

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

***Registered Dietitian Nutritionist***

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**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
- Provide medical nutrition therapy (MNT) for 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, Advisor, and Expert on Legal Matters

- Consult with and advise corporations and new businesses on nutrition, health,

and wellness

- Serve as a nutrition expert 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

- Portion-control Expert of the Year, 2024 (Greater NY), [North America Business Awards](#)
- Nutritionist of the Year 2024 by [LUXlife](#)
- Nutritionist of the Year, 2024, [Global Business Awards](#)
- Professional Development Fund, NYU, 2023, 2024
- Nutritionist of the Year 2023, Global Health & Pharma
- Best nutritionist, 2017-2018, Dietspotlight.com
- Winner, Top nutritionist/dietitian, 2015 Patient Choice Award
- Professional Development Fund, NYU, 2018, 2019
- 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 and nutrition advocacy, food policy, weight management strategies, nutrition education, food marketing, 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**

McGraw Hill, 2024-  
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* (17<sup>th</sup> edition).  
Talbot SM. *The Health Professionals Reference for Dietary Supplements*  
Workman Publishing Company, 2001

## **PRESENTATIONS (Selected)**

Mizner Country Club. *Nutrition and your health*. February 20, 2025. Boca Raton, FL

The Polo Club. *Cultivate healthy habits*. February 3, 2025. Boca Raton, FL

Portion Balance Coalition. *Portion size trends and research implications* (online). November 12, 2024.

Congregation Kehilath Jeshurun. *Dispelling nutrition myths*. Sept. 18, 2024. New York, NY.

[Pritikin Center for Longevity](#). Guest expert. *Cultivate healthy habits: from mindset to movement*. (2 talks) May 25-26. Doral, Florida.

[Pritikin Center for Longevity](#). Guest expert. *Obtaining a fresh perspective on nutrition* (2 talks). January 25-26, 2024. Doral, Florida.

Congregation Kehilath Jeshurun Community Outreach. *Nutrition for longevity*. Sept 13, 2023. New York, NY.

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, smartsizes. 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. *Rightsize, supersize: 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. *Smartsizes 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) 13<sup>th</sup> 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 Smartsizes 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. *Smartsize 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 66<sup>th</sup> Annual Mary Swartz Rose Memorial Lecture, *The Supersizing of America: Issues and Implications for Nutrition Professionals*. May 11, 2006. New York, NY.

3<sup>RD</sup> 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 38<sup>th</sup> 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) 131<sup>st</sup> 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, 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., 2006. [A hardcover edition was published under the title *The Portion Teller: Smartsizes Your Way to Permanent Weight Loss*, 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/](http://drlisayoung.com/blog/)

**FEATURE ARTICLES AND OP-EDS (recent selected)**

Young LR. [Best diets for healthy eating.](#) US News & World Report. January 10, 2025.

Young LR. [Best diets for brain health.](#) US News & World Report. January 8, 2025.

Young LR. [The benefits of potassium.](#) Bottom Line Inc. Dec 11, 2024.

Young LR. [The bad side of good-for-you foods.](#) Bottom Line Health. October 24, 2024.

Young LR. [Dispelling nutrition myths: separating facts from fiction.](#) The Jewish Link. July 4, 2024.

Young LR. [High protein foods to keep in your diet.](#) Bottom Line Health. July 2, 2024.

Young LR. [Is dried fruit healthy?](#) Bottom Line. June 27, 2024.

Young LR. [What to eat—and avoid—on semaglutide.](#) US News & World Report. May 22, 2024.

Young LR. [Eat healthy on your next road trip.](#) Bottom Line Health. May 15, 2024.

Young LR. [PUER Platter: Snapper or Seabass for Supper.](#) Campden FB. April 16, 2024.

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. [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](#). 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](#). 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](#) (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](#). Bottom Line Health. September 2016. <http://bottomlineinc.com/insiders-look-new-food-label/>

Young LR. [Smaller sodas, healthier lives \(OP-ED\)](#). 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**

Current articles and blogs (2018-present) can be found at <https://drlisayoung.com/blog/>

BLOG POSTS AND ARTICLES (prior to 2018)

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

Young LR. [Eat, drink, and be healthy this holiday season](#). Huffington Post. December 18,

2017. [https://www.huffingtonpost.com/entry/eat-drink-and-be-healthy-this-holiday-season\\_us\\_5a3808c0e4b0e7f1200cfd6b](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/fighting-breast-cancer-one-vegetable-at-a-time-a-tribute-to-my-grandmother) 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](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](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](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/11-tips-to-make-your-grocery-trip-a-whole-lot-healthier) Huffington Post. May 21, 2017. <http://www.huffingtonpost.com/entry/11-tips-to-make-your-grocery-trip-a-whole-lot-healthier>

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

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

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](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/try-these-10-simple-tips-for-a-healthier-2017) Huffington Post. January 16, 2017, 2017. <http://www.huffingtonpost.com/entry/try-these-10-simple-tips-for-a-healthier-2017>

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

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](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-pitfalls) Huffington Post. November 14, 2016. <http://www.huffingtonpost.com/dr-lisa-young/avoid-these-5-portion-pitfalls>**

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Young LR. [FDA wants to know what you consider a 'healthy' food product.](#) 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](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.](#) Huffington Post. September 16, 2016. [http://www.huffingtonpost.com/dr-lisa-young/add-these-6-superfoods-to-your-diet-this-fall\\_b\\_12052860.html](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.](#) Huffinton Post. August 2, 2016. [http://www.huffingtonpost.com/dr-lisa-young/5-ways-to-build-a-healthy-sandwich\\_b\\_11299440.html](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.](#) Huffington Post. July 12, 2016. [http://www.huffingtonpost.com/dr-lisa-young/portion-control-made-easy-for-summer\\_b\\_10946802.html](http://www.huffingtonpost.com/dr-lisa-young/portion-control-made-easy-for-summer_b_10946802.html)

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

Young LR. [18 tips for a healthier summer.](#) Huffington Post. June 27, 2016. [http://www.huffingtonpost.com/dr-lisa-young/18-tips-for-a-healthier-s\\_b\\_10662634.html](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.](#) Huffington Post. May 25, 2016. [http://www.huffingtonpost.com/dr-lisa-young/new-food-labels-reflect-how-much-we-really-eat\\_b\\_10124016.html](http://www.huffingtonpost.com/dr-lisa-young/new-food-labels-reflect-how-much-we-really-eat_b_10124016.html)

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