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I hardly know anyone who is not worried about gaining weight, here in the United States or just about anywhere else. This is not just a matter of how you look. The more you are overweight, the greater your chance of having diabetes (the adult-onset kind), high blood pressure, and high blood cholesterol, all of which can increase your chance of having a heart attack. You may be one of the lucky people who can gain weight and still be healthy, but most of us would much better off eating less and being more active.

For normal mortals, eating less is not so easy. Perhaps for reasons of evolution, we are programmed from birth to eat as much as we can any chance we get, as if another good meal will never come again. We finish what is in front of us. The more in front of us, the more we eat. As Dr. Lisa Young explains so eloquently in this book, it's large portions that cause the problems. Larger portions have more calories. The more calories you eat, the more weight you can gain.

Lisa Young and The Portion Teller Plan to the rescue! When Lisa was doing her doctoral degree with me at New York University, her terrific idea was to go out and measure the actual sizes of foods people were eating. Obvious as this might seem, nobody had done it. She discovered that the foods served now are enormous compared to what the government defines as a standard serving size. They also are enormous compared to what Americans ate thirty years ago. What she found will amaze you. As soon as food companies started making larger portions in the early 1980s, people ate more. When they ate more, their weights went up. By now, so many other researchers have confirmed her work that the remedy is clear. If you want to keep from gaining weight, you need to watch your portion sizes. The Portion Teller Plan tells you how, and gives you a fresh approach to managing weight—one that makes perfect sense. If you are trying to lose weight, or just want to know how much you and your family are actually eating, Lisa Young's The Portion Teller Plan is an invaluable resource. It's also great fun to read. Enjoy it and use it!