



The Portion Teller: Smartsize Your Way to Permanent Weight Loss

Lisa R. Young

Download now

[Click here](#) if your download doesn't start automatically

The Portion Teller: Smartsizes Your Way to Permanent Weight Loss

Lisa R. Young

The Portion Teller: Smartsizes Your Way to Permanent Weight Loss Lisa R. Young

Would you ever consider going to the kitchen in the morning and grabbing five slices of bread for breakfast? No? Just one bagel or perhaps a bran muffin is more like it, right? Well, think again. Your morning bagel or muffin is probably equivalent to eating five slices of bread, maybe more. That's most of your grain servings for the day.

And, that steak you ate last night? For all the calories and protein you consumed, you might as well have eaten 18 eggs. More than double the amount of protein you need in a day.

Surprised at just how much you are eating? Dr. Lisa Young isn't. She has been studying how Americans eat for more than a decade, and what she found is astonishing. Portion sizes have subtly and steadily increased over the past thirty years and are now two to five times larger than they were in the past. Even the average dinner plate has grown several inches to accommodate more food. The portions we're served are getting bigger and we keep eating. The end result? That's right. Americans are getting fatter.

So what should you do about it? You may think that counting calories, fat grams, or even eliminating entire food groups such as grains is the way to keep this trend toward colossal cuisine from making you fat. The problem is, you don't know how many calories, fat, and carbs are in your favorite foods. No one does, not even the experts. When nutritionists were shown several restaurant meals in a survey, not one person was able to accurately guess the calorie or fat content of the meals.

In *The Portion Teller*, you'll develop portion-size awareness and learn how to lose weight without weighing food or counting calories. Using simple visuals such as a deck of cards, a yo-yo, a baseball, and even your own hand, you'll find out what a serving size is supposed to look like and how many servings you can eat per day from each food group. The visuals are easy to use: If your piece of salmon at dinner is about the size of three decks of cards, you've eaten all your meat and fish servings for the day.

The plan is easy. You'll keep a food diary for a short time to get you started. Once you learn how to size-up your favorite foods with the visuals, Lisa's Portion Personalities show you how stumbling blocks can be easily overcome. Are you a See Food Eater who can't stop yourself at the sight of food or a Special Occasion Victim who can't resist that cake at an office party or a Volume Eater who always wants her plate to be full? As a long-time nutrition counselor, Young gives real-world solutions for tackling your bad habits. There's a cheater's guide, for those who must satisfy that late-night chocolate craving, as well as a survival guide for eating out and daily meal plans.

No forbidden foods, no calorie counting, no food weighing. *The Portion Teller* isn't a diet—it's a sensible eating plan and the end of diet deprivation. Welcome to diet liberation.

 [Download The Portion Teller: Smartsizes Your Way to Permanent Weight Loss ...pdf](#)

 [Read Online The Portion Teller: Smartsizes Your Way to Permanent Weight Loss ...pdf](#)

Download and Read Free Online The Portion Teller: Smartsizes Your Way to Permanent Weight Loss

Lisa R. Young

From reader reviews:

Joy Hanson:

Would you one of the book lovers? If yes, do you ever feeling doubt when you are in the book store? Make an effort to pick one book that you just dont know the inside because don't evaluate book by its include may doesn't work the following is difficult job because you are afraid that the inside maybe not while fantastic as in the outside appear likes. Maybe you answer could be The Portion Teller: Smartsizes Your Way to Permanent Weight Loss why because the amazing cover that make you consider in regards to the content will not disappoint you actually. The inside or content is definitely fantastic as the outside or maybe cover. Your reading sixth sense will directly assist you to pick up this book.

Daniel Kirk:

Beside this The Portion Teller: Smartsizes Your Way to Permanent Weight Loss in your phone, it may give you a way to get more close to the new knowledge or facts. The information and the knowledge you might got here is fresh in the oven so don't always be worry if you feel like an previous people live in narrow small town. It is good thing to have The Portion Teller: Smartsizes Your Way to Permanent Weight Loss because this book offers for you readable information. Do you sometimes have book but you would not get what it's exactly about. Oh come on, that will not happen if you have this within your hand. The Enjoyable option here cannot be questionable, just like treasuring beautiful island. Techniques you still want to miss it? Find this book along with read it from right now!

Jose Suh:

Don't be worry if you are afraid that this book will filled the space in your house, you could have it in e-book method, more simple and reachable. This specific The Portion Teller: Smartsizes Your Way to Permanent Weight Loss can give you a lot of close friends because by you taking a look at this one book you have point that they don't and make you actually more like an interesting person. This particular book can be one of a step for you to get success. This guide offer you information that maybe your friend doesn't learn, by knowing more than some other make you to be great individuals. So , why hesitate? We need to have The Portion Teller: Smartsizes Your Way to Permanent Weight Loss.

Carlton Wood:

That reserve can make you to feel relax. This particular book The Portion Teller: Smartsizes Your Way to Permanent Weight Loss was multi-colored and of course has pictures around. As we know that book The Portion Teller: Smartsizes Your Way to Permanent Weight Loss has many kinds or type. Start from kids until teens. For example Naruto or Investigation company Conan you can read and feel that you are the character on there. So , not at all of book are generally make you bored, any it offers up you feel happy, fun and unwind. Try to choose the best book in your case and try to like reading that.

**Download and Read Online The Portion Teller: Smartsized Your
Way to Permanent Weight Loss Lisa R. Young #0793OJZ4QT2**

Read The Portion Teller: Smartsizes Your Way to Permanent Weight Loss by Lisa R. Young for online ebook

The Portion Teller: Smartsizes Your Way to Permanent Weight Loss by Lisa R. Young Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read The Portion Teller: Smartsizes Your Way to Permanent Weight Loss by Lisa R. Young books to read online.

Online The Portion Teller: Smartsizes Your Way to Permanent Weight Loss by Lisa R. Young ebook PDF download

The Portion Teller: Smartsizes Your Way to Permanent Weight Loss by Lisa R. Young Doc

The Portion Teller: Smartsizes Your Way to Permanent Weight Loss by Lisa R. Young Mobipocket

The Portion Teller: Smartsizes Your Way to Permanent Weight Loss by Lisa R. Young EPub