Lisa Robin Young, Ph.D., R.D., C.D.N.

Nutritionist
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Website: www.portionteller.com

EDUCATION Oct. 2012

New York University
Ph.D. in Food, Nutrition and Dietetics

New York University
M.S. in Food, Nutrition and Dietetics

The Wharton School, University of Pennsylvania
B.S. in Economics
Health Care Administration
Cum Laude

Brandeis University

PROFESSIONAL LICENSES

Registered Dietitian (R.D.)
American Dietetic Association, ID # 842718
Certified Dietitian-Nutritionist (C.D.N.)
State of New York, Education Dept., I.D. # 2317

TEACHING EXPERIENCE

1993 - Present New York University, Department of Nutrition, Food Studies, and Public Health
Adjunct Professor

Courses Taught
Nutrition and Health
Nutrition and Metabolism
Contemporary Nutrition

CONSULTING EMPLOYMENT

1993 - Present Nutritionist in Private Practice/Nutrition Consultant

- Counsel and educate adults and children on weight management, portion control, wellness, and disease prevention
- Plan diets for medical conditions including obesity, cardiovascular disease hyperlipidemia, diabetes, gastrointestinal disorders, and osteoporosis
- Counsel and educate clients on nutrition through the lifecycle including pregnancy, lactation, pediatric nutrition, menopause, and geriatric nutrition
- Lecture and conduct classes on a wide variety of nutrition and wellness topics
- Consult and write for magazines and programs on nutrition, portion size and diet
- Blogger for Huffington Post

2012 - Present Nutrition Consultant on Food Litigation

- Consult for law firms on food industry litigation cases involving false advertising

1988 - 96 Consulting Nutritionist

Weight Management Programs
Theodore B. VanItallie Center, St. Lukes-Roosevelt Hospital Center
Diet Center
Medical Health Management
United Weight Control Corp
Slim Time Weight Loss Centers, Inc.
The Optifast Program

- Counseled overweight patients
- Conducted nutrition education and behavior modification classes
- Monitored patient progress and compliance

RESEARCH EMPLOYMENT

1992 - 93 University of Pennsylvania, School of Medicine, Obesity Research Group
Instructor/Research Assistant

- Assisted with a clinical research study on obesity
- Trained and supervised students
- Recruited patients and monitored patient progress and compliance

1988 – 89 St. Lukes-Roosevelt Hospital Center, Obesity Research Department
Research Assistant

- Assisted with obesity research
- Conducted computerized diet analyses

MANAGEMENT EMPLOYMENT

Slim Time Weight Loss Centers, Inc.
Manager

Hired, trained, and supervised staff

- Monitored patient progress
- Developed educational materials
- Involved in financial budgeting

INTERNSHIPS
Methodist Hospital
Teaching Fellow, Department of Nutrition and Food Studies, New York University
Graduate Assistant, Department of Nutrition and Food Studies, New York University
Gail Becker Associates, Inc. (Public Relations)
Long Island Jewish-Hillside Medical Center
Rusk Institute, New York University Institute for Rehabilitation

HONORS AND AWARDS

- Professional Development Fund, NYU, 2010
- Professional Development Fund, NYU, 2007
- Honoree, 2006 Woman Of Action Luncheon of the Israel Cancer Research Fund
- Greater New York Dietetic Association's Mary Swartz Rose Lecture, 2006
- Banner Bearer, Doctoral Convocation, NYU School of Education, 2000
- Dean's Grants for Student Research Award, NYU, 1998-1999
- Who's Who Among Students in American Universities and Colleges, NYU, 1998
- Department of Nutrition and Food Studies scholarship, NYU, 1997-98
- President, Kappa Omicron Nu Honor Society, Alpha Rho Chapter, NYU, 1991-1992
- Samuel Eshborn Service Award, NYU, May 1991
- Kappa Delta Pi Honor Society
- Deans List: University of Pennsylvania
- Deans List: Brandeis University

PROFESSIONAL ACTIVITIES

Research Interests
Portion sizes in the marketplace, dietary guidance, dietary assessment, weight management strategies, nutrition counseling, food marketing.

- **Memberships**
  American Public Health Association
  Academy of Nutrition and Dietetics (AND)
  Greater New York Dietetic Association
  Nutrition Entrepreneurs (NE), a Dietary Practice Group of the AND
  Weight Management (WM), a Dietary Practice Group of the AND
  Association for the Study of Food and Society
  New York Academy of Sciences, 1986-96

- **Advisory Board**
  Bottom Line/Women's Health Newsletter, Nutrition Expert, 2007-Present
  Fitness Magazine, Nutrition Expert, 2006-Present
  Allure Magazine, Nutrition Expert, Total Body Makeover, 2007-2009.

- **Miscellaneous**

Contributing Writer, *Bottom Line Health* Newsletter, *Nutritionist's Picks,* 2007-
Contributing Writer, MSNBC, 2007.
Consulted with The Northern Navajo Medical Center for the development of a 2008 calendar *Eat Just Enough! (Too bikiinigo)* based on *The Portion Teller Plan,* 2007
Consulted with DK Publishing for *My Food Pyramid: Eat Right, Exercise, Have Fun*, an illustrated children's book based on the USDA's Food Pyramid, 2006-7.

- **University Service**

New York University, Department of Nutrition and Food Studies
Search Committee, Tenure track faculty position in Nutrition, Fall 1998
AP4 Selection Committee, 1996-1997
Graduate Students Organization, 1990-91
Teaching Assistant, 1989-1992

- **Manuscript Reviews**

Cengage (formerly Wadsworth Educational Publishing), 1994-Present
Whitney EN, Rolfes SR. Understanding Nutrition (multiple editions)
Sizer F, Whitney E. Nutrition: Concepts and Controversies (multiple editions)
Journal of the American Medical Association, 2002-Present
Journal of the Academy of Nutrition and Dietetics, 2003-Present
Obesity, 2006-Present
Topics in Clinical Nutrition, 2006- Present
International Journal of Epidemiology, 2005
Public Health Nutrition, 2002
Family Economics and Nutrition Review, 2002
Lippincott Williams and Wilkins, 2001
Pennington JAT. *Bowes' and Church's Food Values of Portions Commonly Used* (17th edition).
Talbot SM. *The Health Professionals Reference for Dietary Supplements*
Workman Publishing Company, 2001

PRESENTATIONS (Selected)

The Chapin School. Nutrition Education Program to Students. *Nutrition Seminars for Eighth Graders. Class Activity: Decoding food labels and restaurant menus.* Upcoming Oct 31, 2012. New York, NY.

The Chapin School. Nutrition Education Program to Students. *Nutrition Seminars for Eighth Graders. Follow up, Diet Planning, and Eating Well When Eating Out.* Oct 15, 2012. New York, NY.

The Chapin School. Nutrition Education Program to Students. *Nutrition Seminars for Eighth Graders. Eating Well While in Eighth Grade: Maximizing Food Choices and Eating Healthfully.* Oct 4, 2012. New York, NY

LeMetric Hair Institute. SHE Summit Week. Discover a New Healthy Lifestyle. New York, NY. June 19, 2012.

The Chapin School. Nutrition Education Program to Students. *Nutrition Seminars for Ninth Graders: Maximizing Food Choices and Developing Optimum Nutrition.* New York, NY. April 5 and May 18, 2012.

New York University Cancer Institute, Community Outreach and Education Program. *Feeling Young at Any Age.* NY, NY. February 9, 2012.

The Chapin School. Nutrition Education Program to Students. *Nutrition Seminars for Fifth Graders. Eating Well While Growing: Maximizing Food Choices and Developing Optimum Nutrition.* New York, NY. *Upcoming*.

Columbia University. College of Physicians and Surgeons. *Portion Sizes Continue to Increase: Issues and Policy Implications*. October 24, 2011. New York, NY.

International Food Technology Summit and Expo, Latin America. *The hidden costs of supersizing: a call to action.* September 21, 2011. Mexico City, Mexico.

International Food Technology Summit Argentina. *The hidden costs of supersizing: a call to action.* August 18, 2011. Buenos Aires, Argentina.

United Nations International School (UNIS). Assembly to Seventh Grade Classes: *Eating Well for Health: Maximizing Food Choices and Developing Optimum Nutrition.* May 12, 2011. New York, NY.

Lasko Kosher Getaways. Passover Program. *Eating well for Pesach and beyond: Rightsize your waist and your plate.* April 24, 2011. Miami, FL.

The Chapin School. Nutrition Education Program to Students. *Nutrition Seminars for Eighth Graders. Class Activity: Decoding food labels and restaurant menus.* April 7. New York, NY.

THANC Foundation. (Thyroid, Head, and Neck Cancer Foundation). *Eating for Health: Nutrition for Cancer Survivors.* Beth Israel Medical Center. April 5, 2011. New York, NY.

The Chapin School. Nutrition Education Program to Students. *Nutrition Seminars for Eighth Graders. Follow up and Eating Well When Eating In and Out.* February 28, 2011. New York, NY.

The Ramaz School. Nutrition Program for Middle School. *Nutrition Seminars for Sixth Graders. Eating Well While Growing: Follow up Q and A.* February 22, 2011. New York, NY.

The Ramaz School. Nutrition Program for Middle School. *Nutrition Seminars for Sixth Graders. Eating Well While Growing: Choosing Healthy Foods and Developing Optimum Nutrition.* February 15, 2011. New York, NY.

The Chapin School. Nutrition Education Program to Students. *Nutrition Seminars for Eighth Graders. Eating Well While in Eighth Grade: Maximizing Food Choices and Developing Optimum Nutrition.* January 31. New York, NY

St Lukes- Roosevelt Hospital Center. Obesity Research Group Lecture Series. *Trends in Growing Portion Sizes in the U.S.: Issues and Implications.* December 10, 2010.

Decision News Media Virtual Conference and Expo. Weight Management 2010. *Nutrition Labeling and Reformulation for Weight Management Success* (Webinar). November 4, 2010

The Chapin School. Nutrition Education Program to Students. *Nutrition Seminars for Eighth Graders. Eating Well While Growing: Maximizing Food Choices and Developing Optimum Nutrition.* October 18, 2010, November 3, 2010, & November 11, 2010. New York, NY.

Congregation Shearith Israel. Jewish Women's Health and Wellness Forum. *Nutrition and Weight Management: Cardiovascular Disease, Hypertension, and Diabetes.* October 17, 2010. New York, NY.

New York University Medical Center. Obesity: Food, Brain, and Politics. *Portion Control and Other Weight-Loss Strategies.* October 16, 2010. New York, NY.

St John's Episcopal Hospital Grand Rounds. *Advising Overweight Patients on the Role of Diet and Portion Control: Implications for Medical Doctors (MDs).* October 6, 2010. Far Rockaway, NY.

The Chapin School. Nutrition Education to Students. *Nutrition Seminars for Eleventh Graders: Eating Well for the Teen Years.* October 13, 2010, November 1, 2010, & November 17, 2010. New York, NY.

Columbia University. College of Physicians and Surgeons. *Portion Sizes Continue to Increase: Issues and Policy Implications*. September 27, 2010. New York, NY.

Reaching Out Against Eating Disorders (ROAED). *Developing Proper Nutrition and a Healthy Body Image: Workshop with a Nutritionist and Psychotherapist.* September 21, 2010. New York, NY.

Ultimate Wellbeing Showcase *Overcome Portion Distortion: Rightsize your Waist and your Plate with Dr. Lisa Young* [Webcast]. June 22, 2010.

Peninsula Hospital Center Grand Rounds. *Advising Overweight Patients: The Role of Diet,*

Nutrition, and Portion Control. May 6, 2010. New York, NY.

UJC Adult Luncheon Club, Lower Manhattan Health Care Coalition. *Health and Wellness for 50 and Beyond: Food for Life.* April 22, 2010. New York, NY

The Chapin School. Nutrition Education to Eighth Grade Class. *Eating Well While Growing: Maximizing Food Choices and Developing Optimum Nutrition.* April 16, April 20, and May 4, 2010. New York, NY.

Orthodox Union (OU) Connections Annual Meet and Learn Program. *Eat, Drink, and Be Healthy*. April 14, 2010 New York, NY

Kosherica Passover Program. *Staying Thin for Pesach and Beyond* April 2, 2010. Coral Gables, FL.

Urban Zen. Food Solutions Workshops. *Defeating Obesity: Rightsizing your Waist and Your Plate.* January 20, 2010. New York, NY.

Fifth Avenue Synagogue. Women's Club General Meeting. *Nutrition for Women: A Discussion on Current Issues and Controversies.* December 9, 2009. New York, NY

American Podiatric Medical Association's (APMA) 2006 Annual Scientific Meeting. *Advising Overweight Patients: The Role of Nutrition Counseling in the Podiatric Medical Setting.* July 31, 2009, Toronto, Canada

The Hewitt School. Wellness Fair Nutrition Education to Hewitt Students. *Wellness and You: Maximizing Food Choices and Developing Optimum Nutrition.* May 14, 2009. *N*ew York, NY.

The Hewitt School. Wellness Fair Nutrition Education to Hewitt Parents. *Wellness and Your Child: Maximizing Food Choices and Developing Optimum Nutrition.* May 14, 2009. *N*ew York, NY.

South Nassau Medical Center Grand Rounds. *Advising Overweight Patients: The Role of Diet, Nutrition, and Portion Control.* April 28, 2009. New York, NY.

Dean's Service Honor Corps and Healthy Eating and Active Living (HEAL) Foundation, New York University. *The Evolution of Portion Control.* April 22, 2009. New York, NY.

Boardroom. Treasury of Health Secrets Online. *Expert Update: Weight Loss Secrets with Dr. Lisa Young* [Tele-seminar]. March 5, 2009.

The Hewitt School. Nutrition Education to Twelfth Grade Class. *Eating Well at College: Maximizing Food Choices and Developing Optimum Nutrition.* February 26, 2009. *N*ew York, NY.

Integrative Nutrition Program Lifelong Learning Program. *Smartsizing: Implications for Health Educators* [Tele-seminar]. January 2009.

The Spence School. Nutrition Education Follow-up to Fifth Grade Class. *The Role of Nutrition For A Healthy Diet: Sorting Out Fact From Fiction.* December 4, 2008. New York, NY.

The Spence School. Nutrition Education to Fifth Grade Class. *Eating Well While Growing: Maximizing Food Choices and Developing Optimum Nutrition.* November 20, 2008. New York, NY.

The Family and Consumer Sciences Teacher Association of Texas. Tri-Cluster State Professional Development Conference for Education, Training, Hospitality, Tourism and Human Services Career Clusters. *The Supersizing of America's Youth: Issues and Implications for Educators.* August 5, 2008. Dallas, TX.

The Chapin School. Senior Week Education Series. *Eating Well at College: Maximizing Food Choices and Developing Optimum Nutrition.* May 19, 2008. *N*ew York, NY.

American Dietetic Association, Food and Culinary Professionals Practice Group (FCP). FCP Annual Teleforum Series. *Rightsizing Serving Sizes: Who's Job is it Anyway?* May 2, 2008.

The Hewitt School. Nutrition Education to Twelfth Grade Class. *Eating Well at College: Maximizing Food Choices and Developing Optimum Nutrition.* April 7, 2008. *N*ew York, NY.

Rancho La Puerta Nutrition Workshops. *Dine Out Healthfully and Enjoy Your Favorite Cuisine.* February 29, 2008. Rancho La Puerta Fitness Resort and Spa. Baja California, Mexico.

Rancho La Puerta Nutrition Workshops. *Smartsize Your Home and Become Supermarket Savvy.* February 27, 2008. Rancho La Puerta Fitness Resort and Spa. Baja California, Mexico.

Rancho La Puerta Nutrition Workshops. *Becoming a Portion Teller: Using Visuals to Manage Weight and Maximize Food Choices.* February 26, 2008. Rancho La Puerta Fitness Resort and Spa. Baja California, Mexico.

Rancho La Puerta Evening Program. *Smartsizing: A Healthy Approach To Wellness and Permanent Weight Control.* February 25, 2008. Rancho La Puerta Fitness Resort and Spa. Baja California, Mexico.
The Spence School. Nutrition Education Follow-up to Fifth Grade Class. *The Role of Nutrition For A Healthy Diet: Sorting Out Fact From Fiction.* February 7, 2008. New York, NY.

The Spence School. Nutrition Education to Fifth Grade Class. *Super-Size Food Portions: Why We Care and What We Can Do*. January 30, 2008. New York, NY.

New York University Cancer Institute. Holiday Survival Guide for Mind, Body, and Soul Workshop. *Smartsizing: How to Enjoy a Healthy Holiday Season.* December 4, 2007. New York, NY.

The Hewitt School. Nutrition Education to Ninth Grade Class. *Super-Size Food Portions: Why We Care and What We Can Do*. October 17 & October 19, 2007. New York, NY.

New Age Health Spa. Wellness Lecture and Workshop Series. *Smartsizing: A Healthy Approach to Permanent Weight Control.* July 13-14, 2007. Neversink, New York.

LA Weight Loss Franchise Company Annual Team Conference. *The Portion Teller: A Healthy Approach to Permanent Weight Loss.* May 31, 2007. Kiawah Island, SC.

Penn Club of New Jersey Annual Meeting and Lecture. *Becoming a Portion Teller: Recognizing Healthy Foods and Healthy Portions.* May 3, 2007. Livingston, NJ.

Preventive Cardiology Nurse's Association (PCNA) 13th Annual Symposium. Cardiovascular Risk Reduction: Leading the Way in Prevention. *The Diet Dilemma: Reducing Risk with Nutritional Management.* April 27, 2007. Minneapolis, MN.

Memorial-Sloan Kettering Cancer Center, Department of Food and Nutrition Services. National Nutrition Month Lunch and Learn Program. *The Supersizing of America: How to Smartsize Your Way to a Healthier Weight.* March 6, 2007. New York, NY.

The Spence School. Nutrition Education Follow-up to Fifth Grade Class. *The Role of Nutrition For A Healthy Diet: Sorting Out Fact From Fiction.* February 8, 2007. New York, NY

The Spence School. Nutrition Education to Fifth Grade Class. *Super-Size Food Portions: Why We Care and What We Can Do*. February 1, 2007 New York, NY.

St Lukes Roosevelt Hospital Center Cardiology Grand Rounds. *Advising Overweight Patients: The Role of Diet, Nutrition, and Portion Control.* January 31, 2007. New York, NY

92nd Street Y, The May Center for Health, Fitness & Sport. Managing Menopause. *Nutrition and Menopause: Aging Gracefully With Proper Nutrition.* January 21, 2007. New York, NY

Rancho La Puerta Nutrition Workshops. *Dine Out Healthfully and Enjoy Your Favorite Cuisine.* January 12, 2007. Rancho La Puerta Fitness Resort and Spa. Baja California, Mexico.

Rancho La Puerta Nutrition Workshops. *Smartsize Your Home and Become Supermarket Savvy.* January 11, 2007. Rancho La Puerta Fitness Resort and Spa. Baja California, Mexico.

Rancho La Puerta Nutrition Workshops. *Becoming a Portion Teller: Using Visuals to Manage Weight and Maximize Food Choices.* January 10, 2007. Rancho La Puerta Fitness Resort and Spa. Baja California, Mexico.

Rancho La Puerta Evening Program. *Smartsizing: A Healthy Approach To Wellness and Permanent Weight Control.* January 9, 2007. Rancho La Puerta Fitness Resort and Spa. Baja California, Mexico.

Emunah of America Lecture Series. *Free Yourself From Dieting. Learn to Lose Weight the Right Way.* December 12, 2006. Lawrence, New York.

St John's Episcopal Hospital Grand Rounds. *Advising Overweight Patients on the Role of Diet and Portion Control: Implications for Medical Doctors (MDs).* December 8, 2006. Far Rockaway, New York.

New Age Health Spa. Wellness Lecture and Workshop Series. *Becoming a Portion Teller: A No-Diet Approach to Permanent Weight Loss.* August 18-19, 2006. Neversink, New York.

American Podiatric Medical Association's (APMA) 2006 Annual Scientific Meeting. *Advising Overweight Patients: The Role of Nutrition, Diet, and Portion Control.* August 8, 2006. Las

Vegas NV.

The Greater New York Dietetic Association's 66th Annual Mary Swartz Rose Memorial Lecture, *The Supersizing of America: Issues and Implications for Nutrition Professionals.* May 11, 2006. New York, NY.

3RD Annual Nutrition and Health: State of the Science and Clinical Applications. *Increasing Portion Sizes in the US: Trends.* May 1, 2006. New York, NY.

The Spence School. Nutrition Education to Fifth Grade Class. *Bigger Food Portions: What To Do*. January 19, 2006; Nutrition Follow Up February 2, 2006. New York, NY

The Spence School. Nutrition Education to Sixth Grade Class. *Super-Size Food Portions: Why We Care and What We Can Do*. December 13, 2005. New York, NY.

New Age Health Spa. Wellness Lecture and Workshop Series. *Smartsizing: A Healthy Approach to Permanent Weight Control.* November 24-25, 2005. Neversink, New York.

American Dietetic Association's 2005 Food and Nutrition Conference and Expo (FNCE). Explore. Discover. Advance. Hidden Costs of Supersizing. *Increasing Portion Sizes in America: Trends*. October 25, 2005. St Louis, MO.

U.S. Department of Education, Office of Safe and Drug-Free Schools 2005 Annual Conference. Tying It All Together: Comprehensive Strategies for Safe and Drug-Free Schools. *Super Size Me: Burgers, Fries, and Inactive Youth.* August 15, 2005. Washington DC.

Society of Nutrition Education's 38th Annual Conference. Leading the Way in Nutrition and Health. *The Hidden Costs of Supersizing: Consumer Attitudes and Policy Opportunities for Addressing Large Portion Sizes*. July 24, 2005. Orlando, FL.

Jewish Community Center of New York. Screening and Discussion. *Super Size Me*. June 23, 2005. New York, NY

University of South Florida Health Sciences Center. Sixth Annual Conference on Obesity. *The Supersizing of America: Politics of Obesity*. April 16, 2005. Clearwater Beach, FL.

National Nutrition Month Special Event. NYU Health Center Office for Wellness Learning, Kappa Omicron Nu, and Food and Nutrition Club. Super Size Me screening and lecture. *The Supersizing of America.* March 29, 2005. New York, NY.

American Heart Association Annual Meeting and Scientific Sessions 2004. Live and Learn. Obesity and Cardiovascular Disease. *Increasing Portion Sizes in the US.* November 7, 2004. New Orleans, LA.

Behavior, Lifestyle, and Social Determinants of Health: American Public Health Association (APHA) 131st Annual Meeting and Exposition. Portion Size: Linking Obesity, Consumer Attitudes and Policy Opportunities. *Increasing food portions in America: Trends.* November 19, 2003. San Francisco, CA.

Maine School Nurse Summer Institute. Maine Department of Education. Annual School Nurses

Conference. *Increasing portion sizes in the US marketplace: issues and implications for health educators* (keynote address). August 12, 2003. Waterville, Maine.

Institute of Food Technology (IFT) 2003 Annual Meeting and Food Expo. The politics of obesity. The *Supersizing of America: Growing food portions parallels the obesity epidemic.* July 13, 2003 Chicago, IL.

Maine Schoolsite Health Promotion Conference XVIII. Maine Department of Education. *Increasing portion sizes in the US marketplace: issues and implications for health educators.* June 23 2003. Sugarloaf, Maine.

From Table to Tush, Weighing the Truth About Portion Size and Obesity. Maine-Harvard Prevention Research Center Annual Workshop Series. The Maine Center for Public Health. *Increasing portion sizes in the US marketplace: issues and policy implications* (keynote address). December 9, 2002. Augusta, Maine.

Nutrition Seminar Series. New York University, Department of Nutrition and Food Studies. *Increasing portion sizes in the American food supply: implications for nutrition professionals.* October 25, 2001. New York, NY.

Professional Development and Continuing Education Program. New York University, Department of Nutrition and Food Studies. *Portion sizes in the American food supply: implications for weight management and nutrition education.* October 4, 2000. New York, NY.

Millennial Stews: Food and Food Systems in the Global City. Joint Meeting of The Association for the Study of Food and Society and The Agriculture, Food, and Human Values Society. *Portion sizes in the American food supply: issues and implications.* June 1- 4, 2000. New York, NY.

Dean's Grants for Student Research Colloquium. New York University, School of Education. *Portion sizes in the food supply: an historical perspective.* October 26, 1999. New York, NY.

MEDIA INTERVIEWS

Newspaper and Magazine Interviews (Selected)

Allure, Associated Press, Beard House, Baltimore Sun, Boston Globe, Chicago Tribune, Chicago Tribune's RedEye, Cooking Light, Consumer Reports, Consumer Reports on Health, Cosmo Girl, Daily News, Denver Post, Eating Well, Elle, Environmental Nutrition, Family Circle, Fitness, Forbes, Fortune, For Me, Glamour, Good Housekeeping, Harper's Bazaar, Health, Ladies Home Journal, Life and Style, Los Angeles Times, Nassau Herald, New York Times, Newsday, Newsweek, Nutrition Action Health Letter, OK!, Oprah Magazine, Oregonian, Parenting, Prevention, Reader's Digest, Real Simple, Redbook, San Francisco Chronicle, Seafood Business, Self, St. Paul Pioneer Press, St. Petersburg Times, Sunday Telegraph, Toronto Star, Tufts University Diet and Nutrition Letter, UC Berkeley Wellness Letter, USA Today, US News and World Report, Wall Street Journal, Washington Post, Washington Times, Weight Watchers.

1994-present.

Television and Radio Interviews (Selected)

Television:
ABC World News Tonight
ABC News Now
BBC
CBS News
CNN Headline News
CNN In The Money
Fox News
Fox Business News
Globo International TV
Graham Kerr's Gathering Place (Aired on PBS)
Japanese Public TV Station NHK
Life and Style
MSNBC
NBC Nightly News
NBC Today SHow
NBC Weekend Today Show
NBC Weekend Today in New York
NY1 News
News 12
WPIX News

1997- present.

Satellite Media tour for the Fall 2004 issue of *Your Diet* Magazine, the publishers of *People* Magazine. Oct. 12, 2004. (Over 20 TV stations: ABC, CBS, FOX, NBC, UPN).

Radio:
Oprah and Friends (XM 156, The Peter Walsh Show)
NPR, All Things Considered
Associated Press
CBS News Radio (NY)
1010 WINS
WLTW-106.7 Lite FM
Martha Stewart Living Radio, Sirius 112
WOR, Health Talk with Dr. Ronald Hoffman
The Frankie Boyer Show/ Sirius Satellite Radio
CFOS Radio (Ontario)
WOR Health Talk (New York, NY)
Morning News /KYW
Morning Program / Cable Radio Network
Morning Show / WLW (Cincinnati, OH)
VPRO Radio (Amsterdam)
RCN (Latin America)
WGMX 94.3 (Florida)
KOMO 1000 News in Seattle (Seattle, WA)

1997-present.

Radio Media Satellite Tour for *The Portion Teller*- Summer 2005
Over 30 radio stations:
The Frankie Boyer Show/ Sirius Satellite Radio,
Naturally Good for You with Doc Watson / Health Radio Network
Something You Should Know Via Strand Media Network,
The Alvin Jones Show / WCBQ-AM & WHNC-AM (North Carolina stations)
KGO The Joanie Greggains' Show (San Francisco, CA)
The Right Balance/Accent Radio Network National
WMET-AM/Washington DC
WPHM-AM/Detroit MI
KMJE-FM/Sacramento CA
WQAL-FM/Cleveland OH, KRSN-AM/Santa Fe NM
WDDD-FM/Marion-Southern IL
WTRC-AM/Elkehart IN
WDWS-AM/Champaign IL
KAIR-FM/Kansas City KS
KYMO-AM-FM/Harrisburg IL
KCMN-AM/Colorado Springs CO
KLGR-FM/Redwood Falls MN
WOCM-FM/Ocean City MD
WICH-AM/New London/Norwich CT
KSAC/KAHI-AM/Sacramento CA
WFON/ Milwaukee WI
WHO-AM/ Des Moines IA
Girl Talk With Kath and Mo (Hartford/Springfield, CT)

Movie Interviews
Featured in the award winning documentary movie *Super Size Me,* 2004.

PUBLICATIONS

Books

Young LR. *The Portion Teller Plan: The No-Diet Reality Guide to Eating, Cheating, and Losing Weight Permanently.* New York: Morgan Road Books a division of Doubleday Broadway, Random House, Inc., May 2005. [A hardcover edition was published under the title *The Portion Teller: Smartsize Your Way to Permanent Weight Loss*.]

Contributions to Books

Young LR. Foreword. In *150 Pounds Gone Forever: How I Lost Half My Size and You Can Too*. By Carbonell D. *In press,* 2012.

Kirschenbaum L, *with* Young LR. *The Whole Foods Kosher Kitchen: Glorious Meals Pure and Simple.* 2011. New York: NY: Skyhorse Publishing.

Young LR. Portion Size Matters. In *What I eat: Around the World in 80 Diets.* By Menzel P and D'Aluiso F. 2010. Napa, CA: Material World Books.

Dissertation

Young LR. *Portion Sizes in the American Food Supply: Issues and Implications*. New York, NY: New York University, 2000.

Professional Articles

Young LR, Nestle M. Reducing portion sizes to prevent obesity: a call to action. American Journal of Preventive Medicine; Nov 2012. *in press.*

Young LR, Nestle M. Portion sizes and obesity: responses of fast food companies. *Journal of Public Health Policy* 2007;28:238-248.

Young LR, Nestle M. Expanding portion sizes in the US marketplace: Implications for nutrition counseling. *J Am Diet Assoc* 2003;103:231-234.

Young LR, Nestle M. The contribution of expanding portion sizes to the US obesity epidemic. *Am J Public Health* 2002;92(2):246-249.

Young LR, Nestle M. Variations in perceptions of a "medium" food portion: implications for dietary guidance. *J Am Diet Assoc* 1998;98(4):458-459.

Backstrand JR, Wootan MG, Young LR, Hurley J. Fat Chance: A survey of dietitians' knowledge of the calories and fat in restaurant meals. Center for Science in the Public Interest: Washington, DC. January 1997.

Stunkard AJ, Berkowitz RI, Wadden TA, Tankirut C, Reiss E, Young L. Two eating disorders: binge eating disorder and the night-eating syndrome. In Angel A, Anderson C, Bouchard D et al., eds. *Progress in Obesity Research*:7. John Libbey & Company: 7th International Congress on

Obesity 1996;471-474.

Stunkard A, Berkowitz R, Wadden T, Tanrikut C , Reiss E, Young L. Binge eating disorder and the night-eating syndrome. *Intl J Obesity* 1996;20:1-6.

Young LR, Nestle M. Food labels consistently underestimate the actual weights of single-serving baked products. *J Am Diet Assoc* 1995;95(10):1150-1151.

Young LR, Nestle M. Portion sizes in dietary assessment: issues and policy implications. *Nutr Rev* 1995;53(6):149-158.

Popular Articles: contributions to newsletters, magazines, newspapers, and blogs (Selected)

Young LR. Smaller sodas, healthier lives.(OP-ED) New York Daily News September 27, 2012, p. 30. Available at: http://www.nydailynews.com/opinion/smaller-sodas-healthier-lives-article-1.1168901

Young LR. Diet Industry Supports Mayor Bloomberg's Proposal To Limit Oversized Beverages. Huffington Post September 6, 2012. Available at: http://www.huffingtonpost.com/dr-lisa-young/soda-ban_b_1858245.html

Young LR. Rightsize Your Plate and Your Waist: 11 Portion Control Tips That Work. Huffington Post September 6, 2010 . Available at: http://www.huffingtonpost.com/dr-lisa-young/portion-control_b_1854013.html

Young LR. Legumes: A Terrific Vegetarian Protein Option. Huffington Post August 10, 2012. Available at: http://www.huffingtonpost.com/dr-lisa-young/legumes_b_1758302.html

Young LR. Public Hearing Of Sugary Drink Ban Gets An Overflowing Crowd. Huffington Post July 26, 2012. Available at: http://www.huffingtonpost.com/dr-lisa-young/public-hearing-on-sugary-_b_1700248.html

Young LR. Guilt-free chips. *Bottom Line Health* 2012: July, p,7.

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