

DR. LISA R. YOUNG

Registered Dietitian Nutritionist | Author | Media Expert | Speaker | Professor

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MEET DR. YOUNG

Lisa R. Young, PhD, RDN, CDN, LDN is an internationally recognized **registered dietitian nutritionist (RDN)**, **author**, and **adjunct professor** of nutrition at NYU with over 30 years of experience helping adults, children, and families achieve lasting wellness. She specializes in portion awareness, mindful eating, positivity, and sustainable weight management, blending evidence-based guidance with practical, real-world strategies. A trusted **media expert**, Dr. Young regularly appears across major print, broadcast, radio, and online outlets. A dynamic **speaker**, she is regularly invited to present on a wide range of health and wellness topics.



Signature message: I promote realistic, sustainable, up-beat health & wellness strategies centered on balanced portions, positivity, and healthy habits.



BOOKS

- **THE PORTION TELLER**
(Random House/Crown 2005)
- **FINALLY FULL, FINALLY SLIM**
(Hachette Book Group 2019)

AREAS OF EXPERTISE

- Portion control & awareness
- Positivity
- Mindful eating
- Sustainable weight loss
- Healthy habits and lifestyle
- Family nutrition
- Behavior change
- Obesity prevention
- Nutrition education

MEDIA FEATURES

Lisa is a trusted media expert sought after for her expertise and is regularly featured in top-tier national and international outlets, including:

- New York Times
- Washington Post
- Wall Street Journal
- TODAY
- Fox News
- Forbes
- Eating Well
- USA Today
- Prevention
- Sirius XM, Doctor Radio
- Miami Herald
- LA Times
- PEOPLE

- CNN
- Boston Globe
- Health
- Good Housekeeping
- VOGUE
- Contributor, US News & World Report
- Medical Advisory Board, Eat This, Not That!
- Contributor, Bottom Line Personal, Bottom Line Health
- Featured in *Super Size Me*



APPEARANCES

Dr. Young is a dynamic **speaker** delivering engaging **presentations**, **keynotes**, and **workshops** to audiences of all sizes on a wide variety of health and wellness topics. Lisa is regularly invited to speak at corporations, professional conferences, medical centers, community centers, schools, prestigious spas, resorts, and country clubs, bringing her approachable style and science-backed advice to diverse audiences.

CLIENTS

Dr. Young has worked with high-profile organizations, media outlets, medical centers, public health departments, & brands.

- Condé Nast
- US News & World Report
- NYC Department of Health and Mental Hygiene
- Northern Navajo Medical Center
- Blue Diamond ingredients
- Nestlé
- Meredith
- PEOPLE
- KIND Snacks
- United Nations International School
- Scholastic
- USA Pulses and Pulse Canada
- Wildlife Conservation Society
- True Health Initiative
- Gerson Lehrman Group (GLG)
- Cengage Global Education
- Crispy Green

SOCIAL MEDIA & REACH

35K

Social media
reach

1.1K

Newsletter
subscribers

2K

Media mentions &
bylines

3.1K

Monthly website
views

PRESENTED AT:

- American Heart Association
- European Parliament
- Columbia University College of Physicians and Surgeons
- American Public Health Association
- The Penn Club
- NYU Medical Center
- Sloan Kettering
- 92nd Street Y
- Rancho La Puerta
- The Polo Club
- Maine-Harvard Preventive Research Center



SERVICES

- Keynotes, lectures, panels, workshops (in-person & virtual)
 - Event and trade show talent
 - Content creation: blogs, articles, social media, videos, websites, online programs
 - Meal plans, recipes, and menu reviews
 - Broadcast, print, and web interviews
 - Expert quotes and tips for top-tier media and press releases
 - TV and radio segments
 - Nutrition consulting
 - Satellite and radio media tours
- And lots more!