

Short Biography

BIOGRAPHY

Name & Institute

Zanna Hofstede – Owner of Zanna Hofstede

Biography

Zanna is graduated dietitian and specialised in sports nutrition and food allergies. Since her study she is really active on social media, especially on Instagram. She has built an audience focused on sports nutrition and works 80% of her time online. This is from online coaching to writing articles/making recipes for several platforms. In addition, she has a company focused on the allergen legislation in the hospitality industry.