nutrition science.

DATES

28 Sep - 2 Oct 2026

ECTS

3 Credits

THREE FOCUS AREAS

01

AI-enabled dietary assessment

Image, NLP & sensor-based
methods

02

Personalised nutrition

Tailored recommendations
from data

03

Behaviour-change strategies

Data-driven nudges &
interventions

5-DAY SCHEDULE AT A GLANCE

Day 1

Foundations of dietary assessment & the role of AI
Interactive lectures, discussions & introductory practicals

Day 2

AI tools: image recognition, NLP/LLMs, sensors & wearables
Applied methods workshops & project initiation

Day 3

Hands-on: from data to dietary intake
Practical AI workflows & guided project development

Day 4

Decision-making, personalisation & ethics (GDPR)
Case discussions, ethics & advanced project work

Day 5

Integration, project presentations & reflection
Group showcase, reflection & collaborative evaluation



LOCATION

Lemnos, North Aegean

Beautiful island in the northern Aegean, Greece



More info · pygad.fns.aegean.gr/BIP

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