

Weight Loss Special

In her new book "Finally Full, Finally Slim," Lisa Young, a professor of nutrition at NYU, shares her foolproof way to lose weight without sacrificing the food you love.

SIZE MATTERS

Ditch fad diets in favor of a simple, practical plan that involves portion control made easy by mapping out your plate

Tamara Beckwith/NY Post at Gristedes

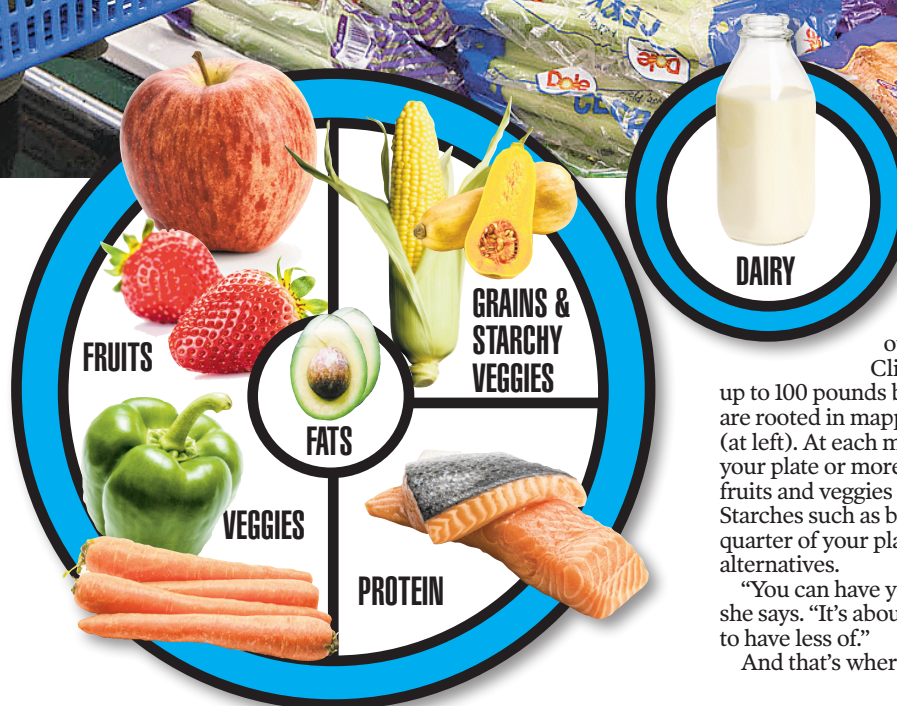
By LAUREN STEUSSY

THE key to losing weight in 2019 may have less to do with what you eat, and more to do with how much you eat.

Choosing the right portions of different food groups is the easiest place to start when it comes to shedding pounds, says nutritionist and dietitian Lisa Young. In her new book, "Finally Full, Finally Slim," she dismisses trendy but ultimately unsustainable fad diets that have followers banishing carbs — or consuming gobs of fat.

"People think they can't have the food they love," says Young, 56, who teaches nutrition at NYU and lives on the Upper East Side. "You can [eat] your favorite foods, just not all at once," she says — and in limited amounts.

Young has been speaking out about portion control since the 1990s and made a cameo appearance in the 2004 documentary "Super Size Me." She also testified in



support of then-mayor Michael Bloomberg's proposed big-soda ban, which aimed to limit the sale of sugary beverages larger than 16 ounces.

Clients Young has treated have lost up to 100 pounds by employing her guidelines, which are rooted in mapping out your plate by portion size (at left). At each meal, produce should take up half of your plate or more, although you can have unlimited fruits and veggies throughout the day if you so choose. Starches such as bread or potatoes can take up about a quarter of your plate, as can protein from meat or meat alternatives.

"You can have your carbs. You can have your meat," she says. "It's about knowing which portions you have to have less of."

And that's where things can get tricky. For example,

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