

PORTION SIZE SUBJECT MATTER EXPERTS AND KEY REFERENCES

Lisa Young and Marion Nestle

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Lisa R. Young, Ph.D., R.D., C.D.N. is a nationally recognized nutritionist, portion size expert and an adjunct professor at New York University (NYU). Dr. Young has been counseling adults and children for more than 20 years, has written on nutrition and portion control, and regularly lectures on a wide variety of nutrition issues. She is widely quoted by the media on many topics related to nutrition, portion control, diet, and wellness. Dr. Young is the author of ***The Portion Teller Plan: The No-Diet Reality Guide to Eating, Cheating, and Losing Weight Permanently***. It has been widely featured in the national press, and was named one of the five best books on health by O, the Oprah Magazine and the Wall Street Journal.

Marion Nestle, Ph.D. is Paulette Goddard Professor in the Department of Nutrition, Food Studies, and Public Health at New York University (NYU), which she chaired from 1988-2003. She is also Professor of Sociology at NYU and Visiting Professor of Nutritional Sciences at Cornell. Her research examines scientific and socioeconomic influences on food choice, obesity, and food safety, emphasizing the role of food marketing. She is the author of three prize-winning books: ***Food Politics: How the Food Industry Influences Nutrition and Health; Safe Food: The Politics of Food Safety; and What to Eat***. In 2011, the University of California School of Public Health at Berkeley named her "Public Health Hero", Time Magazine included her Twitter feed as among the most influential 140 feeds overall and among the top 10 in health and science. In Forbes, Michael Pollan ranked her as the #2 most powerful foodie in America (after Michelle Obama), and Mark Bittman ranked her #1 in his list of foodies to be thankful for.

References

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