

## About Dr. Lisa R. Young

Lisa R. Young, PhD, RDN, CDN is an **internationally recognized nutritionist** in New York City and an **adjunct professor** of nutrition at New York University (NYU). She is an **expert on portion control** and **author of *Finally Full, Finally Slim: 30 Days to Permanent Weight Loss One Portion at a Time*** and *The Portion Teller Plan: The No-Diet Reality Guide to Eating, Cheating and Losing Weight Permanently*.

Dr. Lisa Young is regularly featured in international publications including the *New York Times*, the *Wall Street Journal*, *USA Today*, the *Washington Post*, *Allure*, and *Fitness*. She has also appeared on national television including the TODAY Show, ABC News, NBC News, FOX News, and CNN, and was featured in the film *Super Size Me*.

A nutritionist in private practice, Dr. Young counsels adults, children, and families. Dr. Young offers individual counseling sessions on a wide variety of nutrition-related conditions. She has also conducted obesity research at the University of Pennsylvania School of Medicine and at St. Luke's-Roosevelt Hospital Center; and has consulted for various weight management programs in New York City.

Dr. Young lectures internationally and conducts workshops on nutrition, weight control, and behavior modification. She has presented her portion-size research at some of the country's top professional organizations.

The author of numerous academic publications, Dr. Young has published her research findings in professional journals and has also contributed articles to health magazines and newsletters. She was named "*Woman of Action*" by the Israel Cancer Research Fund.

Dr. Young received her doctorate and master's degrees in Nutrition from NYU, and her bachelor's degree in Economics and Health Care Administration from the Wharton School of the University of Pennsylvania. She is also a registered dietitian nutritionist.

## Praise for *Finally Full, Finally Slim*

"As our obesity epidemic continues, *Finally Full, Finally Slim* provides smart, health literate, critical guidance to put you on a path to optimal health and weight control. A good read for all families and health providers."

— *Richard Carmona, MD, MPH, FACS, 17th Surgeon General of the United States, distinguished professor University of Arizona*

"Lisa Young, Ph.D., R.D.N., has done it again! Author of the revealing and eye-opening book, *The Portion Teller*, registered dietitian and respected researcher Young hits another home run with her new book, *Finally Full, Finally Slim*. Her latest offering is loaded with practical tips that you can use every day to downsize your portions while still satisfying your appetite. It also features a meal plan with easy and mouthwatering recipes. This book will help you become a portion pro in no time."

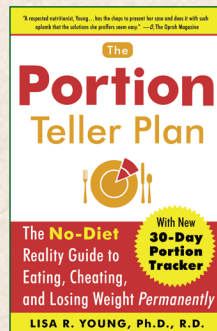
— *Joy Bauer MS, RDN, health & nutrition expert for NBC's TODAY show, host of Health+Happiness, bestselling author and founder of Nourish Snacks*

"In *Finally Full, Finally Slim*, Lisa Young gives portion control the respect it deserves, while respecting the challenges of getting portions right without going hungry. Providing a comprehensive array of empowering strategies to make your diet better, turn the 'right' amount of food into 'enough,' this book is a feast of information -- perfectly spiced with both humor and wisdom."

— *David L. Katz, MD, MPH, founder of True Health Initiative, author of The Truth about Food*

"*Finally Full, Finally Slim* tackles one of the biggest challenges to reaching and keeping a healthy weight--portion sizes. The supersizing of restaurant meals, sodas, burgers, fries, cookies, shakes, candy, and more has caused a national epidemic of portion distortion. Young's book teaches people how to normal-size their meals...and, eventually, their bodies."

— *Margo G. Wootan, D.Sc., Vice President for Nutrition, Center for Science in the Public Interest*



To make an appointment, please contact

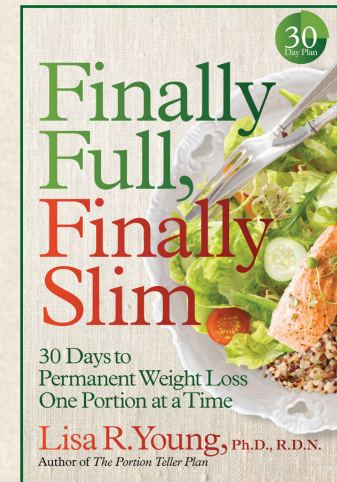
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## Nutrition Counseling for Better Health



**Lisa R. Young, PhD, RDN, CDN**  
**Nutritionist**

212-560-2565

[www.drlisayoung.com](http://www.drlisayoung.com)

**Services for adults and children**

Dr. Young offers personalized weight loss programs, nutrition counseling, medical nutrition therapy, lectures, and workshops on a wide variety of health and nutrition issues.



## Nutrition Counseling for Long Term Success

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Lisa R. Young, PhD, RDN, CDN is a nutritionist in private practice and offers counseling to adults and children. Dr. Young designs **personalized weight control programs** that are healthy, safe, and practical, while also incorporating the latest scientific research. Through her personalized approach, and her emphasis on portion sizes, she teaches clients to stop dieting and learn how to eat sensibly while incorporating the foods they love. Clients learn how to make long-term and realistic changes to achieve and maintain a healthier body weight.

Dr. Young provides **medical nutrition therapy** on a wide variety of issues including cardiovascular disease and diabetes. She evaluates current eating and lifestyle behaviors and makes appropriate and personalized recommendations while taking your medical history into account. She also provides nutrition plans in conjunction with your physician and therapist to insure a successful outcome.

Dr. Young gives **lectures** and **workshops** on a wide variety of nutrition topics including wellness, healthy eating, weight control, and disease prevention. She conducts group classes on nutrition, weight control, and behavior modification.



## Benefits of Nutrition Counseling

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- 🍏 Permanent weight loss (no more “yoyo” dieting)
- 🍏 Provide long term strategies for healthy eating
- 🍏 Learn to make healthy food choices for you and your children
- 🍏 Improved energy levels
- 🍏 Cholesterol management
- 🍏 Blood sugar management
- 🍏 Controlled cravings
- 🍏 Reduced risk for obesity-related diseases such as cardiovascular disease, diabetes, and certain cancers
- 🍏 Improved bone health
- 🍏 Reduced severity of menopause symptoms
- 🍏 Improved gastrointestinal function
- 🍏 Improved sleep



## Dr. Young's Services Include:

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- Nutrition counseling
- Personalized weight loss programs
- Lectures and workshops
- Consulting
- Corporate wellness programs

## Dr. Lisa Young's Areas of Expertise Include:

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- 🍏 Obesity and Weight Loss
- 🍏 Cardiovascular Disease
- 🍏 Hyperlipidemia
- 🍏 Hypertension
- 🍏 Diabetes
- 🍏 Hypoglycemia
- 🍏 Pediatric Nutrition
- 🍏 Pregnancy and Lactation
- 🍏 Osteoporosis
- 🍏 Menopause
- 🍏 Digestive Disorders
- 🍏 Food Allergies
- 🍏 Eating Disorders
- 🍏 Bariatric Surgery
- 🍏 Thyroid Disease
- 🍏 Fatigue and Stress



## Dr. Young's Professional Affiliations Include:

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Academy of Nutrition and Dietetics (AND) --  
Registered Dietitian Nutritionist (RDN)  
New York State Certified Dietitian-Nutritionist (CDN)  
American Public Health Association (APHA)  
Greater New York Dietetic Association (GNYDA)  
Nutrition Entrepreneurs (NE) – A Dietary Practice Group of ADA  
*Bottom Line Health*, Columnist