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South of Boston Media Group

400 Crown Colony Drive,
 P.O. Box 699159
 Quincy, MA 02269-9159
 (617) 786-7333
 Fax: (617) 786-7193
 E-mail: info@southofboston.com

EAT TO LIVE

SIZE MATTERS

You really are what you eat

It's not what we eat, it's how we eat, says Nutrition Consultant Lisa Young in the new book, "The Portion Teller: Smartsize Your Way to Permanent Weight Loss" (Morgan Road; \$19.95).

To slim down, Young writes, is to develop portion-size awareness. She presents a simple plan to help readers "smartsize" - or become aware of the **difference** between portion size and serving size. For example, the bagel you eat on the way to work may be one portion, but it meets five grain servings, which is the caloric **equivalent** of five slices of bread.

With engaging visuals and charts Young shows what portions should **look like**. A deck of cards, for example, is a serving of steak or chicken; a serving of **salad dressing** should fill half a shot glass.

The book urges readers to discover their "Portion Personality," which **allows them** to understand their eating style. The "lopsided eater" fills up on one **food group** while the "special-occasion victim" gives in to the ice cream cake at the office party.

Young, who was featured in the weight loss documentary "Supersize Me," maintains that eating is a "behavior" and aims to present a steady weight loss **program** sustainable for a lifetime.

For more information go to portionteller.com.

- STEPHANIE CARLSON FLYNN
 For Living Well

8/26/05

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CONTACT US

South of Boston Media Group, 400 Crown Colony Drive
 P.O. Box 699159, Quincy, MA 02269-9159
 Telephone: (617) 786-7333; Fax: (617) 786-7193; E-mail: info@southofboston.com