

About Dr. Lisa R. Young

Lisa R. Young, PhD, RD, CDN is a **nationally recognized nutritionist** in New York City and an **adjunct professor** of nutrition at New York University (NYU). She is an **expert on portion control** and **author** of *The Portion Teller Plan: The No-Diet Reality Guide to Eating, Cheating, and Losing Weight Permanently* published by Doubleday Broadway, a division of Random House.

Dr. Lisa Young is regularly featured in national publications including the New York Times, the Wall Street Journal, USA Today, the Washington Post, Allure, and Fitness. She has also appeared on national television including the TODAY Show, ABC News, NBC News, FOX News, and CNN, and was featured in the film *Super Size Me*.

A nutritionist in private practice, Dr. Young has been counseling adults and children for 20 years. Dr. Young offers individual counseling sessions on a wide variety of nutrition-related conditions. She has also conducted obesity research at the University of Pennsylvania School of Medicine and at St. Luke's-Roosevelt Hospital Center; and has consulted for various weight management programs in New York City.

Dr. Young lectures throughout the country and conducts workshops on nutrition, weight control, and behavior modification. She has presented her portion-size research at some of the country's top professional organizations.

The author of numerous academic publications, Dr. Young has published her research findings in professional journals and has also contributed articles to various health magazines and newsletters. In 2006, she was named Woman of Action by the Israel Cancer Research Fund.

Dr. Young received her doctorate and master's degrees in Nutrition from NYU, and her bachelor's degree in Economics and Health Care Administration from the Wharton School of the University of Pennsylvania. She is also a registered dietitian.

"A respected nutritionist, Young is sharing her knowledge with the rest of the dieting world. She has the chops to present her case and does it with such aplomb that the solutions she proffers seem easy."

— O, The Oprah Magazine

"The Portion Teller Plan is an eye opener. Every page is filled with another surprise, explaining why Americans are fat...."

Following Dr. Young's suggestions is a sensible way to keep from becoming an obesity statistic."

— The New York Times

"...Dr Young still manages to make portion control interesting, and makes a convincing case that it's not what we eat (carbs, protein, or fat) but how much we really eat that counts..."

— The Wall Street Journal

"Dr. Young gives you a fresh approach to managing weight-one that makes perfect sense. The Portion Teller Plan is an invaluable resource."

— Marion Nestle, PhD, MPH, New York University

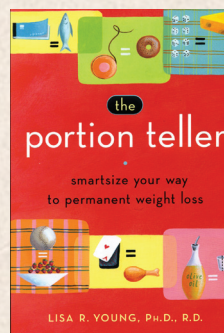
"...It's frankly a brilliant way to recast Americans' eating dysfunction, and the information is a super-size eye-opener."

— Dallas Morning News

"Practical advice and fascinating--if sobering--reading."

— Eating Well

The Portion Teller Plan is among the Wall Street Journal's and O, The Oprah Magazine's, six favorite health books of 2005.



To make an appointment, please contact

Lisa R. Young, PhD, RD

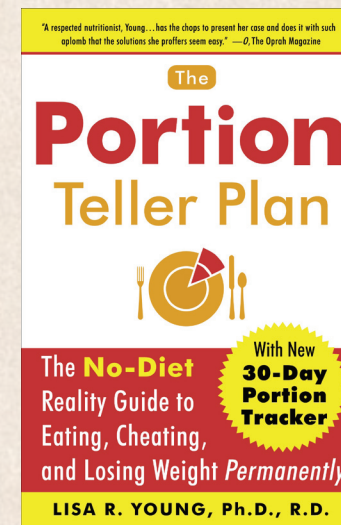
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Nutrition Counseling for Better Health



**Lisa R. Young, PhD, RD, CDN
Nutritionist**

212-560-2565

www.portionteller.com

Services for adults and children

Dr. Young offers personalized weight loss programs, nutrition counseling, medical nutrition therapy, lectures, and workshops on a wide variety of nutrition issues.

Nutrition Counseling for Long Term Success

Lisa R. Young, PhD, RD, CDN is a nutritionist in private practice and offers counseling to adults and children. Dr. Young designs **personalized weight control programs** that are healthy, safe, and practical, while also incorporating the latest scientific research. Through her personalized approach, and her emphasis on portion sizes, she teaches clients to stop dieting and learn how to eat sensibly while incorporating the foods they love. Clients learn how to make long-term and realistic changes to achieve and maintain a healthier body weight.

Dr. Young provides **medical nutrition therapy** on a wide variety of issues including cardiovascular disease and diabetes. She evaluates current eating and lifestyle behaviors and makes appropriate and personalized recommendations while taking your medical history into account. She also provides nutrition plans in conjunction with your physician and therapist to insure a successful outcome.

Dr. Young gives **lectures** and **workshops** on a wide variety of nutrition topics including wellness, healthy eating, weight control, and disease prevention. She conducts group classes on nutrition, weight control, and behavior modification.



Benefits of Nutrition Counseling

- 🍏 Permanent weight loss (no more “yoyo” dieting)
- 🍏 Provide long term strategies for healthy eating
- 🍏 Learn to make healthy food choices for you and your children
- 🍏 Improved energy levels
- 🍏 Cholesterol management
- 🍏 Blood sugar management
- 🍏 Controlled cravings
- 🍏 Reduced risk for obesity-related diseases such as cardiovascular disease, diabetes, and certain cancers
- 🍏 Improved bone health
- 🍏 Reduced severity of menopause symptoms
- 🍏 Improved gastrointestinal function
- 🍏 Improved sleep



Dr. Young’s Services Include:

- Individual nutrition counseling to adults and children
- Personalized weight loss programs
- Group sessions
- Lectures and workshops

Dr. Lisa Young’s Areas of Expertise Include:

- 🍏 Obesity and Weight Loss
- 🍏 Cardiovascular Disease
- 🍏 Hyperlipidemia
- 🍏 Hypertension
- 🍏 Diabetes
- 🍏 Hypoglycemia
- 🍏 Pediatric Nutrition
- 🍏 Pregnancy and Lactation
- 🍏 Osteoporosis
- 🍏 Menopause
- 🍏 Digestive Disorders
- 🍏 Food Allergies
- 🍏 Eating Disorders
- 🍏 Bariatric Surgery
- 🍏 Thyroid Disease
- 🍏 Fatigue and Stress



Dr. Young’s Professional Affiliations Include:

American Dietetic Association (ADA) - Registered Dietitian (RD)
New York State Certified Dietitian-Nutritionist (CDN)
American Public Health Association (APHA)
Greater New York Dietetic Association (GNYDA)
Nutrition Entrepreneurs (NE) – A Dietary Practice Group of ADA
Bottom Line Health, Columnist
Fitness magazine, Advisory Board Member
Bottom Line Women’s Health, Advisory Board Member