

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

Nutritionist

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EDUCATION

New York University

Ph.D. in Food, Nutrition and Dietetics

New York University

M.S. in Food, Nutrition and Dietetics

The Wharton School, University of Pennsylvania

B.S. in Economics

Health Care Administration

Cum Laude

Brandeis University

PROFESSIONAL LICENSES

Registered Dietitian (R.D.)

American Dietetic Association, ID # 842718

Certified Dietitian-Nutritionist (C.D.N.)

State of New York, Education Dept., I.D. # 2317

TEACHING EXPERIENCE

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

Courses Taught

Nutrition and Health

Nutrition and Metabolism

Contemporary Nutrition

COUNSELING EMPLOYMENT

1993 - Present Nutritionist in Private Practice

- Counsel and educate adults and children on weight management, wellness, and disease prevention
- Plan diets for medical conditions including obesity, cardiovascular disease, hyperlipidemia, diabetes, gastrointestinal disorders, and osteoporosis
- Counsel and educate clients on nutrition through the lifecycle including pregnancy, lactation, pediatric nutrition, menopause, and geriatric nutrition
- Conduct group classes and lectures on a wide variety of nutrition issues
- Consult for health magazines and programs on nutrition, diet, and health

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

RESEARCH EMPLOYMENT

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

- Assisted with a clinical research study 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
- Involved in financial budgeting

INTERNSHIPS

Methodist Hospital

Gail Becker Associates, Inc. (Public Relations)

Long Island Jewish-Hillside Medical Center

Rusk Institute, New York University Institute for Rehabilitation

HONORS AND AWARDS

- Honoree, 2006 Woman Of Action Luncheon of the Israel Cancer Research Fund
- 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
- Deans List: University of Pennsylvania
- Deans List: Brandeis University

PROFESSIONAL ACTIVITIES

- **Research Interests**
Portion sizes in the marketplace, dietary guidance, dietary assessment, weight management strategies, nutrition counseling, food marketing.
- **Memberships**
American Public Health Association
American Dietetic Association (ADA)
Greater New York Dietetic Association
Nutrition Entrepreneurs (NE), a Dietary Practice Group of the ADA
Association for the Study of Food and Society
New York Academy of Sciences, 1986-96
- **Advisory Board**
Bottom Line/Women's Health Newsletter, Nutrition Expert, 2007-Present
Fitness Magazine, Nutrition Expert, 2006-Present
Allure Magazine, Nutrition Expert, Total Body Makeover, 2007.
- **Miscellaneous**
Contributing Writer, *Bottom Line Health* Newsletter, *Nutritionist's Picks*, 2007-
Contributing Writer, MSNBC, 2007.
Consulted with The Northern Navajo Medical Center for the development of a 2008
calendar *Eat Just Enough! (Too bikiinigo)* based on *The Portion Teller Plan*, 2007
Consulted with DK Publishing for *My Food Pyramid: Eat Right, Exercise, Have Fun*, an illustrated children's book based on the USDA's Food Pyramid, 2006-7.
- **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

- **Manuscript Reviews**

Thomson/Wadsworth Educational Publishing, 1994-Present

Sizer F, Whitney E. *Nutrition: Concepts and Controversies* (multiple editions)

Whitney EN, Rolfes SR. *Understanding Nutrition* (multiple editions)

Journal of the American Medical Association, 2002-Present

Journal of the American Dietetic Association, 2003-Present

Obesity, 2006-Present

Topics in Clinical Nutrition, 2006- Present

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)

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.

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.

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.

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.

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.

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.

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 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.

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.

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.

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.

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.

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

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.

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.

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.

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

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.

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

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 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.

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.

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.

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.

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

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.

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

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

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

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.

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

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

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.

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

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

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

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 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 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.

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.

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.

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

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.

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.

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.

Chapin School. Senior Week Education Series. *Eating Well at College: Maximizing Food Choices and Developing Optimum Nutrition*. May 19, 2008. 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, Los Angeles Times, Nassau Herald, New York Times, Newsday, Newsweek, Nutrition Action Health Letter, 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, 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.

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 Weekend Today Show
NBC Weekend Today in New York
NY1 News
News 12

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
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 30 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)
The Right Balance/Accent Radio Network National
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
WTRC-AM/Elkehart IN
WDWS-AM/Champaign IL
KAIR-FM/Kansas City KS
KYMO-AM-FM/Harrisburg IL
KCMN-AM/Colorado Springs CO
KLGR-FM/Redwood Falls MN
WOCM-FM/Ocean City MD
WICH-AM/New London/Norwich CT
KSAC/KAHI-AM/Sacramento CA
WFON/ Milwaukee WI
WHO-AM/ Des Moines IA
Girl Talk With Kath and Mo (Hartford/Springfield, CT)

Movie Interviews

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

PUBLICATIONS

Books

Young LR. *The Portion Teller Plan: The No-Diet Reality Guide to Eating, Cheating, and Losing Weight Permanently.* New York: Morgan Road Books a division of Doubleday Broadway, Random House, Inc., May 2005. [A hardcover edition was published under the title *The Portion Teller: Smartsize Your Way to Permanent Weight Loss.*]

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 and obesity: responses of fast food companies. *Journal of Public Health Policy* 2007;28:238-248.

Young LR, Nestle M. Expanding portion sizes in the US marketplace: Implications for nutrition counseling. *J Am Diet Assoc* 2003;103:231-234.

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, Nestle M. Variations in perceptions of a “medium” food portion: implications for dietary guidance. *J Am Diet Assoc* 1998;98(4):458-459.

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.

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.

Young LR, Nestle M. Portion sizes in dietary assessment: issues and policy implications. *Nutr Rev* 1995;53(6):149-158.

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.

Newspaper Letters and Magazine Articles (Selected)

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.

