

Lisa R. Young, Ph.D., R.D.N., C.D.N., L.D.N.

Registered Dietitian Nutritionist

Phone: (212) 560-2565

E-mail: lisa.young@nyu.edu

Website: www.drlisayoung.com

updated January 2024

EDUCATION

New York University
Ph.D. in Food, Nutrition and Dietetics, 2000

New York University
M.S. in Food, Nutrition and Dietetics, 1991

The Wharton School, University of Pennsylvania
B.S. in Economics
Health Care Administration
Cum Laude

Brandeis University

PROFESSIONAL LICENSES

Registered Dietitian Nutritionist (R.D.N.)
Academy of Nutrition and Dietetics, ID # 842718
Certified Dietitian-Nutritionist (C.D.N.)
State of New York, Education Dept., I.D. # 2317
Licensed Dietitian Nutritionist (L.D.N.)
State of Florida, I.D. # 12016.

TEACHING EXPERIENCE

1993 - Present New York University, Department of Nutrition and Food Studies
Adjunct Professor

Courses Taught

Nutrition and Health
Nutrition and Metabolism
Contemporary Nutrition

CONSULTING EMPLOYMENT

1993 - Present Nutritionist in Private Practice/Nutrition Consultant/Health Educator

- Counsel and educate adults and children on weight management, portion control, disease prevention, and lifecycle nutrition
- Plan diets for medical conditions including obesity, cardiovascular disease, hyperlipidemia, diabetes, hypertension, osteoporosis, and other conditions
- Lecture internationally on obesity and portion control, & nutrition and health
- Serves as a health educator and nutrition advisor to schools and corporations
- Consult with media outlets on nutrition, portion sizes and wellness

2012 - present Nutrition Consultant and Expert on Legal Matters

- Serve as a nutrition consultant to law firms
- Consult on legal matters and claims related to health and nutrition advocacy

1988 - 96 Consulting Nutritionist

Weight Management Programs

Theodore B. VanItallie Center, St. Lukes-Roosevelt Hospital Center

Diet Center

Medical Health Management

United Weight Control Corp

Slim Time Weight Loss Centers, Inc.

The Optifast Program

- Counseled overweight patients
- Conducted nutrition education and behavior modification classes
- Monitored patient progress and compliance
- Mentored employees and nutrition students

RESEARCH EMPLOYMENT

1992 - 93 University of Pennsylvania, School of Medicine, Obesity Research Group
Instructor

- Assisted with clinical research on obesity
- Trained and supervised students
- Recruited patients and monitored patient progress and compliance

1988 – 89 St. Lukes-Roosevelt Hospital Center, Obesity Research Department
Research Assistant

- Assisted with obesity research
- Conducted computerized diet analyses

MANAGEMENT EMPLOYMENT

Slim Time Weight Loss Centers, Inc.

Manager

- Hired, trained, and supervised staff
- Monitored patient progress
- Developed educational materials
- Oversaw financial budgeting

INTERNSHIPS/TEACHING FELLOWSHIPS

Teaching Fellow, Department of Nutrition and Food Studies, New York University
Graduate Assistant, Department of Nutrition and Food Studies, New York University
Methodist Hospital (AP4/Dietetic internship)
Gail Becker Associates, Inc. (Public Relations)
Long Island Jewish-Hillside Medical Center
Rusk Institute, New York University Institute for Rehabilitation

HONORS AND AWARDS

- Nutritionist of the Year 2023, Global Health & Pharma
- Professional Development Fund, NYU, 2023
- Best nutritionist, 2017-2018, Dietspotlight.com
- Winner, Top nutritionist/dietitian, 2015 Patient Choice Award
- Professional Development Fund, NYU, 2019
- Professional Development Fund, NYU, 2018
- Professional Development Fund, NYU, 2010
- Professional Development Fund, NYU, 2007
- Honoree, 2006 “Woman of Action” of the Israel Cancer Research Fund, 2006
- Greater New York Dietetic Association’s Mary Swartz Rose Lecture, 2006
- Banner Bearer, Doctoral Convocation, NYU School of Education, 2000
- Dean’s Grants for Student Research Award, NYU, 1998-1999
- Who’s Who Among Students in American Universities and Colleges, NYU, 1998
- Department of Nutrition and Food Studies scholarship, NYU, 1997-98
- President, Kappa Omicron Nu Honor Society, Alpha Rho Chapter, NYU, 1991-1992
- Samuel Eshborn Service Award, NYU, May 1991
- Kappa Delta Pi Honor Society
- Dean’s List: University of Pennsylvania
- Dean’s List: Brandeis University

PROFESSIONAL ACTIVITIES

- **Research Interests**
Portion sizes in the marketplace, dietary guidance, food marketing, food policy, weight management strategies, nutrition education, food and nutrition advocacy, diet assessment
- **Memberships**
American Public Health Association (APHA)
Academy of Nutrition and Dietetics (AND)
Greater New York Dietetic Association
Nutrition Entrepreneurs (NE), a Dietary Practice Group of the AND
Hadassah, Chapter of RDNs, (Vice President/Membership chair, 2013-16)
Weight Management (WM), a Dietary Practice Group of the AND

Association for the Study of Food and Society (past member)
New York Academy of Sciences (past member)

- **Advisory Board**

Eat This, Not That!, Medical advisory board member, 2021-present
US News & World Report, Expert advisory, Best Diets, 2021-present
Portion Balance Coalition, Scientific advisory board member, 2018-present.
True Health Initiatives, Council member, 2017-present
Bottom Line/Women's Health Newsletter, Nutrition Expert, 2007-2016.
Fitness Magazine, Nutrition expert and advisory board member, 2006-2016.
Allure Magazine, Nutrition expert, Total Body Makeover, 2007-2009.

- **Miscellaneous**

Contributor, US News & World Report, 2021-present
Contributor, NBC & Today.com, 2019
Alliance task force member, NY State Academy of Nutrition and Dietetics, 2014-2016
Vice President/membership chair, Hadassah, RDN Chapter, 2013-2016
Advisor (portion size initiatives), NYC DOH and Mental Hygiene, 2012-2014
Blogger, Huffington Post, 2012-2018
Contributing Writer, Bottom Line Health Newsletter, Nutritionist's *Picks*, 2007-2012
Volunteer, West Side Campaign Against Hunger, Bnai Jeshurun homeless shelter, 2012-13
Consultant, Northern Navajo Medical Center for the development of a calendar
Eat Just Enough! (Too bikiinigo) based on *The Portion Teller*, 2007-2008
Contributing Writer, MSNBC, 2007
Consultant, DK Publishing for *My Food Pyramid: Eat Right, Exercise, Have Fun*, an illustrated children's book based on USDA's Food Pyramid, 2006-2007

- **University Service**

New York University, Department of Nutrition and Food Studies
Search Committee, Tenure track faculty position in Nutrition, Fall 1998
AP4 Selection Committee, 1996-1997
Graduate Students Organization, 1990-91
Teaching Assistant, 1989-1992

- **Manuscript Reviews**

Cengage (formerly Wadsworth Educational Publishing), 1994-
Whitney EN, Rolfes SR. *Understanding Nutrition* (multiple editions)
Sizer F, Whitney E. *Nutrition: Concepts and Controversies* (multiple editions)
Journal of the American Medical Association, 2002-
Journal of the Academy of Nutrition and Dietetics, 2003-
Obesity, 2006-
Topics in Clinical Nutrition, 2006-
International Journal of Epidemiology, 2005
Public Health Nutrition, 2002
Family Economics and Nutrition Review, 2002
Lippincott Williams and Wilkins, 2001
Pennington JAT. *Bowes' and Church's Food Values of Portions Commonly Used* (17th edition).
Talbot SM. *The Health Professionals Reference for Dietary Supplements*
Workman Publishing Company, 2001

PRESENTATIONS (Selected)

[Pritikin Institute for Longevity](#). Guest lecture series. *Healthy habits, healthy life*. (2 talks) February 23, 2024. Miami, Florida.

[Pritikin Institute for Longevity](#). Guest lecture series. *Obtaining a fresh perspective on nutrition* (2 talks). January 26, 2024. Miami, Florida.

[Mizner Park Country Club](#). *Nutrition for the new year*. January 12, 2024. Boca Raton, Florida.

The Jewish Center sisterhood. *Live healthfully till 120*. May 21, 2023. New York, NY.

Columbia University Institute of Human Nutrition & Weil Cornell Medicine. Obesity: Etiology, Prevention, and Treatment 2023. Behavioral Treatment of Obesity: Portion Control, Mindful Eating, and Other Lifestyle Strategies. May 5, 2023. NY, NY.

Women Conquering Cravings summit. *Portion control, mindful eating, and women's health* [webinar]. March 20, 2023.

Nutritional Wellness Summit. *Understanding portion sizes for better health* [webinar]. October 28, 2022.

The Watermark at Brooklyn Heights. *Good nutrition to enhance your life* [webinar]. April 5, 2022.

Boca West Country Club. *Your life on plants*. March 2, 2022. Boca Raton, FL.

Food and Nutrition Conference and Expo (FNCE), Academy of Nutrition and Dietetics. One size does not fit all: how mindful eating and healthy weight-loss strategies can coexist. [webinar with Lisa Stollman]. October 18, 2021.

American friends of Soroka Medical Center. *Healthy eating and portion control for better health*. July 7, 2021. Long Branch, NJ.

Boca West Country Club. *Eat mindfully for better health* [webinar]. March 25, 2021.

Bottom Line Health. *Avoid winter weight gain* [webinar]. December 17, 2020.

Congregation Kehilath Jeshurun. *Eating for good health during the COVID-19 pandemic* [webinar]. April 23, 2020. New York, NY.

Bottom Line Health. *Prevent quarantine weight gain* [webinar]. April 3, 2020.

Congregation Kehilath Jeshurun, Men's Club Kiddush Discussion. *Shabbos superfoods: Eat like an Israeli for better health*. February 29, 2020. New York, NY.

Rancho La Puerta Wellness Resort and Spa. *Healthy habits, healthy life! A series of nutrition and wellness workshops (4 talks)*. January 12-19, 2020. Tecate, Baja California, Mexico.

The Penn Club. *Women's wellness panel*. January 29, 2020. New York, NY.

True Health Initiative. KIND Nutrition Collective Webinar Series. *Implementing portion control and mindful eating research best practices for RDNs. December 12, 2019.*

Woodbury Jewish Center. *Live healthfully till 120!* November 25, 2019. Woodbury Jewish Center. New York, NY.

92 Street Y. *Becoming Finally Full, Finally Slim: creating a healthy mindset, environment, habits, and life!* November 20, 2019. New York, NY.

Park East Synagogue Sisterhood. *Nutrition and your health: current issues and trends.* November 10, 2019 New York, NY.

Chabad of the Hamptons. *What does a healthy diet look like? A discussion on nutrition and portion control.* August 25, 2019. East Hampton, NY.

SHOCK in Westhampton Beach. *Talk and book signing: discussing Finally Full, Finally Slim.* August 17, 2019. Westhampton Beach, NY.

The Marion & Aaron Gural JCC. *Nutrition hacks for better health: A discussion of Finally Full, Finally Slim.* August 14, 2019. Cedarhurst, NY.

Today's Dietitian. *Promoting healthy portion sizes: from quantity to quality and the role of RDNs [webinar]. June 5, 2019. New York, NY.*

Israel Cancer Research Fund. *Portion control, cancer prevention, and your health.* June 5, 2019. New York, NY.

Williams Sonoma. *Eating healthy: portions, cooking, and more.* May 14, 2019. New York, NY.

Lincoln Square Synagogue. *Enjoying the delicacies of the land of Israel--the healthy way.* May 8, 2019. New York, NY.

Yorkville Synagogue Rosh Chodesh class. *Create healthy habits today!* May 5, 2019. New York, NY.

Hadassah: Registered Dietitian Chapter. *Published: Write the book you've been dreaming of!* April 10, 2019. New York, NY

Fifth Avenue Synagogue. *Healthy portions, healthy habits: A discussion of Finally Full, Finally Slim!* April 7, 2019. New York, NY.

Chabad Upper East Side. *Nutrition and your health.* April 6, 2019. New York, NY.

Congregation Kehilath Jeshurun Sisterhood. *Wellness... Inspired.* April 1, 2019. New York, NY.

Boca West Country Club. *A discussion of Finally Full, Finally Slim: your mindset, environment, habits, and life!* March 14, 2019. Boca Raton, Florida.

North Central Academy of Podiatric Medicine. No-nonsense Seminar. *Promoting Proper Nutrition and Reducing Portion Sizes to Prevent Obesity.* March 8, 2019. Cleveland, Ohio.

Penn Club of NY. *Nutrition and diet trends—what's in and what's out?* February 4, 2019. New York, NY.

JCC Manhattan. *Finally Full, Finally Slim: Weight Is About More than Food.* January 31, 2019. New York, NY.

Hachette Book Group. *Healthy Hachette program: Finally Full, Finally Slim challenge results and closing ceremony.* January 16, 2019. New York, NY.

Congregation Kehilath Jeshurun. Men's Club Kiddush Discussion. *Healthy habits, healthy life.* January 12, 2019. New York, NY.

Park East Sisterhood Program. *Spa and Soul. Healthy living till 120.* November 18, 2018. New York, NY.

Hadassah Chapter meeting of Registered Dietitian Nutritionists of New York. *Food and Nutrition Conference and Expo (FNCE) highlights.* November 14, 2018. New York, NY.

Hachette Book Group. *Healthy Hachette kickoff: Finally Full and Finally Slim challenge.* November 14, 2018. New York, NY.

Congregation Kehilath Jeshurun, Men's Club Kiddush Discussion. Get smart! Sugar is not as sweet as you think and more nutrition secrets. February 10, 2018.

Hadassah Chapter meeting of Registered Dietitian Nutritionists of New York. Food and Nutrition Conference and Expo (FNCE) Wrap up: Top food and nutrition trends. November 29, 2017. New York, NY.

Food and Nutrition Conference and Expo. Foundation Nutrition Symposium: Mindful Portions Start With You: Help Inspire Healthy Behaviors. *Translating the research to real world strategies.* October 20, 2017. Chicago, IL

Society for Nutrition Education and Behavior (SNEB). **Portion Guidance Luncheon and Program.** *Achieving proper portions: successes, challenges, and real-life strategies for nutrition educators.* July 22, 2017. Washington, DC.

Columbia University Medical Center. Liason Psychiatry Conference: follow-up with residents. *The power of your mind.* June 1, 2017. New York, NY.

Hadassah Chapter meeting of Registered Dietitian Nutritionists. *Nutrition and health blogging in the 21st century.* April 26, 2017. New York, NY.

Columbia University Medical Center. Liason Psychiatry Conference. *Mind over matter: Q & A with Daniel Williams MD.* February 17, 2017. New York, NY

St John's Episcopal Hospital. Grand Rounds. *Reducing portion sizes to prevent obesity: Implications for MDs.* January 18, 2017. Far Rockaway, NY.

Congregation Kehilath Jeshurun, Men's Club Kiddush Discussion. *Labels shmabels: Decoding food labels for better health.* Upcoming December 10, 2016. New York, NY.

Ramaz Middle School. Nutrition Assembly. *What does healthy eating look like?* Upcoming November 22, 2016. New York, NY.

American Organization of Jewish Scientists (AOJS) and JewVentures. Shabbos Nachamu Weekend Retreat. *Nutrition and health lecture: Live longer, portion control, and more.* August 20, 2016. Stamford, CT.

Succat Shalom. Nutrition Lecture. Live till 100 like 20: *Healthy eating, portion control, and the benefits of a colorful diet.* June 12, 2016. Herzliya, Israel.

Congregation Kehilath Jeshurun, Men's Club Kiddush Discussion. *How to live until 120: top secrets nutrition tips.* June 4, 2016.

Hadassah Chapter meeting of Registered Dietitian Nutritionists. *FDA to update food label serving sizes: what RDNs need to know.* April 13, 2016. New York, NY.

Ramaz School. *Talking to our daughters about food and body image.* April 11, 2016. New York, NY.

European Jewish Community Centre and The European Synagogue-Ohel Eliezer. Lunch and Talk. *Eating Right in the US and Abroad.* March 19, 2016. Brussels, Belgium.

[European Parliament](#) Portion Guidance Stakeholder Convening: Healthier portions for a healthier diet. *What are nutrition, public health, and consumer science telling us?* March 16, 2016. Brussels, Belgium.

Hearst Corporation Wellness Center, Good Life Lunch and Learn Program. *Spices to supercharge your health.* December 16, 2015. New York, NY

Congregation Kehilath Jeshurun, Men's Club Kiddush Discussion. *Nutrition Jeopardy Q&A.* October 31, 2015. New York, NY

Jewish Community Center (JCC) Manhattan. *Rightsize, smartsized. What—and how much—to eat for good health.* October 27, 2015. New York, NY.

Congregation Kehilath Jeshurun. Men's Club Kiddush Discussion. *Eat your heart out: Nutrition and wellness tips for heart health.* April 25, 2015. New York, NY.

Haddasah Chapter Meeting of Registered Dietitian Nutritionists. *Writing for the consumer.* April 15, 2015. New York, NY

Ramaz Middle School. Nutrition Assembly. *Nutrition: What is healthy eating?* March 3, 2015. New York, NY.

Healthful Motherhood Summit. *Portion control 101 [teleseminar].* February 13, 2015. New York NY.

Congregation Kehilath Jeshurun, Men's Club Kiddush Discussion. *Rightsized, supersized: Nutrition tips for good health.* January 31, 2015. New York, NY.

The Chapin School. Life Skills Day at Chapin. Nutrition Seminars: *What is a healthy diet? Understanding USDA MyPlate, FDA food labels and more* (4 classes). November 20 2014.

New York, NY.

Hadassah Chapter Meeting of Registered Dietitians. *FNCE (Food and Nutrition Conference) 2014 roundup*. November 19, 2014.

Brearley School. *Healthy eating for teenagers*. October 1, 2014. New York, NY.

Hadassah Chapter Meeting of Registered Dietitians. *FDA proposes updated Nutrition Facts label: Implications for RDs*. April 30, 2014. New York, NY.

New York State Dietetic Association Annual Meeting and Exposition. Reducing Portion Sizes to Prevent Obesity: Issues and Implications [keynote address with Cathy Nonas]. *The ever expanding portion size: What can be done to reverse the trend?* April 25, 2014. Rye, NY.

Museum of Food and Drink (MOFAD) Roundtable #1: *NYC Soda Regulation*. December 5, 2013. New York, NY.

The Chapin School. *Healthy Eating in Middle School: Developing Optimum Nutrition and Maximizing Food Choices*. October 29, 2013 and December 5. New York, NY.

The Chapin School. Life Skills Day at Chapin. *Life Skills Seminars: Developing healthy eating and nutrition habits* (4 classes). November 7, 2013. New York, NY.

Jewish Community Center (JCC). *Rightsize your Waist and Your Plate*. Upcoming May 8, 2012. New York, NY.

The Chapin School. Nutrition Education Program to Students. *Nutrition Seminars for Eighth Graders. Follow up, Diet Planning and Plate Makeover*. Upcoming May 1, 2013, October 15, 2012 and January 8, 2013. New York, NY.

The Chapin School. Nutrition Education Program to Students. *Nutrition Seminars for Eighth Graders. Class Activity: Decoding food labels and restaurant menus*. April 15, 2013, October 31, 2012 and January 28, 2013. New York, NY

The Chapin School. Nutrition Education Program to Students. *Nutrition Seminars for Eighth Graders. Eating Well While in Eighth Grade: Maximizing Food Choices and Eating Healthfully*. April 5, 2013, October 4, 2012 and November 29, 2012. New York, NY

NYU Cancer Institute. Community Lecture Series. Stop Dieting and Start Eating (Panel with Dr. Niyati Parekh). *Portion Control and Healthy Weight Loss*. March 5, 2013. New York, NY.

The Chapin School. Life Skills Day at Chapin. *Life Skills Seminars: Developing healthy eating and nutrition habits* (4 classes). February 25, 2013. New York, NY.

Ramaz School. *Healthy Eating for Sixth Graders: Maximizing Food Choices and Developing Optimum Nutrition*. January 8, 2013. New York, NY.

Institute of Integrative Nutrition. *The Portion Teller: Portion Size Trends and Implications*. December 6, 2012. New York, NY.

LeMetric Hair Institute. SHE Summit Week. *Discover a New Healthy Lifestyle*. New York, NY. June 19, 2012.

The Chapin School. Nutrition Education Program to Students. *Nutrition Seminars for Ninth Graders: Maximizing Food Choices, Smart snacking, and Developing Optimum Nutrition*. New York, NY. April 5 and May 18, 2012.

New York University Cancer Institute, Community Outreach and Education Program. *Feeling Young at Any Age*. NY, NY. February 9, 2012.

The Chapin School. Nutrition Education Program to Students. *Nutrition Seminars for Fifth Graders. Eating Well While Growing: Maximizing Food Choices and Developing Optimum Nutrition*. New York, NY. *Upcoming*.

Columbia University. College of Physicians and Surgeons. *Portion Sizes Continue to Increase: Issues and Policy Implications*. October 24, 2011. New York, NY.

International Food Technology Summit and Expo, Latin America. *The hidden costs of supersizing: a call to action (keynote)*. September 21, 2011. Mexico City, Mexico.

International Food Technology Summit Argentina. *The hidden costs of supersizing: a call to action (keynote)*. August 18, 2011. Buenos Aires, Argentina.

United Nations International School (UNIS). Assembly to Seventh Grade Classes: *Eating Well for Health: Maximizing Food Choices and Developing Optimum Nutrition*. May 12, 2011. New York, NY.

Lasko Kosher Getaways. Passover Program. *Eating well for Pesach and beyond: Rightsize your waist and your plate*. April 24, 2011. Miami, FL.

The Chapin School. Nutrition Education Program to Students. *Nutrition Seminars for Eighth Graders. Class Activity: Decoding food labels and restaurant menus*. April 7. New York, NY.

THANC Foundation. (Thyroid, Head, and Neck Cancer Foundation). *Eating for Health: Nutrition for Cancer Survivors*. Beth Israel Medical Center. April 5, 2011. New York, NY.

The Chapin School. Nutrition Education Program to Students. *Nutrition Seminars for Eighth Graders. Follow up and Eating Well When Eating In and Out*. February 28, 2011. New York, NY.

The Ramaz School. Nutrition Program for Middle School. *Nutrition Seminars for Sixth Graders. Eating Well While Growing: Follow up Q and A*. February 22, 2011. New York, NY.

The Ramaz School. Nutrition Program for Middle School. *Nutrition Seminars for Sixth Graders. Eating Well While Growing: Choosing Healthy Foods and Developing Optimum Nutrition*. February 15, 2011. New York, NY.

The Chapin School. Nutrition Education Program to Students. *Nutrition Seminars for Eighth Graders. Eating Well While in Eighth Grade: Maximizing Food Choices and Developing Optimum Nutrition*. January 31. New York, NY

St Lukes- Roosevelt Hospital Center. Obesity Research Group Lecture Series. *Trends in Growing Portion Sizes in the U.S.: Issues and Implications*. December 10, 2010.

Decision News Media Virtual Conference and Expo. Weight Management 2010. *Nutrition Labeling and Reformulation for Weight Management Success* (Webinar). November 4, 2010

The Chapin School. Nutrition Education Program to Students. *Nutrition Seminars for Eighth Graders. Eating Well While Growing: Maximizing Food Choices and Developing Optimum Nutrition*. October 18, 2010, November 3, 2010, & November 11, 2010. New York, NY.

Congregation Shearith Israel. Jewish Women's Health and Wellness Forum. *Nutrition and Weight Management: Cardiovascular Disease, Hypertension, and Diabetes*. October 17, 2010. New York, NY.

New York University Medical Center. Obesity: Food, Brain, and Politics. (Panel with Dr. Lynn Silver and Dr. Brian Elbel). *Portion Control and Other Weight-Loss Strategies*. October 16, 2010. New York, NY.

St John's Episcopal Hospital Grand Rounds. *Advising Overweight Patients on the Role of Diet and Portion Control: Implications for Medical Doctors (MDs)*. October 6, 2010. Far Rockaway, NY.

The Chapin School. Nutrition Education to Students. *Nutrition Seminars for Eleventh Graders: Eating Well for the Teen Years*. October 13, 2010, November 1, 2010, & November 17, 2010. New York, NY.

Columbia University. College of Physicians and Surgeons. *Portion Sizes Continue to Increase: Issues and Policy Implications*. September 27, 2010. New York, NY.

Reaching Out Against Eating Disorders (ROAED). *Developing Proper Nutrition and a Healthy Body Image: Workshop with a Nutritionist and Psychotherapist*. September 21, 2010. New York, NY.

Ultimate Wellbeing Showcase *Overcome Portion Distortion: Rightsize your Waist and your Plate with Dr. Lisa Young* [Webcast]. June 22, 2010.

Peninsula Hospital Center Grand Rounds. *Advising Overweight Patients: The Role of Diet, Nutrition, and Portion Control*. May 6, 2010. New York, NY.

UJC Adult Luncheon Club, Lower Manhattan Health Care Coalition. *Health and Wellness for 50 and Beyond: Food for Life*. April 22, 2010. New York, NY

The Chapin School. Nutrition Education to Eighth Grade Class. *Eating Well While Growing: Maximizing Food Choices and Developing Optimum Nutrition*. April 16, April 20, and May 4, 2010. New York, NY.

Orthodox Union (OU) Connections Annual Meet and Learn Program. *Eat, Drink, and Be Healthy*. April 14, 2010 New York, NY

Kosherica Passover Program. *Staying Thin for Pesach and Beyond* April 2, 2010. Coral Gables, FL.

Urban Zen. Food Solutions Workshops. *Defeating Obesity: Rightsizing your Waist and Your Plate*. January 20, 2010. New York, NY.

Fifth Avenue Synagogue. Women's Club General Meeting. *Nutrition for Women: A Discussion on Current Issues and Controversies*. December 9, 2009. New York, NY

American Podiatric Medical Association's (APMA) 2006 Annual Scientific Meeting. *Advising Overweight Patients: The Role of Nutrition Counseling in the Podiatric Medical Setting*. July 31, 2009, Toronto, Canada

The Hewitt School. Wellness Fair Nutrition Education to Hewitt Students. *Wellness and You: Maximizing Food Choices and Developing Optimum Nutrition*. May 14, 2009. New York, NY.

The Hewitt School. Wellness Fair Nutrition Education to Hewitt Parents. *Wellness and Your Child: Maximizing Food Choices and Developing Optimum Nutrition*. May 14, 2009. New York, NY.

South Nassau Medical Center Grand Rounds. *Advising Overweight Patients: The Role of Diet, Nutrition, and Portion Control*. April 28, 2009. New York, NY.

Dean's Service Honor Corps and Healthy Eating and Active Living (HEAL) Foundation, New York University. *The Evolution of Portion Control*. April 22, 2009. New York, NY.

Boardroom. Treasury of Health Secrets Online. *Expert Update: Weight Loss Secrets with Dr. Lisa Young* [Tele-seminar]. March 5, 2009.

The Hewitt School. Nutrition Education to Twelfth Grade Class. *Eating Well at College: Maximizing Food Choices and Developing Optimum Nutrition*. February 26, 2009. New York, NY.

Integrative Nutrition Program Lifelong Learning Program. *Smartsizing: Implications for Health Educators* [Tele-seminar]. January 2009.

The Spence School. Nutrition Education Follow-up to Fifth Grade Class. *The Role of Nutrition For A Healthy Diet: Sorting Out Fact From Fiction*. December 4, 2008. New York, NY.

The Spence School. Nutrition Education to Fifth Grade Class. *Eating Well While Growing: Maximizing Food Choices and Developing Optimum Nutrition*. November 20, 2008. New York, NY.

The Family and Consumer Sciences Teacher Association of Texas. Tri-Cluster State Professional Development Conference for Education, Training, Hospitality, Tourism and Human Services Career Clusters. *The Supersizing of America's Youth: Issues and Implications for Educators*. August 5, 2008. Dallas, TX.

The Chapin School. Senior Week Education Series. *Eating Well at College: Maximizing Food Choices and Developing Optimum Nutrition*. May 19, 2008. New York, NY.

American Dietetic Association, Food and Culinary Professionals Practice Group (FCP). FCP Annual Teleforum Series. *Rightsizing Serving Sizes: Who's Job is it Anyway?* May 2, 2008.

The Hewitt School. Nutrition Education to Twelfth Grade Class. *Eating Well at College: Maximizing Food Choices and Developing Optimum Nutrition*. April 7, 2008. New York, NY.

Rancho La Puerta Nutrition Workshops. *Dine Out Healthfully and Enjoy Your Favorite Cuisine*.

February 29, 2008. Rancho La Puerta Fitness Resort and Spa. Baja California, Mexico.

Rancho La Puerta Nutrition Workshops. *Smartsizing Your Home and Become Supermarket Savvy*. February 27, 2008. Rancho La Puerta Fitness Resort and Spa. Baja California, Mexico.

Rancho La Puerta Nutrition Workshops. *Becoming a Portion Teller: Using Visuals to Manage Weight and Maximize Food Choices*. February 26, 2008. Rancho La Puerta Fitness Resort and Spa. Baja California, Mexico.

Rancho La Puerta Evening Program. *Smartsizing: A Healthy Approach To Wellness and Permanent Weight Control*. February 25, 2008. Rancho La Puerta Fitness Resort and Spa. Baja California, Mexico.

The Spence School. Nutrition Education Follow-up to Fifth Grade Class. *The Role of Nutrition For A Healthy Diet: Sorting Out Fact From Fiction*. February 7, 2008. New York, NY.

The Spence School. Nutrition Education to Fifth Grade Class. *Super-Size Food Portions: Why We Care and What We Can Do*. January 30, 2008. New York, NY.

New York University Cancer Institute. Holiday Survival Guide for Mind, Body, and Soul Workshop. *Smartsizing: How to Enjoy a Healthy Holiday Season*. December 4, 2007. New York, NY.

The Hewitt School. Nutrition Education to Ninth Grade Class. *Super-Size Food Portions: Why We Care and What We Can Do*. October 17 & October 19, 2007. New York, NY.

New Age Health Spa. Wellness Lecture and Workshop Series. *Smartsizing: A Healthy Approach to Permanent Weight Control*. July 13-14, 2007. Neversink, New York.

LA Weight Loss Franchise Company Annual Team Conference. *The Portion Teller: A Healthy Approach to Permanent Weight Loss*. May 31, 2007. Kiawah Island, SC.

Penn Club of New Jersey Annual Meeting and Lecture. *Becoming a Portion Teller: Recognizing Healthy Foods and Healthy Portions*. May 3, 2007. Livingston, NJ.

Preventive Cardiology Nurse's Association (PCNA) 13th Annual Symposium. Cardiovascular Risk Reduction: Leading the Way in Prevention. *The Diet Dilemma: Reducing Risk with Nutritional Management*. April 27, 2007. Minneapolis, MN.

Memorial-Sloan Kettering Cancer Center, Department of Food and Nutrition Services. National Nutrition Month Lunch and Learn Program. *The Supersizing of America: How to Smartsizing Your Way to a Healthier Weight*. March 6, 2007. New York, NY.

The Spence School. Nutrition Education Follow-up to Fifth Grade Class. *The Role of Nutrition For A Healthy Diet: Sorting Out Fact From Fiction*. February 8, 2007. New York, NY

The Spence School. Nutrition Education to Fifth Grade Class. *Super-Size Food Portions: Why We Care and What We Can Do*. February 1, 2007 New York, NY.

St Lukes Roosevelt Hospital Center Cardiology Grand Rounds. *Advising Overweight Patients: The Role of Diet, Nutrition, and Portion Control*. January 31, 2007. New York, NY

92nd Street Y, The May Center for Health, Fitness & Sport. Managing Menopause. *Nutrition*

and Menopause: Aging Gracefully With Proper Nutrition. January 21, 2007. New York, NY

Rancho La Puerta Nutrition Workshops. *Dine Out Healthfully and Enjoy Your Favorite Cuisine.* January 12, 2007. Rancho La Puerta Fitness Resort and Spa. Baja California, Mexico.

Rancho La Puerta Nutrition Workshops. *Smartsizes Your Home and Become Supermarket Savvy.* January 11, 2007. Rancho La Puerta Fitness Resort and Spa. Baja California, Mexico.

Rancho La Puerta Nutrition Workshops. *Becoming a Portion Teller: Using Visuals to Manage Weight and Maximize Food Choices.* January 10, 2007. Rancho La Puerta Fitness Resort and Spa. Baja California, Mexico.

Rancho La Puerta Evening Program. *Smartsizing: A Healthy Approach To Wellness and Permanent Weight Control.* January 9, 2007. Rancho La Puerta Fitness Resort and Spa. Baja California, Mexico.

Emunah of America Lecture Series. *Free Yourself From Dieting. Learn to Lose Weight the Right Way.* December 12, 2006. Lawrence, New York.

St John's Episcopal Hospital Grand Rounds. *Advising Overweight Patients on the Role of Diet and Portion Control: Implications for Medical Doctors (MDs).* December 8, 2006. Far Rockaway, New York.

New Age Health Spa. Wellness Lecture and Workshop Series. *Becoming a Portion Teller: A No-Diet Approach to Permanent Weight Loss.* August 18-19, 2006. Neversink, New York.

American Podiatric Medical Association's (APMA) 2006 Annual Scientific Meeting. *Advising Overweight Patients: The Role of Nutrition, Diet, and Portion Control.* August 8, 2006. Las Vegas NV.

The Greater New York Dietetic Association's 66th Annual Mary Swartz Rose Memorial Lecture, *The Supersizing of America: Issues and Implications for Nutrition Professionals.* May 11, 2006. New York, NY.

3RD Annual Nutrition and Health: State of the Science and Clinical Applications. *Increasing Portion Sizes in the US: Trends.* May 1, 2006. New York, NY.

The Spence School. Nutrition Education to Fifth Grade Class. *Bigger Food Portions: What To Do.* January 19, 2006; Nutrition Follow Up February 2, 2006. New York, NY

The Spence School. Nutrition Education to Sixth Grade Class. *Super-Size Food Portions: Why We Care and What We Can Do.* December 13, 2005. New York, NY.

New Age Health Spa. Wellness Lecture and Workshop Series. *Smartsizing: A Healthy Approach to Permanent Weight Control.* November 24-25, 2005. Neversink, New York.

American Dietetic Association's 2005 Food and Nutrition Conference and Expo (FNCE). Explore. Discover. Advance. Hidden Costs of Supersizing. *Increasing Portion Sizes in America: Trends.* October 25, 2005. St Louis, MO.

U.S. Department of Education, Office of Safe and Drug-Free Schools 2005 Annual Conference. Tying It All Together: Comprehensive Strategies for Safe and Drug-Free Schools. *Super Size*

Me: Burgers, Fries, and Inactive Youth. August 15, 2005. Washington DC.

Society of Nutrition Education's 38th Annual Conference. Leading the Way in Nutrition and Health. *The Hidden Costs of Supersizing: Consumer Attitudes and Policy Opportunities for Addressing Large Portion Sizes*. July 24, 2005. Orlando, FL.

Jewish Community Center of New York. Screening and Discussion. *Super Size Me*. June 23, 2005. New York, NY

University of South Florida Health Sciences Center. Sixth Annual Conference on Obesity. *The Supersizing of America: Politics of Obesity*. April 16, 2005. Clearwater Beach, FL.

National Nutrition Month Special Event. NYU Health Center Office for Wellness Learning, Kappa Omicron Nu, and Food and Nutrition Club. Super Size Me screening and lecture. *The Supersizing of America*. March 29, 2005. New York, NY.

American Heart Association Annual Meeting and Scientific Sessions 2004. Live and Learn. Obesity and Cardiovascular Disease. *Increasing Portion Sizes in the US*. November 7, 2004. New Orleans, LA.

Behavior, Lifestyle, and Social Determinants of Health: American Public Health Association (APHA) 131st Annual Meeting and Exposition. Portion Size: Linking Obesity, Consumer Attitudes and Policy Opportunities. *Increasing food portions in America: Trends*. November 19, 2003. San Francisco, CA.

Maine School Nurse Summer Institute. Maine Department of Education. Annual School Nurses Conference. *Increasing portion sizes in the US marketplace: issues and implications for health educators* (keynote address). August 12, 2003. Waterville, Maine.

Institute of Food Technology (IFT) 2003 Annual Meeting and Food Expo. The politics of obesity. *The Supersizing of America: Growing food portions parallels the obesity epidemic*. July 13, 2003 Chicago, IL.

Maine Schoolsite Health Promotion Conference XVIII. Maine Department of Education. *Increasing portion sizes in the US marketplace: issues and implications for health educators*. June 23 2003. Sugarloaf, Maine.

From Table to Tush, Weighing the Truth About Portion Size and Obesity. Maine-Harvard Prevention Research Center Annual Workshop Series. The Maine Center for Public Health. *Increasing portion sizes in the US marketplace: issues and policy implications* (keynote address). December 9, 2002. Augusta, Maine.

Nutrition Seminar Series. New York University, Department of Nutrition and Food Studies. *Increasing portion sizes in the American food supply: implications for nutrition professionals*. October 25, 2001. New York, NY.

Professional Development and Continuing Education Program. New York University, Department of Nutrition and Food Studies. *Portion sizes in the American food supply: implications for weight management and nutrition education*. October 4, 2000. New York, NY.

Millennial Stews: Food and Food Systems in the Global City. Joint Meeting of The Association for the Study of Food and Society and The Agriculture, Food, and Human Values Society.

Portion sizes in the American food supply: issues and implications. June 1- 4, 2000. New York, NY.

Dean's Grants for Student Research Colloquium. New York University, School of Education.
Portion sizes in the food supply: an historical perspective. October 26, 1999. New York, NY.

MEDIA INTERVIEWS

Newspaper and Magazine Interviews (Selected)

Allure, Associated Press, Beard House, Baltimore Sun, Boston Globe, Chicago Tribune, Chicago Tribune's RedEye, Cooking Light, Consumer Reports, Consumer Reports on Health, Cosmo Girl, Daily News, Denver Post, Eating Well, Elle, Environmental Nutrition, Family Circle, Fitness, Forbes, Fortune, For Me, Glamour, Good Housekeeping, Harper's Bazaar, Health, Ladies Home Journal, Life and Style, Los Angeles Times, Nassau Herald, New York Times, Newsday, Newsweek, Nutrition Action Health Letter, OK!, Oprah Magazine, Oregonian, Parenting, Prevention, Reader's Digest, Real Simple, Redbook, San Francisco Chronicle, Seafood Business, Self, St. Paul Pioneer Press, St. Petersburg Times, Sunday Telegraph, Toronto Star, Tufts University Diet and Nutrition Letter, UC Berkeley Wellness Letter, USA Today, US News and World Report, Wall Street Journal, Washington Post, Washington Times, Weight Watchers.

1994-present.

Movie Interviews

Featured in BBC Documentary series (UK), *The Men Who Made Us Fat*, 2012.

Featured in award winning documentary movie *Super Size Me*, 2004.

Television and Radio Interviews (Selected)

Television:

ABC World News Tonight

ABC News Now

BBC

CBS News

CNN Headline News

CNN In The Money

Fox News

Fox Business News

Globo International TV

Graham Kerr's Gathering Place (Aired on PBS)

Japanese Public TV Station NHK

Life and Style

MSNBC

NBC Nightly News

NBC Today Show

NBC Weekend Today Show

NBC Weekend Today in New York

NY1 News

News 12

New Zealand TV

WPIX News

1997- present.

Satellite Media tour for the Fall 2004 issue of *Your Diet Magazine*, the publishers of *People Magazine*. Oct. 12, 2004. (Over 20 TV stations: ABC, CBS, FOX, NBC, UPN).

Radio:

Oprah and Friends (XM 156, The Peter Walsh Show)

NPR, All Things Considered

Associated Press

CBS News Radio (NY)

1010 WINS

WLTW-106.7 Lite FM

Martha Stewart Living Radio, Sirius 112

Wisconsin Public Radio

WOR, Health Talk with Dr. Ronald Hoffman

The Frankie Boyer Show/ Sirius Satellite Radio

CFOS Radio (Ontario)

WOR Health Talk (New York, NY)

Morning News /KYW

Morning Program / Cable Radio Network

Morning Show / WLW (Cincinnati, OH)

VPRO Radio (Amsterdam)

RCN (Latin America)

WGMX 94.3 (Florida)

KOMO 1000 News in Seattle (Seattle, WA)

1997-present.

Radio Media Satellite Tour for *The Portion Teller*- Summer 2005

Over 50 radio stations:

The Frankie Boyer Show/ Sirius Satellite Radio,

Naturally Good for You with Doc Watson / Health Radio Network

Something You Should Know Via Strand Media Network,

The Alvin Jones Show / WCBQ-AM & WHNC-AM (North Carolina stations)

KGO The Joanie Greggains' Show (San Francisco, CA)

WMET-AM/Washington DC

WPHM-AM/Detroit MI

KMJE-FM/Sacramento CA

WQAL-FM/Cleveland OH, KRSN-AM/Santa Fe NM

WDDD-FM/Marion-Southern IL

KCMN-AM/Colorado Springs CO

KLGR-FM/Redwood Falls MN

WOCM-FM/Ocean City MD

WICH-AM/New London/Norwich CT

Girl Talk With Kath and Mo (Hartford/Springfield, CT)

PUBLICATIONS

Books

Young LR. *Finally Full, Finally Slim: 30 Days to Permanent Weight Loss One Portion at a Time*. New York: Center Street, a division of Hachette Book Group, January 2019.

Young LR. *The Portion Teller Plan: The No-Diet Reality Guide to Eating, Cheating, and Losing Weight Permanently*. New York: Crown Publishing Group, a division of Random House, Inc., December 2006. [A hardcover edition was published under the title *The Portion Teller: Smartsizes Your Way to Permanent Weight Loss*, May 2005.]

Contributions to Books

Young LR, Nestle M. Agribusiness's Oversize Food Portions Result in Obesity. In *The Industrial Food Complex*. 2019. New York, NY: Greenhaven Publishing. (Article reproduced from Young LR, Nestle M. The contribution of expanding portion sizes to the US obesity epidemic. *Am J Public Health* 2002;92(2):246-249.)

Young LR. The Supersizing of America: A Time for Action. In *Introduction to the US Food System: Public Health, Environment, Equity*. Neff RA (ed). 2014. San Francisco, CA: Wiley-Jossey Bass.

Young LR. Overcoming Portion Distortion: Learn to SMARTSIZE. In *Grill Yourself Skinny*. By Skolnick H, 2013. Upper Saddle River: NJ: Creative Homeowner.

Young LR. Foreword. In *150 Pounds Gone Forever: How I Lost Half My Size and You Can Too*. By Carbonell D. 2012. Northbranch MN: Sunrise River Press

Kirschenbaum L, with Young LR. *The Whole Foods Kosher Kitchen: Glorious Meals Pure and Simple*. 2011. New York: NY: Skyhorse Publishing.

Young LR. Portion Size Matters. In *What I eat: Around the World in 80 Diets*. By Menzel P and D'Aluiso F. 2010. Napa, CA: Material World Books.

Dissertation

Young LR. *Portion Sizes in the American Food Supply: Issues and Implications*. New York, NY: New York University, 2000.

Professional Articles

Young LR, Nestle M. Portion sizes of ultra-processed foods in the United States, 2002 to 2021. *Am J Public Health* December 2021;111(12):2223-2226. <https://doi.org/10.2105/AJPH.2021.306513>

Young LR. [Moving toward mindful portions in America](#): A review of portion guidance literature, legislation and opportunities to improve public health. Nestlé portion guidance manuscript. October 2015. Updated July 2017

Young LR, Nestle M. Reducing portion sizes to prevent obesity: a call to action. *Am J Preventive Medicine* 2012;43(5):565-568. <https://doi.org/10.1016/j.amepre.2012.07.024>

- Young LR, Nestle M. Portion sizes and obesity: responses of fast food companies. *J Public Health Policy* 2007;28:238-248. <https://doi.org/10.1057/palgrave.jphp.3200127>
- Young LR, Nestle M. Expanding portion sizes in the US marketplace: Implications for nutrition counseling. *J Am Diet Assoc* 2003;103:231-234. <https://doi.org/10.1053/jada.2003.50027>
- Young LR, Nestle M. The contribution of expanding portion sizes to the US obesity epidemic. *Am J Public Health* 2002;92(2):246-249. <https://doi.org/10.2105/AJPH.92.2.246>
- Young LR, Nestle M. Variations in perceptions of a “medium” food portion: implications for dietary guidance. *J Am Diet Assoc* 1998;98(4):458-459. [https://doi.org/10.1016/S0002-8223\(98\)00103-5](https://doi.org/10.1016/S0002-8223(98)00103-5)
- Backstrand JR, Wootan MG, Young LR, Hurley J. Fat Chance: A survey of dietitians’ knowledge of the calories and fat in restaurant meals. Center for Science in the Public Interest: Washington, DC. January 1997.
- Stunkard AJ, Berkowitz RI, Wadden TA, Tankirut C, Reiss E, Young L. Two eating disorders: binge eating disorder and the night-eating syndrome. In Angel A, Anderson C, Bouchard D et al., eds. *Progress in Obesity Research:7*. John Libbey & Company: 7th International Congress on Obesity 1996;471-474.
- Stunkard A, Berkowitz R, Wadden T, Tanrikut C , Reiss E, Young L. Binge eating disorder and the night-eating syndrome. *Intl J Obesity* 1996;20:1-6.
- Stunkard A, Berkowitz R, Wadden T, Tanrikut C , Reiss E, Young L. d-Fenfluramine treatment of binge eating disorder. *Am J Psychiatry* 1996;153(11), 1455–1459. <https://doi.org/10.1176/ajp.153.11.1455>
- Young LR, Nestle M. Food labels consistently underestimate the actual weights of single-serving baked products. *J Am Diet Assoc* 1995;95(10):1150-1151. [https://doi.org/10.1016/S0002-8223\(95\)00309-6](https://doi.org/10.1016/S0002-8223(95)00309-6)
- Young LR, Nestle M. Portion sizes in dietary assessment: issues and policy implications. *Nutrition Reviews* 1995;53(6):149-158. <https://doi.org/10.1111/j.1753-4887.1995.tb01542.x>

Popular Articles: contributions to newsletters, magazines, newspapers, online publications, and blogs (selected)

For updates, see blogs regularly featured on drlisayoung.com/blog/

FEATURE ARTICLES AND OP-EDS (recent selected)

Young LR. [What Makes a Diet Healthy?](#) US News & World Report. December 23, 2023.

Young LR. [10 foods and drinks for deep sleep.](#) US News & World Report. December 6, 2023.

Young LR. [Best healthy foods you should be eating.](#) US News & World Report. October 23, 2023.

Young LR. [Beyond EVOO.](#) Bottom Line Health. September 16, 2023.

Young LR. [How to make pizza healthier?](#) US News & World Report. August 15, 2023.

Young LR. [Redesign your kitchen for healthy eating.](#) US News & World Report. June 8, 2023.

Young LR. [Best foods for the brain.](#) US News & World Report. November 14, 2022.

Young LR. [The secret to portion control.](#) Bottom Line Health. October 2022, p1.

Young LR. [Added sugars in everyday foods.](#) US News & World Report. August 1, 2022.

Young LR. [6 foods for healthy, glowing skin.](#) US News & World Report. April 18, 2022.

Young LR. [7 weight-loss tips to follow for life.](#) US News & World Report. March 1, 2022.

Young LR. [Overweight? Portion sizes could be the culprit.](#) Smart Lifebites. Feb 1, 2022.

Young LR. [5 foods we eat too much of.](#) US News and World Report. January 24, 2022.

Young LR. [6 foods for better sleep.](#) US News and World Report. November 24, 2021.

Young LR. [5 portion size mistakes you are probably making.](#) US News & World Report. July 21, 2021.

Young LR. [Perfect snack pairings.](#) US News & World Report. June 1, 2021.

Young LR. [Top 10 Healthy Foods to Have in Your Kitchen.](#) US News & World Report. April 15, 2021.

Young LR. [11 healthy food swaps to lose weight.](#) US News & World Report. March 11, 2021.

Young LR. Good nutrition all year round. L'Chaim. [The health & wellness newsletter of the Claims Conference] December 2020.

Young LR. The truth about plant-based burgers. Is vegan meat really healthier? Bottom Line Health. July 2020.

Young LR. [What does celery juice do for you? Why this diet and wellness fad is mostly wishful thinking](https://www.nbcnews.com/think/opinion/what-does-celery-juice-do-you-why-diet-wellness-fad-ncna1007171). NBCnews.com. May 19, 2019. Available at <https://www.nbcnews.com/think/opinion/what-does-celery-juice-do-you-why-diet-wellness-fad-ncna1007171>

Young LR. [What are slow carbs? Can they help you lose weight and be healthier](https://www.today.com/health/what-are-slow-carbs-how-they-can-help-you-lose-t147962). TODAY.com. March 18, 2019. Available at <https://www.today.com/health/what-are-slow-carbs-how-they-can-help-you-lose-t147962>

Young LR. [Regular-size yourself: Portion sizes keep growing; consumers must fight back](https://www.nydailynews.com/opinion/ny-oped-regular-size-yourself-20190313-story.html) (OP-ED). New York Daily News March 13, 2019. Available at <https://www.nydailynews.com/opinion/ny-oped-regular-size-yourself-20190313-story.html>

Young LR. [Keep a food diary: the secret to eating healthier](#). Bottom Line Health. January 2019.

Young LR. [Need an energy boost? These 5 foods will do the trick](#). Bottom Line Health September 2017.

Young LR. [An insiders look at the new food labels](http://bottomlineinc.com/insiders-look-new-food-label/). Bottom Line Health. September 2016. <http://bottomlineinc.com/insiders-look-new-food-label/>

Young LR. [Smaller sodas, healthier lives \(OP-ED\)](http://www.nydailynews.com/opinion/smaller-sodas-healthier-lives-article-1.1168901). New York Daily News September 27, 2012, p 30. Available at: <http://www.nydailynews.com/opinion/smaller-sodas-healthier-lives-article-1.1168901>

ARTICLES AND BLOG POSTS

BLOG POSTS AND ARTICLES 2018-PRESENT, can be found at <https://drlisayoung.com/blog/>

Young LR. [14 small and simple steps to be healthier in 2018](https://contributor.huffingtonpost.com/cms/post/5a543889e4b0f9b24bf31a4d). Huffington Post. January 8, 2018. <https://contributor.huffingtonpost.com/cms/post/5a543889e4b0f9b24bf31a4d>

Young LR. [Eat, drink, and be healthy this holiday season](https://www.huffingtonpost.com/entry/eat-drink-and-be-healthy-this-holiday-season_us_5a3808c0e4b0e7f1200cfd6b). Huffington Post. December 18, 2017. https://www.huffingtonpost.com/entry/eat-drink-and-be-healthy-this-holiday-season_us_5a3808c0e4b0e7f1200cfd6b

Young LR. [Fighting breast cancer one vegetable at a time: a tribute to my grandmother](https://www.huffingtonpost.com/entry/59fd08dee4b05e3e1f0a0133). Huffington Post, November 3, 2017. <https://www.huffingtonpost.com/entry/59fd08dee4b05e3e1f0a0133>

Young LR. [Enjoy these 5 whole grains for better health](http://www.huffingtonpost.com/entry/enjoy-these-5-whole-grains-for-better-health_us_59c9c2b7e4b0b7022a646d44). Huffington Post, September 25, 2017. http://www.huffingtonpost.com/entry/enjoy-these-5-whole-grains-for-better-health_us_59c9c2b7e4b0b7022a646d44

Young LR. [Need an energy boost? These 5 foods will do the trick](#). Bottom Line Health September 2017.

Young LR. [8 portion-control hacks that really work](http://www.huffingtonpost.com/entry/8-portion-control-hacks-that-really-work_us_5993731ae4b0a88ac1bc37f2). Huffington Post, August 15, 2017. http://www.huffingtonpost.com/entry/8-portion-control-hacks-that-really-work_us_5993731ae4b0a88ac1bc37f2

Young LR. [5 patriotic hacks to try this July 4th!](http://www.huffingtonpost.com/entry/5-patriotic-hacks-to-try-this-4th-of-july-they-are_us_595ab0c5e4b0c85b96c66405) Huffington Post. July 4, 2017. http://www.huffingtonpost.com/entry/5-patriotic-hacks-to-try-this-4th-of-july-they-are_us_595ab0c5e4b0c85b96c66405

Young LR. [11 tips to make your grocery trip a whole lot healthier.](http://www.huffingtonpost.com/entry/59223555e4b0b28a33f62d8b#) Huffington Post. May 21, 2017. <http://www.huffingtonpost.com/entry/59223555e4b0b28a33f62d8b#>

Young LR. [Spring clean your diet with these 6 easy tips.](http://www.huffingtonpost.com/entry/58e6c22de4b0d6001f07f32b) Huffington Post. April 6, 2017. <http://www.huffingtonpost.com/entry/58e6c22de4b0d6001f07f32b>

Young LR. [Healthy or hype? 5 food label claims that may seduce you to overeat.](http://www.huffingtonpost.com/entry/healthy-or-overeat_58c1eb82e4b0c3276fb7831b) Huffington Post. March 9, 2017. http://www.huffingtonpost.com/entry/healthy-or-overeat_58c1eb82e4b0c3276fb7831b

Young LR. [Eat more of these foods for a healthy heart.](http://www.huffingtonpost.com/entry/eat-more-of-these-foods-for-a-healthy-heart_us_5897ec45e4b0985224db5707) Huffington Post. February 6, 2017. http://www.huffingtonpost.com/entry/eat-more-of-these-foods-for-a-healthy-heart_us_5897ec45e4b0985224db5707

Young LR. [Try these 10 simple tips for a healthier 2017.](http://www.huffingtonpost.com/entry/587d5e18e4b06992b1b60a4d?timestamp=1484623454776) Huffington Post. January 16, 2017, 2017. <http://www.huffingtonpost.com/entry/587d5e18e4b06992b1b60a4d?timestamp=1484623454776>

Young LR. [7 tips to keep your weight—and waist in check this holiday season.](http://www.huffingtonpost.com/entry/5854639be4b06ae7ec2a3e59?timestamp=1481926189399) Huffington Post. December 16, 2016. <http://www.huffingtonpost.com/entry/5854639be4b06ae7ec2a3e59?timestamp=1481926189399>

Young LR. [The FDA wants to know how much Nutella YOU eat.](http://www.huffingtonpost.com/dr-lisa-young/fda-wants-to-know-how-muc_b_13114708.html) Huffington Post. December 6, 2016. http://www.huffingtonpost.com/dr-lisa-young/fda-wants-to-know-how-muc_b_13114708.html

Young LR. [Avoid these portion pitfalls that may derail your diet.](http://www.huffingtonpost.com/dr-lisa-young/avoid-these-5-portion-pit_b_12803770.html) Huffington Post. November 14, 2016. http://www.huffingtonpost.com/dr-lisa-young/avoid-these-5-portion-pit_b_12803770.html

Young LR. [FDA wants to know what you consider a ‘healthy’ food product.](http://www.huffingtonpost.com/dr-lisa-young/fda-wants-to-know-what-you-consider-a-healthy-food-product_b_12344104.html) Huffington Post. October 5, 2016. http://www.huffingtonpost.com/dr-lisa-young/fda-wants-to-know-what-you-consider-a-healthy-food-product_b_12344104.html

Young LR. [Add these 6 superfoods to your diet this fall.](http://www.huffingtonpost.com/dr-lisa-young/add-these-6-superfoods-to-your-diet-this-fall_b_12052860.html) Huffington Post. September 16, 2016. http://www.huffingtonpost.com/dr-lisa-young/add-these-6-superfoods-to-your-diet-this-fall_b_12052860.html

Young LR. [5 ways to build a healthy sandwich.](http://www.huffingtonpost.com/dr-lisa-young/5-ways-to-build-a-healthy-sandwich_b_11299440.html) Huffinton Post. August 2, 2016. http://www.huffingtonpost.com/dr-lisa-young/5-ways-to-build-a-healthy-sandwich_b_11299440.html

Young LR. [Portion control made easy for summer.](http://www.huffingtonpost.com/dr-lisa-young/portion-control-made-easy-for-summer_b_10946802.html) Huffington Post. July 12, 2016. http://www.huffingtonpost.com/dr-lisa-young/portion-control-made-easy-for-summer_b_10946802.html

Young LR. [Cooking tricks for much healthier foods](http://bottomlineinc.com/cooking-tricks-much-healthier-foods/). Bottom Line Health. July 2016. <http://bottomlineinc.com/cooking-tricks-much-healthier-foods/>

Young LR. [18 tips for a healthier summer](http://www.huffingtonpost.com/dr-lisa-young/18-tips-for-a-healthier-s_b_10662634.html). Huffington Post. June 27, 2016. http://www.huffingtonpost.com/dr-lisa-young/18-tips-for-a-healthier-s_b_10662634.html

Young LR. [New food labels reflect how much we really eat](http://www.huffingtonpost.com/dr-lisa-young/new-food-labels-reflect-how-much-we-really-eat_b_10124016.html). Huffington Post. May 25, 2016. http://www.huffingtonpost.com/dr-lisa-young/new-food-labels-reflect-how-much-we-really-eat_b_10124016.html

Young LR. [New food labels reflect how much we really eat](http://www.huffingtonpost.com/dr-lisa-young/new-food-labels-reflect-how-much-we-really-eat_b_10124016.html). Huffington Post. May 25, 2016. http://www.huffingtonpost.com/dr-lisa-young/new-food-labels-reflect-how-much-we-really-eat_b_10124016.html

Young LR. [7 nutrition secrets to live a longer—and healthier—life](http://www.huffingtonpost.com/dr-lisa-young/7-nutrition-secrets-to-live-a-longer-healthier-life_b_9959332.html). Huffington Post. May 13, 2016. http://www.huffingtonpost.com/dr-lisa-young/7-nutrition-secrets-to-live-a-longer-healthier-life_b_9959332.html

Young LR. [Spring clean your diet with these 10 simple tips](http://www.huffingtonpost.com/dr-lisa-young/springclean-your-diet-wit_b_9753964.html). Huffington Post. April 21, 2016. http://www.huffingtonpost.com/dr-lisa-young/springclean-your-diet-wit_b_9753964.html

Young LR. [Larger serving sizes on food labels may encourage us to eat less](http://www.huffingtonpost.com/dr-lisa-young/larger-serving-sizes-on-food-labels-may-encourage-us-to-eat-less_b_9618174.html). Huffington Post. April 6, 2016. http://www.huffingtonpost.com/dr-lisa-young/larger-serving-sizes-on-food-labels-may-encourage-us-to-eat-less_b_9618174.html

Young LR. [10 tips to savor the flavor of eating right](http://www.huffingtonpost.com/dr-lisa-young/10-simple-tips-to-savor-the-flavor-of-eating-right_b_9376180.html). Huffington Post. March 9, 2016. http://www.huffingtonpost.com/dr-lisa-young/10-simple-tips-to-savor-the-flavor-of-eating-right_b_9376180.html

Young LR. [Add these foods to your diet for a healthy heart](http://www.huffingtonpost.com/dr-lisa-young/add-these-foods-to-your-diet-for-a-healthy-heart_b_9240060.html). Huffington Post. February 19, 2016. http://www.huffingtonpost.com/dr-lisa-young/add-these-foods-to-your-diet-for-a-healthy-heart_b_9240060.html

Young LR. [5 tips to keep your restaurant meal way under 100 calories](http://www.huffingtonpost.com/dr-lisa-young/5-tips-to-keep-your-restaurant-meal-way-under-1000-calories_b_9162466.html). Huffington Post. February 10, 2016. http://www.huffingtonpost.com/dr-lisa-young/5-tips-to-keep-your-restaurant-meal-way-under-1000-calories_b_9162466.html

Young LR. [The new dietary guidelines recommend eating more fruits and vegetables, less added sugar and saturated fat](http://www.huffingtonpost.com/dr-lisa-young/the-new-dietary-guideline_2_b_9011622.html). Huffington Post. January 19, 2016. http://www.huffingtonpost.com/dr-lisa-young/the-new-dietary-guideline_2_b_9011622.html

Young LR. [Drop a few sizes with these 12 simple portion-control tricks](http://www.huffingtonpost.com/dr-lisa-young/12-simple-portion-control-tricks_b_8901692.html). Huffington Post. January 5, 2016. http://www.huffingtonpost.com/dr-lisa-young/12-simple-portion-control-tricks_b_8901692.html

Young LR. [10 tips to supercharge your health this holiday season](http://www.huffingtonpost.com/dr-lisa-young/10-tips-to-supercharge-your-health-this-holiday-season_b_8829222.html?utm_hp_ref=healthy-living). Huffington Post. December 20, 2015. Available at http://www.huffingtonpost.com/dr-lisa-young/10-tips-to-supercharge-your-health-this-holiday-season_b_8829222.html?utm_hp_ref=healthy-living

Young LR. Hold the salt: [NYC warning labels and tips you can take to shake the habit](http://www.huffingtonpost.com/dr-lisa-young/hold-the-salt-nyc-warning-labels-and-tips-you-can-take-to-shake-the-habit). Huffington Post. December 2, 2015. Available at <http://www.huffingtonpost.com/dr-lisa-young/hold-the-salt-nyc-warning-labels-and-tips-you-can-take-to-shake-the-habit>

habit_b_8699082.html

Young LR. [5 sensible tips to keep from becoming an obesity statistic](http://www.huffingtonpost.com/dr-lisa-young/5-sensible-tips-to-keep-from-becoming-an-obesity-statistic_b_8592574.html). Huffington Post. November 20, 2015. Available at http://www.huffingtonpost.com/dr-lisa-young/5-sensible-tips-to-keep-from-becoming-an-obesity-statistic_b_8592574.html

Young LR. [5 kitchen tweaks that could lead to a slimmer waist](http://www.huffingtonpost.com/dr-lisa-young/5-kitchen-tweaks-that-could-lead-to-a-slimmer-waist_b_8482402.html). Huffington Post. November 5, 2015. Available at http://www.huffingtonpost.com/dr-lisa-young/5-kitchen-tweaks-that-could-lead-to-a-slimmer-waist_b_8482402.html

Young LR. [7 tips to nourish your body and soul](http://www.huffingtonpost.com/dr-lisa-young/7-tips-to-nourish-your-bo_2_b_8332756.html). Huffington Post. October 22, 2015. Available at http://www.huffingtonpost.com/dr-lisa-young/7-tips-to-nourish-your-bo_2_b_8332756.html

Young LR. [9 foods this nutritionist stocks in her kitchen](http://www.huffingtonpost.com/dr-lisa-young/9-foods-this-nutritionist-stocks-in-her-kitchen_b_8230750.html). Huffington Post. October 6, 2015. Available at http://www.huffingtonpost.com/dr-lisa-young/9-foods-this-nutritionist-stocks-in-her-kitchen_b_8230750.html

Young LR. [Size Matters! 10 simple strategies to overcome portion distortion](http://www.huffingtonpost.com/dr-lisa-young/size-matters-10-simple-st_b_8159438.html). Huffington Post. September 18, 2015. Available at http://www.huffingtonpost.com/dr-lisa-young/size-matters-10-simple-st_b_8159438.html

Young LR. [Will new food labels encourage us to eat...more?!](http://www.huffingtonpost.com/dr-lisa-young/will-new-food-labels-encourage-us-to-eat-more_b_8072362.html) Huffington Post. September 2, 2015. Available at http://www.huffingtonpost.com/dr-lisa-young/will-new-food-labels-encourage-us-to-eat-more_b_8072362.html

Young LR. [A prize may encourage us to eat less](http://www.huffingtonpost.com/dr-lisa-young/portion-size-prize_b_7936562.html). Huffington Post. August 5, 2015. Available at http://www.huffingtonpost.com/dr-lisa-young/portion-size-prize_b_7936562.html

Young LR. [Eat these 5 foods to help boost bone health!](http://www.huffingtonpost.com/dr-lisa-young/post_9811_b_7865952.html) Huffington Post. July 27, 2015. Available at http://www.huffingtonpost.com/dr-lisa-young/post_9811_b_7865952.html

Young LR. [9 tips for a guilt free 4th of July BBQ](http://www.huffingtonpost.com/dr-lisa-young/healthy-barbecue_b_7716912.html). Huffington Post. July 2, 2015. Available at http://www.huffingtonpost.com/dr-lisa-young/healthy-barbecue_b_7716912.html

Young LR. [12 healthy swaps in time for Summer](http://www.huffingtonpost.com/dr-lisa-young/12-healthy-swaps-in-time-b_7618120.html). Huffington Post. June 19, 2015. Available at http://www.huffingtonpost.com/dr-lisa-young/12-healthy-swaps-in-time-b_7618120.html

Young LR. [Starbucks to mini-size it](http://www.huffingtonpost.com/dr-lisa-young/starbucks-to-minisize-it_b_7473064.html). Huffington Post. June 1, 2015. Available at http://www.huffingtonpost.com/dr-lisa-young/starbucks-to-minisize-it_b_7473064.html

Young LR. [6 “handy” tips to get you slimmer by summer](http://www.huffingtonpost.com/dr-lisa-young/portion-control_b_7245740.html). Huffington Post. May 12, 2015. Available at http://www.huffingtonpost.com/dr-lisa-young/portion-control_b_7245740.html

Young LR. [Healthy foods to keep your hunger pangs away](http://www.huffingtonpost.com/dr-lisa-young/healthy-foods-for-hunger_b_7087358.html). Huffington Post. April 21, 2015. Available at http://www.huffingtonpost.com/dr-lisa-young/healthy-foods-for-hunger_b_7087358.html

Young LR. [Spring forward into health with these 10 simple tips](http://www.huffingtonpost.com/dr-lisa-young/spring-forward-into-health-with-these-10-simple-steps_b_6993304.html). Huffington Post. April 8, 2015. Available at http://www.huffingtonpost.com/dr-lisa-young/spring-forward-into-health-with-these-10-simple-steps_b_6993304.html

Young LR. [10 foods to enjoy without added sugar](#). Huffington Post. March 19, 2015. Available

at http://www.huffingtonpost.com/dr-lisa-young/10-foods-to-enjoy-without-added-sugar_b_6886542.html

Young LR. [Nutrition panel urges Americans to eat green, limit sugar, drink coffee, and more.](http://www.huffingtonpost.com/dr-lisa-young/new-dietary-guidelines_b_6756858.html) Huffington Post. February 26, 2015. Available at http://www.huffingtonpost.com/dr-lisa-young/new-dietary-guidelines_b_6756858.html

Young LR. [Eat your heart out with these 11 healthy tips.](http://www.huffingtonpost.com/dr-lisa-young/healthy-eating-tips_b_6633216.html) Huffington Post. February 12, 2015. Available at http://www.huffingtonpost.com/dr-lisa-young/healthy-eating-tips_b_6633216.html (Also featured in special series for heart health month [HERE.](#))

Young LR. [5 tips for building a healthy salad.](http://www.huffingtonpost.com/dr-lisa-young/5-tips-to-building-a-heal_b_6503834.html) Huffington Post. January 22, 2015. Available at http://www.huffingtonpost.com/dr-lisa-young/5-tips-to-building-a-heal_b_6503834.html

Young LR. [10 diet tweaks for a healthier 2015.](http://www.huffingtonpost.com/dr-lisa-young/10-diet-tweaks-for-a-heal_b_6402574.html) Huffington Post. January 5, 2015. Available at http://www.huffingtonpost.com/dr-lisa-young/10-diet-tweaks-for-a-heal_b_6402574.html

Young LR. [7 holiday tips to keep you healthy this season.](http://www.huffingtonpost.com/dr-lisa-young/7-holiday-eating-tips-to_b_6356614.html) Huffington Post. December 22, 2014. Available at http://www.huffingtonpost.com/dr-lisa-young/7-holiday-eating-tips-to_b_6356614.html

Young LR. [Calorie counts on menus may help us eat less.](http://www.huffingtonpost.com/dr-lisa-young/calorie-counts-on-menu-bo_b_6312088.html) Huffington Post. December 15, 2014. Available at http://www.huffingtonpost.com/dr-lisa-young/calorie-counts-on-menu-bo_b_6312088.html

Young LR. [5 common diet mistakes not to make on Thanksgiving.](http://www.huffingtonpost.com/dr-lisa-young/5-common-diet-mistakes-no_b_6208238.html) Huffington Post. November 24, 2014. Available at http://www.huffingtonpost.com/dr-lisa-young/5-common-diet-mistakes-no_b_6208238.html

Young LR. [Healthy snacks to keep your hunger at bay.](http://www.huffingtonpost.com/dr-lisa-young/healthy-snacks-to-keep-yo_b_6136390.html) Huffington Post. November 16, 2014. Available at http://www.huffingtonpost.com/dr-lisa-young/healthy-snacks-to-keep-yo_b_6136390.html (Translated to German)

Young LR. [8 healthy habits to adopt now.](http://www.huffingtonpost.com/dr-lisa-young/8-healthy-habits-to-adopt_b_6056326.html) Huffington Post. November 2, 2014. Available at http://www.huffingtonpost.com/dr-lisa-young/8-healthy-habits-to-adopt_b_6056326.html (Translated to Portuguese)

Young LR. [8 healthy habits to adopt now.](http://www.huffingtonpost.com/dr-lisa-young/8-healthy-habits-to-adopt_b_6056326.html) Huffington Post. November 2, 2014. Available at http://www.huffingtonpost.com/dr-lisa-young/8-healthy-habits-to-adopt_b_6056326.html

Young LR. [5 ways to build a healthy breakfast.](http://www.huffingtonpost.com/dr-lisa-young/5-ways-to-build-a-healthy_b_5909614.html) Huffington Post. October 3, 2014. Available at http://www.huffingtonpost.com/dr-lisa-young/5-ways-to-build-a-healthy_b_5909614.html

Young LR. [5 easy tricks to avoid portion distortion.](http://www.huffingtonpost.com/dr-lisa-young/5-easy-tricks-to-avoid-po_b_5851918.html) Huffington Post. September 19, 2014. Available at http://www.huffingtonpost.com/dr-lisa-young/5-easy-tricks-to-avoid-po_b_5851918.html

Young LR. [5 healthy back to school tips.](http://www.huffingtonpost.com/dr-lisa-young/5-healthy-back-to-school-tips_b_5716905.html) Huffington Post. August 30, 2014. Available at http://www.huffingtonpost.com/dr-lisa-young/5-healthy-back-to-school-tips_b_5716905.html

Young LR. 7 reasons to add blueberries to your diet. Huffington Post. August 9, 2014. Available at http://www.huffingtonpost.com/dr-lisa-young/personal-health-_b_5655519.html

Young LR. FDA to update food label serving sizes. Huffington Post. July 31, 2014. Available at http://www.huffingtonpost.com/dr-lisa-young/fda-to-update-food-label-_b_5635323.html

Young LR. 5 healthy foods you can easily overeat. Huffington Post. July 19, 2014. Available at http://www.huffingtonpost.com/dr-lisa-young/food-portions_b_5591944.html

Young LR. [Court rejects NYC's portion cap for sugary drinks](http://www.huffingtonpost.com/dr-lisa-young/court-rejects-new-york-ci_b_5535621.html). Huffington Post. June 27, 2014. Available at http://www.huffingtonpost.com/dr-lisa-young/court-rejects-new-york-ci_b_5535621.html

Young LR. [5 ways to build a better burger](http://www.huffingtonpost.com/dr-lisa-young/healthy-burger_b_5488776.html). Huffington Post. June 21, 2014 Available at http://www.huffingtonpost.com/dr-lisa-young/healthy-burger_b_5488776.html

Young LR. [How to maintain a healthy lifestyle while traveling](http://www.huffingtonpost.com/dr-lisa-young/traveling-healthy_b_5437841.html). Huffington Post. June 7, 2014. http://www.huffingtonpost.com/dr-lisa-young/traveling-healthy_b_5437841.html

Young LR. [5 smart snacks that can help you lose weight](http://www.huffingtonpost.com/dr-lisa-young/diet-and-nutrition_b_5353763.html). Huffington Post. May 20, 2014. Available at http://www.huffingtonpost.com/dr-lisa-young/diet-and-nutrition_b_5353763.html

Young LR. [5 easy weight loss tips that really work](http://www.huffingtonpost.com/dr-lisa-young/diet-and-exercise_b_5227496.html). Huffington Post. May 3, 2014. Available at http://www.huffingtonpost.com/dr-lisa-young/diet-and-exercise_b_5227496.html

Young LR. [Want to eat less? Choose single-serving packages](http://www.huffingtonpost.com/dr-lisa-young/single-serving_b_5078044.html). Huffington Post. April 3, 2014. Available at http://www.huffingtonpost.com/dr-lisa-young/single-serving_b_5078044.html

Young LR. 7 fruits and vegetables to enjoy during National Nutrition Month. Huffington Post. March 22, 2014. Available at http://www.huffingtonpost.com/dr-lisa-young/diet-and-nutrition_b_4966293.html

Young LR. [FDA proposes larger serving sizes for food labels](http://www.huffingtonpost.com/dr-lisa-young/food-labels_b_4868943.html). Huffington Post. February 28, 2014. Available at http://www.huffingtonpost.com/dr-lisa-young/food-labels_b_4868943.html

Young LR. [10 Smart food swaps for a healthy heart](http://www.huffingtonpost.com/dr-lisa-young/diet-and-nutrition_b_4732213.html). February 13, 2013. Available at http://www.huffingtonpost.com/dr-lisa-young/diet-and-nutrition_b_4732213.html

Young LR. [Hawaii to cap sizes of sugary drinks](http://www.huffingtonpost.com/dr-lisa-young/soda-ban_b_4688610.html). Huffington Post. January 31, 2014. Available at http://www.huffingtonpost.com/dr-lisa-young/soda-ban_b_4688610.html

Young LR. [Save over 1000 calories with these 5 simple portion swaps](http://www.huffingtonpost.com/dr-lisa-young/diet-and-nutrition_b_4606300.html). Huffington Post. January 21, 2014. Available at http://www.huffingtonpost.com/dr-lisa-young/diet-and-nutrition_b_4606300.html

Young LR. [Smart food swaps for a healthier 2014](http://www.huffingtonpost.com/dr-lisa-young/food-swaps_b_4525784.html). Huffington Post. January 5, 2014. Available at http://www.huffingtonpost.com/dr-lisa-young/food-swaps_b_4525784.html

Young LR. [Bloomberg's cap on supersize soda may be contagious](http://www.huffingtonpost.com/dr-lisa-young/bloomberg-). Huffington Post. December 26, 2013. Available at <http://www.huffingtonpost.com/dr-lisa-young/bloomberg->

[soda b 4494788.html](http://www.huffingtonpost.com/dr-lisa-young/soda-ban_b_4494788.html).

Young LR. [Holiday Survival Guide: 8 Strategies to Avoid Overeating](http://www.huffingtonpost.com/dr-lisa-young/holiday-health_b_4441757.html). Huffington Post. December 17, 2013. Available at http://www.huffingtonpost.com/dr-lisa-young/holiday-health_b_4441757.html.

Young LR. [Thanksgiving Mistakes Not to Make this Year](http://www.huffingtonpost.com/dr-lisa-young/thanksgiving-mistakes_b_4320811.html). Huffington Post. November 26, 2013. Available at http://www.huffingtonpost.com/dr-lisa-young/thanksgiving-mistakes_b_4320811.html

Young LR. [Federal Serving Sizes Differ from Typical Portions: 10 Ways to Avoid Portion Distortion](http://www.huffingtonpost.com/dr-lisa-young/serving-size-tips_b_4242070.html). Huffington Post. November 8, 2013. Available at http://www.huffingtonpost.com/dr-lisa-young/serving-size-tips_b_4242070.html

Young LR. [Federal Serving Sizes Differ from Typical Portions: 10 Ways to Avoid Portion Distortion](http://www.huffingtonpost.com/dr-lisa-young/serving-size-tips_b_4242070.html). November 8, 2013. Available at http://www.huffingtonpost.com/dr-lisa-young/serving-size-tips_b_4242070.html

Young LR. [Delicious—and Nutritious—Fall Produce to Eat This Season](http://www.huffingtonpost.com/dr-lisa-young/best-fall-foods_b_4111703.html). Huffington Post October 22, 2013. Available at http://www.huffingtonpost.com/dr-lisa-young/best-fall-foods_b_4111703.html

Young LR. [Restaurant Meals Not Getting Healthier: Smart Swaps for Six Favorite Cuisines](http://www.huffingtonpost.com/dr-lisa-young/healthy-restaurant-meals_b_4045643.html). Huffington Post October 8, 2013. Available at http://www.huffingtonpost.com/dr-lisa-young/healthy-restaurant-meals_b_4045643.html

Young LR. [Los Angeles health department partners with restaurant industry to offer smaller portions](http://www.huffingtonpost.com/dr-lisa-young/choose-health-la_b_3950702.html). Huffington Post September 20, 2013. Available at http://www.huffingtonpost.com/dr-lisa-young/choose-health-la_b_3950702.html

Young LR. [Lifestyle interventions beats diet for weight loss: 6 change to make today](http://www.huffingtonpost.com/dr-lisa-young/lifestyle-weight-loss_b_3831981.html). Huffington Post August 30, 2013. Available at: http://www.huffingtonpost.com/dr-lisa-young/lifestyle-weight-loss_b_3831981.html

Young LR. [The City to Appeal Appellate Court Ruling on Sugary Beverages](http://www.huffingtonpost.com/dr-lisa-young/soda-ban_b_3679256.html). Huffington Post August 1, 2013. Available at: http://www.huffingtonpost.com/dr-lisa-young/soda-ban_b_3679256.html

Young LR. [Don't Shop Hungry: 6 Healthy Snacks to Eat Before Food Shopping](http://www.huffingtonpost.com/dr-lisa-young/healthy-snacks_b_3581758.html). Huffington Post July 12, 2013. Available at http://www.huffingtonpost.com/dr-lisa-young/healthy-snacks_b_3581758.html

Young LR. ['I'll Have a Medium Soda' — Why Current Size Labels Can Be Deceptive](http://www.huffingtonpost.com/dr-lisa-young/size-labels_b_3505189.html). Huffington Post June 27, 2013. Available at: http://www.huffingtonpost.com/dr-lisa-young/size-labels_b_3505189.html.

Young LR. [Why a Cap on Sugary Drinks May Work](http://www.huffingtonpost.com/dr-lisa-young/soda-ban_b_3436922.html). Huffington Post June 13, 2013. Available at: http://www.huffingtonpost.com/dr-lisa-young/soda-ban_b_3436922.html.

Young LR. [Buyer Beware: Five Ways to Steer Clear of Health Haloes](http://www.huffingtonpost.com/dr-lisa-young/healthy-eating). Huffington Post May 29, 2013. Available at: <http://www.huffingtonpost.com/dr-lisa-young/healthy-eating>

tips_b_3328121.html.

Young LR. [Fast Food Still Unhealthy: What You Can Do](http://www.huffingtonpost.com/dr-lisa-young/fast-food-still-unhealthy_b_3254159.html). Huffington Post May 10, 2013. Available at: http://www.huffingtonpost.com/dr-lisa-young/fast-food-still-unhealthy_b_3254159.html.

Young LR. [Restaurant Survival Guide: 10 Tips for Healthful Dining](http://www.huffingtonpost.com/dr-lisa-young/healthy-dining-out-tips_b_3179631.html). Huffington Post May 1, 2013. Available at: http://www.huffingtonpost.com/dr-lisa-young/healthy-dining-out-tips_b_3179631.html.

Young LR. [Plate Size Matters](http://www.huffingtonpost.com/dr-lisa-young/portion-sizes_b_3072648.html). Huffington Post April 15, 2013. Available at: http://www.huffingtonpost.com/dr-lisa-young/portion-sizes_b_3072648.html.

Young LR. [Most Kids' Meals at Restaurant Chains Are Unhealthy: What You Can Do](http://www.huffingtonpost.com/dr-lisa-young/kids-healthy-eating_b_2989695.html). Huffington Post April 1, 2013. Available at: http://www.huffingtonpost.com/dr-lisa-young/kids-healthy-eating_b_2989695.html.

Young LR. [Fighting Obesity in New York City One Cup at a Time](http://www.huffingtonpost.com/dr-lisa-young/new-york-soda-ban_b_2872098.html). Huffington Post March 15, 2013. Available at: http://www.huffingtonpost.com/dr-lisa-young/new-york-soda-ban_b_2872098.html

Young LR. [What We Can Learn From the Mediterranean Diet: 10 Healthy Foods to Eat](http://www.huffingtonpost.com/dr-lisa-young/mediterranean-diet-foods_b_2801344.html). Huffington Post March 7, 2013. Available at: http://www.huffingtonpost.com/dr-lisa-young/mediterranean-diet-foods_b_2801344.html

Young LR. [Americans Eating Less Fast Food](http://www.huffingtonpost.com/dr-lisa-young/americans-nutrition_b_2744416.html). Huffington Post February 25, 2013. Available at: http://www.huffingtonpost.com/dr-lisa-young/americans-nutrition_b_2744416.html

Young LR. Portion Sizes in the US continue to Increase: Time for Action. *NYSDA Bulletin*, Winter 2013, p.6.

Young LR. [February Is American Heart Month: 10 Foods to Eat for a Healthy Heart](http://www.huffingtonpost.com/dr-lisa-young/heart-healthy-foods_b_2618174.html). Huffington Post February 11, 2013. Available at: http://www.huffingtonpost.com/dr-lisa-young/heart-healthy-foods_b_2618174.html

Young LR. [Does Drinking Soda Cause Depression? Not So Fast](http://www.huffingtonpost.com/dr-lisa-young/soda-depression_b_2458366.html). Huffington Post January 14, 2013. Available at: http://www.huffingtonpost.com/dr-lisa-young/soda-depression_b_2458366.html

Young LR. [Welcome to 2013: 8 Tips to Better Health](http://www.huffingtonpost.com/dr-lisa-young/health-tips_b_2390664.html). Huffington Post January 4, 2013. Available at: http://www.huffingtonpost.com/dr-lisa-young/health-tips_b_2390664.html

Young LR. [Holiday Tip: Mini-Size It!](http://www.huffingtonpost.com/dr-lisa-young/holiday-eating-tips_b_2294088.html) Huffington Post December 14, 2012. Available at: http://www.huffingtonpost.com/dr-lisa-young/holiday-eating-tips_b_2294088.html

Young, LR. [Benefits of Nuts and Seeds: 7 Winners](http://www.huffingtonpost.com/dr-lisa-young/healthy-foods_b_2115225.html). Huffington Post November 29, 2012. Available at: http://www.huffingtonpost.com/dr-lisa-young/healthy-foods_b_2115225.html

Young, L.R. [7 Tips for a Healthy Thanksgiving](http://www.huffingtonpost.com/dr-lisa-young/healthy-thanksgiving_b_2156366.html). Huffington Post November 20, 2012. Available at: http://www.huffingtonpost.com/dr-lisa-young/healthy-thanksgiving_b_2156366.html

Young, L.R. [Stormy Weather? Top 5 Foods to Stock Up On](http://www.huffingtonpost.com/dr-lisa-young/stormy-weather-top-5-foods-to-stock-up-on_b_2108174.html). Huffington Post October 30, 2012.

Available at: http://www.huffingtonpost.com/dr-lisa-young/healthy-foods_b_2036133.html

Young, LR. [Portion Sizes in the U.S. Continue to Increase: Time for Action](http://www.huffingtonpost.com/dr-lisa-young/portion-sizes_b_1975344.html). Huffington Post October 18, 2012. Available at: http://www.huffingtonpost.com/dr-lisa-young/portion-sizes_b_1975344.html

Young LR. [Back to the Future: A Return to Smaller Beverage Sizes](http://www.huffingtonpost.com/dr-lisa-young/soda-ban_b_1919871.html). Huffington Post October 1, 2012 . Available at: http://www.huffingtonpost.com/dr-lisa-young/soda-ban_b_1919871.html

Young LR. [Smaller sodas, healthier lives.\(OP-ED\)](http://www.nydailynews.com/opinion/smaller-sodas-healthier-lives-article-1.1168901) New York Daily News September 27, 2012, p. 30. Available at: <http://www.nydailynews.com/opinion/smaller-sodas-healthier-lives-article-1.1168901>

Young LR. [Diet Industry Supports Mayor Bloomberg's Proposal To Limit Oversized Beverages](http://www.huffingtonpost.com/dr-lisa-young/soda-ban_b_1858245.html). Huffington Post September 6, 2012. Available at: http://www.huffingtonpost.com/dr-lisa-young/soda-ban_b_1858245.html

Young LR. [Rightsize Your Plate and Your Waist: 11 Portion Control Tips That Work](http://www.huffingtonpost.com/dr-lisa-young/portion-control_b_1854013.html). Huffington Post September 6, 2010 . Available at: http://www.huffingtonpost.com/dr-lisa-young/portion-control_b_1854013.html

Young LR. [Legumes: A Terrific Vegetarian Protein Option](http://www.huffingtonpost.com/dr-lisa-young/legumes_b_1758302.html). Huffington Post August 10, 2012. Available at: http://www.huffingtonpost.com/dr-lisa-young/legumes_b_1758302.html

Young LR. [Public Hearing Of Sugary Drink Ban Gets An Overflowing Crowd](http://www.huffingtonpost.com/dr-lisa-young/public-hearing-on-sugary-b_1700248.html). Huffington Post July 26, 2012. Available at: http://www.huffingtonpost.com/dr-lisa-young/public-hearing-on-sugary-b_1700248.html

Young LR. Guilt-free chips. *Bottom Line Health* 2012: July, p.7.

Young LR. [Benefits of Fruits and Vegetables](http://www.huffingtonpost.com/dr-lisa-young/healthy-food_b_1665279.html). Huffington Post July 12, 2012. Available at: http://www.huffingtonpost.com/dr-lisa-young/healthy-food_b_1665279.html

Young LR. [Holiday Eating Tips: 10 Ways to Enjoy a Healthy Holiday Season](http://www.huffingtonpost.com/dr-lisa-young/health-tips_b_1644929.html). Huffington Post July 3, 2012. Available at: http://www.huffingtonpost.com/dr-lisa-young/health-tips_b_1644929.html

Young LR. [The Battle Against Big Soda Continues](http://www.huffingtonpost.com/dr-lisa-young/soda-ban_b_1626204.html). Huffington Post June 26, 2012. Available at: http://www.huffingtonpost.com/dr-lisa-young/soda-ban_b_1626204.html

Young LR. [Great Grains to Include in Your Diet for Health](http://www.huffingtonpost.com/dr-lisa-young/great-grains_b_1590906.html). Huffington Post June 14, 2012. Available at: http://www.huffingtonpost.com/dr-lisa-young/great-grains_b_1590906.html

Young LR. [New York City hopes to ban supersize beverages](http://www.huffingtonpost.com/dr-lisa-young/new-york-soda-ban_b_1563758.html?ref=email_share). Huffington Post June 4, 2012. Available at: http://www.huffingtonpost.com/dr-lisa-young/new-york-soda-ban_b_1563758.html?ref=email_share

Young LR. Healthful Cheese. *Bottom Line Health* April 2011, April, p.7.

Young LR. Nutritionist's Picks...Best frozen entrees:. *Bottom Line Health*. Jan 2011, p.6.

Young LR. Nutritionist's Picks...Whole-grain breads:. *Bottom Line Health*. July 2010, p.5.

Young LR. Nutritionist's Picks...Healthful hot cereals:. *Bottom Line Health*. March 2010, p.7.

Young LR. Nutritionist's Picks...Best yogurts. *Bottom Line Health*. October 2009, p.6.

Young LR. Nutritionist's Picks...Best ice creams. *Bottom Line Health*. June 2009, p.6.

Young LR. Size Matters. *Women's Health Report*. Spring 2009, p.5,10.

Young LR. Nutritionist's Picks...Best crackers. *Bottom Line Health*. October 2008, p.6.

Young LR. Nutritionist's Picks...Healthful peanut butters. *Bottom Line Health*. June 2008, p.7

Young LR. Nutritionist's Picks...Healthful veggie burgers. *Bottom Line Health*. April 2008, p.7

Young LR. Nutritionist's Picks...Healthful juices. *Bottom Line Health*. January 2008, p.6.

Young LR. By any other name, it's still a supersize. *MSNBC-Chew On This*. October 19, 2007.
<http://www.msnbc.msn.com/id/20825325/from/ET/>

Young LR. Nutritionist's Picks...Healthful soups. *Bottom Line Health*. October 2007, p.7.

Young LR. Most healthful store-bought salad dressings. *Bottom Line Health*. September 2007, p.14.

Young LR. Size matters. *Shape Up America! Newsletter*. Shapeup.org: August 2007.

Young LR. Are you dining out--or pigging out? *Your Diet* 2006: January, p. 35-36.

Young L. Good for you. *Every Day With Rachael Ray*. 2005: November/December, p. 68, 74, 81, 92, 98.

Young L. Serving sizes made easy. *Parenting* 2005: November, p. 68-69.

Young LR. The eat-anything, no-fail diet. *Shape* 2005: August, p.172-176

Young LR. The New Portion Control Diet. *Family Circle* 2005: May, p. 111-117.

Young L. Dining out on a diet: How to deal with all-you-can-eat! *Your Diet* 2005: March, p. 24-25.

Young L. Calorie Cop: How fattening is mall food? *Your Diet* 2004: Fall issue, p. 24-25.

Young LR. Eating too much? Time to pay the price (Letter). *New York Times*. Mar 11, 2004, A28.

Young LR. The dreaded word: "Moderation" (Letter). *New York Times*. June 10, 2003, p. F4.

Young LR. Fuzzy Perceptions (Letter). *New York Times*. April 20, 1999, p. F3.

Young L. Critique of Little Mushroom Cafe. *For Your Health*. January 1, 1989, p.8.

Young L. Dining Out at Anatolia. *For Your Health*. February 26, 1989, p.8.

Abstracts

Tai M, Castillo P, Young L, Pi-Sunyer, FX. Resting metabolic rate during four phases of the menstrual cycle [abstract]. *Am J Clin Nutr* 1992;56:101.