Maria has been a Registered Dietitian since 2006. She runs an office in Athens, Greece, and during these years her practice has grown to include a second office in Tinos Island. She is the founder of major dietitian sites, such as [thehealhtlab.gr](http://thehealhtlab.gr), as well as of Life Academy, that offers certified continuing education programmes. As a certified adult educator herself, she has written academic material for Hellenic Open University’s lifelong learning programme on Dietetics. She is a member of the Union of Dietitians - Nutritionists of Greece and appears frequently on the print and tv media.