

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

*Nutritionist*

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## **EDUCATION**

Revised: September 2010

New York University

Ph.D. in Food, Nutrition and Dietetics, 2000

New York University

M.S. in Food, Nutrition and Dietetics, 1991

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

- 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

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**

Spring 1995 Methodist Hospital

1991-1992 Teaching Fellow, Department of Nutrition and Food Studies, New York University

Spring 1991 Graduate Assistant, Department of Nutrition and Food Studies, New York University

1984 – 85 Gail Becker Associates, Inc. (Public Relations)

Summer 1983 Long Island Jewish-Hillside Medical Center

Summer 1982 Rusk Institute, New York University Institute for Rehabilitation

## HONORS AND AWARDS

- 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  
American Dietetic Association (ADA)  
Greater New York Dietetic Association  
Nutrition Entrepreneurs (NE), a Dietary Practice Group of the ADA  
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 American Dietetic Association, 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* (17<sup>th</sup> edition).

- Talbot SM. *The Health Professionals Reference for Dietary Supplements*  
Workman Publishing Company, 2001

## **PRESENTATIONS (Selected)**

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.

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.

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.

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.

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.

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.

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 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.

Behavior, Lifestyle, and Social Determinants of Health: American Public Health Association (APHA) 131<sup>st</sup> 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.

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.

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.

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.

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

Society of Nutrition Education's 38<sup>th</sup> 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.

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.

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.

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

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.

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

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

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.

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.

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.

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

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.

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

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.

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

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

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.

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

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

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

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

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

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

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 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 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.



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.

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.

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

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.

The Hewitt School. Nutrition Education to Twelfth Grade Class. *Eating Well at College: Maximizing Food Choices and Developing Optimum Nutrition*. April 7, 2008. New 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 Chapin School. Senior Week Education Series. *Eating Well at College: Maximizing Food Choices and Developing Optimum Nutrition*. May 19, 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 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 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.

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

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

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

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.

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

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

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

Urban Zen. Food Solutions Workshops. *Defeating Obesity: Rightsizing your Waist and Your Plate*. January 20, 2009. New York, NY.

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

OU Connections Annual Meet and Learn Program. *Eat, Drink, and Be Healthy*. April 14, 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.

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

Peninsula Hospital Center Grand Rounds. *Advising Overweight Patients: The Role of Diet, Nutrition, and Portion Control*. May 6, 2010. New York, NY.

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

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.

Columbia University. College of Physicians and Surgeons. *Portion Sizes Continue to Increase: Issues and Policy Implications*. September 27, 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)*. Scheduled for October 6, 2010. Far Rockaway, NY.

The Chapin School. Nutrition Education to Students. *Eating Well While Growing: Maximizing Food Choices and Developing Optimum Nutrition*. October 15, 2010. New York, NY.

New York University Medical Center. Obesity: Food, Brain, and Politics. *Portion Control and Other Diet Strategies*. Scheduled for October 16, 2010. New York, NY.

Jewish Women's Health and Wellness Forum. *Nutrition and Your Health: What Women Should Know*. October 17, 2010. New York, NY.

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

St Lukes- Roosevelt Hospital Center. Obesity Research Group Lecture Series. *The Supersizing of America: Issues and Implications for Researchers and Educators*. Schedule for December 10, 2010.

Winthrop University Hospital. *Advising Overweight Patients: The Role of Diet, Nutrition, and Portion Control*. Date pending. Mineola, 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 Weekend Today Show  
NBC Weekend Today in New York  
NY1 News  
News 12

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: Smartsizes Your Way to Permanent Weight Loss.*]

### Dissertation

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

### Professional Articles

Young LR. Size Matters. In: *What I Eat: Around the World in 80 Diets.* Menzel P, D'Aluisio F. *Forthcoming Spring 2010.*

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.



## **Abstracts**

Tai M, Castillo P, Young L, Pi-Sunyer, FX. Resting metabolic rate during four phases of the menstrual cycle [abstract]. *Am J Clin Nutr* 1992;56:101.

## **Popular Articles: contributions to newsletters, magazines, books, newspapers (Selected)**

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.

Young LR. Nutritionist's Picks...Whole-grain breads:. *Bottom Line Health*. July 2010, p.5.

Young LR. Nutritionist's Picks...Healthful hot cereals:. *Bottom Line Health*. March 2010, p.7.

Young LR. Nutritionist's Picks...Best yogurts. *Bottom Line Health*. October 2009, p.6.

Young LR. Nutritionist's Picks...Best ice creams. *Bottom Line Health*. June 2009, p.6.

Young LR. Size Matters. *Women's Health Report*. Spring 2009, p.5,10.

Young LR. Nutritionist's Picks...Best crackers. *Bottom Line Health*. October 2008, p.6.

Young LR. Nutritionist's Picks...Healthful peanut butters. *Bottom Line Health*. June 2008, p.7

Young LR. Nutritionist's Picks...Healthful veggie burgers. *Bottom Line Health*. April 2008, p.7

Young LR. Nutritionist's Picks...Healthful juices. *Bottom Line Health*. January 2008, p.6.

Young LR. By any other name, it's still a supersize. *MSNBC-Chew On This*. October 19, 2007.  
<http://www.msnbc.msn.com/id/20825325/from/ET/>

Young LR. Nutritionist's Picks...Healthful soups. *Bottom Line Health*. October 2007, p.7.

Young LR. Most healthful store-bought salad dressings. *Bottom Line Health*. September 2007, p.14.

Young LR. Size matters. *Shape Up America! Newsletter*. Shapeup.org: August 2007.

- Young LR. Are you dining out--or pigging out? *Your Diet* 2006: January, p. 35-36.
- Young L. Good for you. *Every Day With Rachael Ray*. 2005: November/December, p. 68, 74, 81, 92, 98.
- Young L. Serving sizes made easy. *Parenting* 2005: November, p. 68-69.
- Young LR. The eat-anything, no-fail diet. *Shape* 2005: August, p.172-176
- Young LR. The New Portion Control Diet. *Family Circle* 2005: May, p. 111-117.
- Young L. Dining out on a diet: How to deal with all-you-can-eat! *Your Diet* 2005: March, p. 24-25.
- Young L. Calorie Cop: How fattening is mall food? *Your Diet* 2004: Fall issue, p. 24-25.
- Young LR. Eating too much? Time to pay the price (Letter). *New York Times*. Mar 11, 2004, A28.
- Young LR. The dreaded word: "Moderation" (Letter). *New York Times*. June 10, 2003, p. F4.
- Young LR. Fuzzy Perceptions (Letter). *New York Times*. April 20, 1999, p. F3.
- Young L. Critique of Little Mushroom Cafe. *For Your Health*. January 1, 1989, p.8.
- Young L. Dining Out at Anatolia. *For Your Health*. February 26, 1989, p.8.