

Woodmere native champions healthy diet

BY ALLISON DOUGLAS

Whether it's the South Beach Diet, the Atkins Diet or the Slim Fast Diet, many people are always trying different ways to lose weight. One former Five Towners, however, advocates a different, easier and much more effective way to lose weight: portion control.

Lisa Young, who grew up in Woodmere, recently published her first book, "The Portion Teller: Smartsizes Your Way to Permanent Weight Loss." In the book, Young provides valuable information to understand portion sizes. "People lost sight about how much food is reasonable," said Young.

The book helps to improve portion-size awareness and allows people to develop a wise eating plan, without eliminating food groups and without counting calories.

For almost 20 years, Young has been counseling overweight children and adults in New York City, where she now lives. She has become a successful nutritionist and has developed a private practice that helps others alter their approach to eating. Young gives lectures and group classes about nutrition, behav-

ior modification and weight control. She also serves as an adjunct assistant professor at New York University in the Department of Nutrition, Food Studies and Public Health.

Young initially attended Hillel Day School, which is now the Hebrew Academy of the Five Towns and Rockaway (HAFTR), and completed high school at a private school in New York City. After graduating from high school, Young enrolled in the prestigious University of Pennsylvania Wharton School of Business, where she graduated with a bachelor's degree in economics and health care administration. She then received a master's degree in nutrition, and a doctorate from New York University. The title of her dissertation was "Portion Sizes in the

American Food Supply: Issues and Implications."

Young became interested in portion sizes after a survey from the 1990s conducted by the National Center for Health Statistics revealed that the average American adult in the 1980s had gained eight pounds. Young figured out that the increase in portion sizes had caused the average American to gain weight.

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LISA YOUNG

Woodmere resident and author of, "The Portion Teller: Smartsizes Your Way To Permanent Weight Loss."



WOODMERE RESIDENT LISA YOUNG, author of "The Portion Teller: Smartsizes Your Way To Permanent Weight Loss."

Young is a member of various professional health organizations, including the American Public Health Association, the American Dietetic Association and the Greater New York Dietetic Association.

The former Woodmere resident was featured in the 2004 movie "Supersize Me," showing how portions have grown over time. During a recent interview, Young said that "Portion control is the key to losing weight and keeping it off."

Because of the importance of getting the word out about healthy eating habits to so many people, the former Five Towners has appeared on national television, including ABC News, CBS News, NBC News and CNN. In addition, she has been featured in publications such as The New York Times, The Wall Street Journal, USA Today, The Boston Globe, The Washington Post, Newsweek, Self and Fitness Magazines, Redbook and Glamour.

When asked to comment about the book, the author's father, Lawrence resident Dr. Melvin Young, said, "I personally use the book in my [cardiology] practice as an aid for people who are trying to lose weight."

"I was extremely proud and impressed with the scholarly aspect of the book, as well as the humor interjected throughout the book," he added.

Losing weight continues to be an ongoing focus for many people. Lisa Young's contribution to this important field of health and nutrition provides a valuable alternative approach to permanently manage eating habits in a realistic, sound and successful way. *Comments about this story? PWeln@lherald.com or (516) 569-4000 ext. 204.*