

# Science Times

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The New York Times

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TUESDAY, JUNE 10, 2003

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LETTERS

## **The Dreaded Word: 'Moderation'**

To the Editor:

Re "Pounds Lost on Atkins Diet May Quickly Return" (May 27):

As a nutritionist helping overweight people shed pounds, I have discovered that the key to permanent weight loss is adopting a healthy lifestyle approach, as opposed to going on a diet that you can't wait to quit.

Small changes can make all the difference. Simply eliminating 100 calories per day by leaving over a few bites of your lunch, limiting second helpings at dinner, or ordering a small treat instead of a large can result in a 10-pound weight loss in one year. Painlessly.

DR. LISA R. YOUNG  
New York