



2020-2021 PBH FRUIT & VEGETABLE AMBASSADORS IN ACTION



Valerie Agyeman, RD, Flourish Heights | Washington, DC

Valerie is a DC-based dietitian nutritionist, media contributor and founder of Flourish Heights. Her mission is to help women understand the powerful relationship between what they eat and how their body looks, feels and functions to help them make more conscious choices.



Leslie Bonci, MPH, RDN, LDN, CSSD, Active Eating Advice | Pittsburgh, PA

Leslie is the owner of Active Eating Advice, a nutrition consulting company. She is the sports dietitian for the 2020 SuperBowl Champion Kansas City Chiefs and her company Performance 365 is the sports nutrition provider for the NFL. She is busily writing and consulting as well as creating video and blog content to help her clients and consumers find their #wealthontheshelf.



Kristen Carli, RD, Camelback Nutrition & Wellness | Scottsdale, AZ

Kristen Carli is the owner of Camelback Nutrition & Wellness, a private nutrition practice in Scottsdale, Arizona specializing in chronic disease prevention and management as well as vegan/vegetarian nutrition. Having a passion for nutrition communications, she has been featured in *InStyle*, *Bustle*, *Livestrong*, *The List*, *MyFitnessPal* and many others. Kristen has a passion for helping others identify and knock down their individual barriers hindering them from living a healthy life.



Neva Cochran, MS, RDN, LD, Eating Beyond the Headlines | Dallas, TX

Neva is a nutrition communications consultant who partners with food, nutrition and agricultural organizations to promote fact-based food and nutrition information to help people eat beyond the headlines and enjoy a variety of nutrient-rich foods. In addition to her own blog, as well as those she writes for clients' websites, she contributes a monthly nutrition article to *Southern Dallas County Business and Living Magazine* and is a frequent speaker at district, state and national Academy of Nutrition and Dietetics conferences.



Beau Coffron, Lunchbox Dad | Edmund, OK

As a married dad with three kids, Beau's blog, Lunchbox Dad, features creative recipes, funny pictures, and his thoughts on parenting and life in general. Beau has been on national television and radio multiple times alongside his daughter, showing families useful products and teaching them how to make creative lunches.





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Elise Compston, RD, LD and Stephen Compston, RD, LD, CDCES, Straight Outta Compston Kitchen | Reno, NV

Elise and Stephen are husband and wife registered dietitians and the dynamic duo behind Straight Outta Compston Kitchen. They create simple, affordable, plant-focused recipes with creative spins on classic dishes and tasty new favorites – known as #upgradedeverydayeats.



Chef Andrew Dole, MS, RDN, CSSD, CEC, BodyFuel | Castle Rock, CO

Andrew is a registered dietitian, certified executive chef and endurance performance nutrition expert. He is the owner of Body Fuel Sports Performance & Lifestyle Nutrition where he helps people to reach their personal nutrition goals through therapeutic diets and performance nutrition plans as well as preparing meals as a private chef. Andrew also brings strong clinical expertise to the table, having previously worked as an in-patient clinical dietitian at Rose Medical Center in Denver, Colorado.



Mandy Enright, MS, RDN, RYT, Team with ME: Nutrition & Fitness Consulting LLC | Jersey Shore, NJ

Mandy is a registered dietitian as well as yoga and fitness instructor. She specializes in corporate wellness, nutrition communications and simple, actionable mealtime solutions from planning to preparation. Mandy is known as the FOOD + MOVEMENT® dietitian for her fun and flexible approach to maximize body and mind performance through lifestyle and mindset changes.



Chef Abbie Gellman, MS, RD, CDN | New York, NY

Chef Abbie Gellman, MS RD CDN is a spokesperson, recipe and product developer, and educator. She creates, produces and hosts cooking and nutrition videos as well as works with a wide variety of food companies/brands/commodity boards, foodservice operators, health professionals and private clients. She also contributes to many publications; her first cookbook, *The Mediterranean DASH Diet*, was published November 2019. She is the consulting “Better for You” R&D Chef/RD for the private company Happi Foodi and has created two lines of healthy frozen meals for them under the WalMart Better For You Great Value brand and the Happi Foodi brand.



Cara Harbstreet, MS, RD, LD, Street Smart Nutrition | Overland Park, KS

Cara is a non-diet registered dietitian and nationally recognized food and nutrition expert. She specializes in intuitive eating and supports clients in fearlessly creating nourishing meals. Cara appears in local and regional broadcast media and contributes her nutrition expertise in the digital and blogging space. She also makes regular podcast appearances to promote the benefits of a flexible, intuitive eating pattern.





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Dayle Hayes, MS, RD, Nutrition for the Future | Bozeman, MT

Dayle, known online as School Meals That Rock, is a tireless cheerleader for excellence in school nutrition. As a registered dietitian, former teacher and grandmother, she is dedicated to making effective connections among cafeterias, classrooms and communities. Dayle has co-authored three influential papers for the Academy of Nutrition and Dietetics: *Nutrition Guidance for Healthy Children Ages 2-11 Years*, *Practice in Nutrition Programs and Services in Schools*, and the *Joint Position on Comprehensive Nutrition Programs and Services in Schools* (with School Nutrition Association and Society for Nutrition Education and Behavior).



Kelly Jones, MS, RD, CSSD, LDN, Kelly Jones Nutrition | Philadelphia, PA

Kelly has a plant-forward approach to empower physically active individuals and busy parents to optimally fuel their body and mind. As a board-certified sports dietitian, mom and former division I athlete, she creates resources that integrate nutrition, fitness and environmentally conscious actions in realistic ways. She works with athletes at every level, runs an online sports nutrition course, consults on nutrition communications and represents brands in the media.



Kristina LaRue, RD, CSSD, Love & Zest | Winter Park, FL

Kristina is the founder of food and nutrition website, Love & Zest, where she shares easy weeknight recipes and breakfast meal preps to fuel the whole family along with real-life stories of modern motherhood. Kristina is a cookbook author, former NBA team dietitian and collegiate sports RD.



Andrea Mathis, MA, RDN, LD, Beautiful Eats & Things | Pinson, AL

Andrea is an Alabama-based registered dietitian nutritionist, mom and owner of the healthy food blogs, Beautiful Eats & Things and Little Eats & Things. After completing her graduate studies at the University of Alabama, Andrea worked in several different healthcare settings including clinical, public health and long-term care. Andrea believes in achieving optimal health by incorporating healthier eating habits into your lifestyle and making healthy eating fun!



Chef Megan McCarthy, Healthy Eating 101 | Atlanta, GA

Megan is a healthy lifestyle consultant, advocate and chef who focuses on how to prepare healthy, delicious foods and incorporate them into an everyday eating lifestyle. Her creative culinary experience and enthusiasm bring healthy foods to life while putting you at ease in the kitchen. She is the founder of Healthy Eating 101 and is the Edible Garden Chef at the Atlanta Botanical Garden, creating recipes focusing on simple, fast and fresh ways to enjoy the local and seasonal abundance.





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Nicole Rodriguez, RDN, NASM-CPT, Enjoy Food. Enjoy Life. | New York, NY

Nicole offers in-home meal prep and fitness coaching. She serves as the in-house dietitian for NavaFit and is chair-elect of the Nutrition Entrepreneurs dietetic practice group of The Academy of Nutrition and Dietetics. A passionate Master of Beef Advocacy, she's on an eternal quest for the best burger, sharing facts about the industry along the way. Eager to make a positive impact on the next generation, she recently took on the role of Girl Scout troop leader.



Joan Salge Blake, EdD, RDN, LDN, FAND, Boston University | Boston, MA

Joan is a clinical professor at Boston University and the host of Spot On!, the hit nutrition, health and wellness podcast for GenZ. She is also a sought-after speaker at conferences globally as well as a nutrition blogger for U.S. News & World Report's Eat + Run column and a freelance writer for the Boston Globe. She has conducted more than 1,500 interviews on numerous nutrition topics in media outlets, including *BuzzFeed*, *MSNBC* and *The New York Times*.



Sarah Schlichter, MPH, RDN, Bucket List Tummy | Washington, DC

Sarah is a registered dietitian nutritionist and owns the blog and nutrition platform, Bucket List Tummy. She specializes in nutrition counseling, recipe development and photography as well as nutrition communications. She has been featured in *Women's Running*, *Runner's World*, *Shape Magazine*, *MyFitnessPal*, *Bustle* and more. Sarah enjoys helping people work on their relationship with food and also enjoys working with runners and athletes.



Kelli Shallal, RD, Hungry Hobby | Phoenix, AZ

Kelli is the author of *Meal Prep for Weight Loss* and the blogger behind the popular healthy living blog, Hungry Hobby. Kelli has been featured on major media outlets including *Today's Dietitian*, *Food & Nutrition Magazine*, *Good Morning Arizona*, *AZTV*, *Shape*, *Fitness*, *Health*, *Runners World*, *Buzzfeed* and *Self Magazine*.



Lori Taylor, The Produce Moms® | Indianapolis, IN

Lori launched The Produce Moms® blog & consumer brand in January 2012. The Produce Moms® is a passionate advocacy platform for the fresh produce industry — inspiring families to eat more fruits and vegetables, introducing consumers to produce brands, and rallying the produce industry to converse with the consumer.





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Jonathan Valdez, MBA, RDN, CSG, CDN, CCM, CDCES, Genki Nutrition | New York, NY

Jonathan is a telehealth registered dietitian. He is currently the New York City and Long Island Media Spokesperson for the New York State Academy of Nutrition and Dietetics, Online Professional Development Coordinator for Cultures of Gender and Age, and Food Director/Photographer for the lifestyle magazine, *Guild Magazine*. Jonathan is a certified personal trainer, with specializations in gerontological nutrition, sports nutrition, diabetes, lactation, weight loss and case management.



Manuel Villacorta, MS, RDN, Manuel Villacorta Nutrition | San Francisco, CA

Manuel is an internationally recognized, award-winning registered dietitian nutritionist. As a well-respected and trusted voice and one of the leading weight loss and nutrition experts in the country, Manuel is in-demand as a health and nutrition expert on television and radio and serves as a media representative for several prestigious organizations. Manuel is the author of five books and has been the recipient of numerous awards for his research and contributions to the field of nutrition and dietetics.



Elisabeth Watkins, Farm Girl Chef | Reno, NV

Elisabeth is known by many as the Farm Girl Chef from Linden. She is the winner of Food Network's *Chopped Junior* and a current freshman at the University of Nevada, Reno. Elisabeth learned to appreciate food growing up on a sixth-generation family farm and acquired culinary skills through 4-H. Currently, she works to reconnect consumers to where their food comes from through appearances on local television, radio and through her blog.



Liz Weiss, MS, RDN, Liz's Healthy Table | Boston, MA

Liz launched the *Liz's Healthy Table* podcast and blog in 2017 where she shares nourishing recipes for families of all ages. She's a recipe developer, cookbook author, speaker, cooking instructor, regular guest on the *Hub Today* on NBC Boston and a contributor to *Today's Dietitian Magazine* and blog. When she's not in her kitchen prepping produce-powered meals, Liz volunteers for *Lex Eat Together*, a free community meal served weekly to residents in need.

