

Tommaso Zanette

NUTRITIONIST



PROFILE

Strong knowledge of sports nutrition principles, including macronutrient and micronutrient requirements, hydration strategies, and supplementation.

Passionate about helping athletes achieve their performance goals through proper nutrition.

Seeking a challenging role in a sports organization where I can apply my expertise and contribute to the success of athletes.

CONTACT

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LANGUAGES

-  English - fluent
-  Italian - native
-  Spanish - bilingual
-  Portuguese - high level
-  French - basic level

CURIOSITY

I like reading and researching to discover new information. I implement what I preach, I design my own exercise routine and diet with seasonal goals, all combined with healthy habits such as grounding, fasting and meditation.

EDUCATION

- *Primary School* Nazario Sauro Brugnera | 2007-2013
- *Middle School* Antonio Canova Brugnera | 2013-2014
- *Middle School* La Salle San Ildefonso Sta. Cruz de Tenerife | 2014-2018
- *Science High School* La Salle San Ildefonso Sta. Cruz de Tenerife | 2018-2020
- *Human Nutrition and Dietetics* - Universidad de la Laguna | 2020-Present
4 years university degree with specialisation subjects in different departments, practical classes inside laboratories and hospitals to gain real experience in the field, together with weekly seminars to discuss the new information about nutrition and dietetics as to promote critical thinking and debate around a given topic.
Doing my own research I became an expert in the understanding of ketosis and intermittent fasting to reach the metabolic flexibility, the state in which the body can rapidly switch from glucose to fat as an energy fuel and therefore continue the exercise. My knowledge in the correct food selection and meal timing improves both athletic and mental performance while contributing for a better health.
- *Science of Gastronomy* - The Hong Kong University | 2022-2023

Study of scientific principles underpinning the methodology of cooking, food preparation, and the enjoyment of food. I studied the correct combination of taste and nutritional values resulting in the creation of successful cold-pressed juices for [tapasdelhuerto](https://tapasdelhuerto.com).