



## **Zonya Foco, RD, CHFI, CSP**

**Professional Speaker, Author, and Celebrity Nutritionist  
Zonya Health International  
Onsted, Michigan**

Professional speaker, author, and celebrity nutritionist Zonya Foco, RD, CHFI, CSP, is one of the most dynamic and inspiring “self-health” speakers in the United States. She began her career in a clinical setting at the Michigan Heart and Vascular Institute before realizing she could reach far greater audiences through television. As the host of PBS show “Zonya’s Health Bites,” she captivated viewers nationwide for over a decade, and today, she continues to empower thousands through her thriving YouTube channel, with nearly 10 million views. Zonya is the author of the best-selling Lickety-Split Meals and Eat REAL cookbooks—hailed as the “fastest way to healthy”—and co-host of EatRealAmerica.com, a membership site featuring over 1,400 wholesome recipes. Her TV-quality online programs and high-energy keynotes tackle some of today’s biggest health challenges, including diabetes, depression, cholesterol, blood pressure, and weight control, equipping individuals and organizations with the tools to create a lasting culture of health. Through her science-backed, real-world approach, Zonya helps audiences cut through nutrition confusion; embrace simple, sustainable habits; and take control of their health—one bite at a time.