

EATINGWELL

THE MAGAZINE OF FOOD & HEALTH

OCTOBER/NOVEMBER 2005

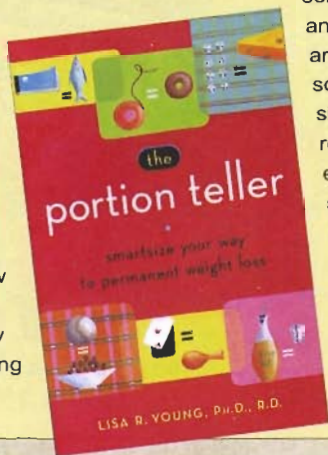
Reviews

The Portion Teller

Smartsize Your Way to Permanent Weight Loss

By Lisa R. Young, Ph.D., R.D.
(Morgan Road Books, 2005; \$20)

FOR ANYONE planning to start the new year by going on yet another weight-loss diet, *The Portion Teller* might be just the right counterstrategy. Its practical approach focuses less on what to eat and more on how much. "Expanding portion sizes is the primary reason that we are facing an obesity epidemic,"



declares author Lisa Young, a nutrition professor at New York University.

As a Ph.D. student in the 1990s, Young was the first to notice—and document—the shocking growth of portion sizes served in America, and her findings are well known: soda cups the size of rain barrels, bagels equivalent to five slices of bread. Her eating plan combats this trend with "smartsizing"—developing portion-size

awareness with plenty of imaginative, memorable visuals (one salad dressing serving is half a shot glass; one pasta serving is half a baseball). Practical advice and fascinating—if sobering—reading. —Joyce Hendley

The French Chef with Julia Child

DVD boxed set (3 discs, 432 minutes; WGBH, 2005; \$40)

IT'S ALL HERE: the potato pancake that got away, the parody-inspiring coq au vin session and all the wit and passion of the woman who single-handedly changed the way mil-

lions of us cook. Julia Child became the most widely seen television cooking personality ever on her hugely popular show, *The French Chef*. Each episode showcased her devotion to fresh ingredients, solid cooking techniques, love of food and—best of all—her irreverent humor. Now gathered together in this new DVD boxed set that runs more than seven

hours in total, each show reminds us of why we love Julia: with her singular gravelly voice and inimitable style, she taught us that excellent cooking can be excellent fun. —Stacy Fraser

