105th Annual OAND Conference

Evidence to Action: Leading Change in Nutrition

April 9th – Ohio Cattlemen's, Ohio Beef Council, Columbus, Ohio

Thursday, April 9, 2026

6:00 pm **Networking and Appetizers**

6:30 pm **Presentation**

Sabor y Cultura: Elevating Puerto Rican Cuisine with Lean Beef and Vegetables

Participants will learn about traditional Puerto Rican ingredients, cooking techniques, and flavor-building strategies while discovering practical ways to enhance dishes with vegetables and lean beef. The session will highlight how culturally relevant foods can align with evidence-based nutrition, showcasing the role of lean beef in supporting protein, iron, zinc, and B vitamin intake. Attendees will leave with tools to celebrate cultural cuisine, boost flavor without excess sodium, and apply inclusive nutrition strategies in both clinical and community settings.

Ashley Anna Martinez, MFN, RDN, LD *is a Puerto Rican chef-dietitian, fitness instructor, and 5x Professional Cheerleader for the Cincinnati Bengals. Guided by her food philosophy, "All foods fit," Ashley takes a non-diet, culinary-focused approach that emphasizes culture, flavor, and the joy of eating without guilt or restriction. Ashley earned her bachelor's degree in nutrition from Ohio University, a master's degree in nutrition from Bowling Green State University, and a culinary arts degree from the Midwest Culinary Institute. After over 20 years in the grocery and retail nutrition space, she launched her private practice, Ashley Anna Nutrition, LLC. She was named Retail Dietitian of the Year in 2017 and received a Progressive Grocer Innovation Award in 2018 for her collaborative nutrition partnerships. Ashley blends culinary expertise, evidence-based nutrition, and cultural foods to help others build a confident, sustainable relationship with food.*