



From the publishers of **People** magazine

Satellite Press Tour
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FAST FOOD FACE-OFF!

LISA R. YOUNG, PhD, RD, CDN
Nutritionist

Since roughly half of all Americans eat fast food at least once a week (according to a recent survey), **YOUR DIET** magazine, from the publishers of **PEOPLE**, have cut through the fat at major fast food and food court chains to advise consumers on the meals to choose when they want to lose—what to sample and what to skip.

Nutritionist Lisa Young will help viewers avoid the pitfalls of fast food and food court chains with some recommendations and timely tips:

- DON'T BE SNOOKERED BY A SIGN (Low-fat, Low-Carb etc)
- BEWARE SAUCES & DRESSINGS
- EXERCISE PORTION CONTROL
- WHEN IN DOUBT, ORDER PIZZA
- LACE UP YOUR WALKING SHOES AND GET IN A WORKOUT AS YOU SHOP
- TO AVOID FOOD COURT TEMPTATION, EAT BEFORE YOU HIT THE MALL

PEOPLE's latest newsstand only issue, **Your Diet** (on sale throughout October 2004) will help fight the battle of the bulge with easy-to-follow, practical tools for promoting healthy eating habits and the motivation to sustain them.

LISA YOUNG, PhD, is a practicing Nutritionist and NYU Assistant Adjunct Professor, her research focuses on portion size in the U.S. food supply. Dr. Young is the author of *The Portion Teller: Smartsizes Your Way to Permanent Weight Loss* (forthcoming 2005.) Her writing has been featured in publications such as *The Wall Street Journal*, *New York Times*, *Newsweek*, *USA Today*, *Forbes*, *SELF*, *Glamour*, *ELLE*. She has appeared on numerous television/radio outlets including *ABC World News Tonight*, *MSNBC*, the *BBC*, and *CBS News Radio* ... and was featured most recently in the acclaimed feature documentary, '**SUPER SIZE ME.**'

Please join **LISA YOUNG** for an enlightening and healthful interview session (Jpegs will be available) from our New York studios on **October 12th, 2004** between the hours of **8:00AM to 11:00AM ET**.

CONTACT: SATELLITE MEDIA GROUP 212.244.3965