

How to slim down with less on plate

ORIGINALLY PUBLISHED JULY 1, 2005

The Portion Teller: Smartsize Your Way to Permanent Weight Loss (Morgan Road Books, \$19.95).

Nutritionist Lisa R. Young, who appeared in the award-winning documentary *Super Size Me*, is onto something: It's not what you eat, but how much you eat, that matters.

In her new book *The Portion Teller*, Young explores how outrageous our food portions have become. Today, a 7-Eleven Double Gulp drink has 800 calories. A bagel and pizza slice may contain enough calories for an entire day - and that's not counting the cream cheese.

Such portions, which have grown larger over time, have helped fuel the nation's obesity problem, Young says.

She shows readers how to return to sensible eating. Your daily meat portion, for example, should be the size of a deck of cards. A cereal serving should be baseball-sized. And you should use a shot-glass worth of salad dressing on your lettuce.

Young doesn't promise overnight results in this sensible, well-designed book. Instead, she gives you a way to return to reasonable portions.

Bottom Line: This book is worth reading if you're trying to buck the trend toward larger and larger portions. - Mary Beth Regan