

TOTAL MAKEOVER

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Meet the nutritionist:

Meet Lisa R. Young



Lisa R. Young is a private practice nutritionist in New York City and an adjunct professor in the department of Nutrition, Food Studies, and Public Health at New York University (NYU). The author of *The Portion Teller Plan: The No-Diet Reality Guide to Eating, Cheating, and Losing Weight Permanently* (Morgan Road Books), she teaches her clients how to eat less by visualizing appropriate portion sizes for different foods. Young received her doctorate and masters degrees in nutrition from NYU.

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Weight-loss plans often inspire gallows humor like, "Can't spell diet without D-I-E." We're here to introduce a weight-loss plan you can actively live with. There are no rigid meal plans to follow or complicated recipes to prepare. Total Makeover allows you to eat foods you enjoy and work out despite a busy schedule. Here are the ground rules:

Add it up. To become conscious of your eating habits—and get a true sense of what you're consuming—log every bite in your [Food Diary](#). "Don't go below 1,200 calories. Eating too little can slow down your metabolism, ultimately making it harder to lose weight," says **Lisa R. Young**, a nutritionist in New York City and an adjunct professor of nutrition at New York University. "Most women need between 1,200 and 1,500 calories a day." To learn the number of calories you should consume to lose weight, consult the [Caloric Needs calculator](#).

Control your portions. Almost everything we eat is supersize. Read labels closely when you're counting calories—one serving size may be smaller than you'd think. If you eat more than a serving, be sure to account for those calories. Learn how to visualize appropriate portions of different foods with the [Portion Guide](#).

Eat less, more often. This is not desperation time. Have three smaller meals and two snacks each day—going for more than four hours without food can cause your blood sugar to take a dive and bring on intense cravings. But if you overindulge, don't skip meals or drastically cut calories to compensate. Just stay on track for the rest of the day.

Make fruits, vegetables, whole grains, and lean proteins the core of your diet. These foods will keep you satisfied. "Low-fat dairy goes a long way," **Young** says. "I recommend two to three daily servings. It also contains protein, which is filling, so you'll eat less junk." Also, limit your consumption of unrefined grains, fats, sweets, and red meat. When you consume healthier foods, you can actually eat more for the same number of calories.

Drink enough water. Water helps to suppress your appetite and prevents bloating, so aim for the recommended eight glasses a day. If you dislike the taste, add flavor with low-calorie, sugar-free Crystal Light.

Don't be fooled. Studies show that even foods labeled "sugar-free," "low-fat," and "fat-free," can be trouble. Too many people mistakenly believe that they can eat more of these items than their full-sugar and full-fat counterparts—but for some foods, the calorie counts are the same.

Don't torture yourself. Carrot and celery sticks aren't for everyone. The bottom line: "If you don't like something, don't eat it," **Young** says. Find a [substitution](#) that you do enjoy.

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Portion Guide



Even healthy foods can be trouble if you eat too much of them. But you don't need to bring dry measuring cups wherever you go if you learn to visualize appropriate portion sizes. In her book *The Portion Teller Plan: The No-Diet Reality Guide to Eating, Cheating, and Losing Weight Permanently*, Lisa R. Young sizes up some common foods.

Three ounces of meat, poultry, fish, or tofu is about the size of a deck of cards or the palm of your hand.

Two tablespoons of salad dressing equals a shot glass.

One teaspoon of butter or margarine is as big as a standard postage stamp and about 1/4 inch thick.

One cup of cereal equals two handfuls or a baseball.

1/2 cup of cooked rice or pasta is about the size of one rounded handful or the size of an ice cream scoop.

One ounce of cheese equals four standard dice or the length of one finger.

A one-ounce slice of bread is the size of a CD case.

$\frac{3}{4}$ cup of pretzels is equals one tennis ball.

A baked or sweet potato is as big as a computer mouse.