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Eating disorders, general psychotherapy, medication management, nutrition and recovery

The Renfrew Center Foundation and the Orthodox Union present **Food, Body Image and Eating Disorders in the Jewish Community**, Sunday, June 7, 2009 at The Ramaz Middle School in New York, NY. For more information, please visit: www.renfrew.org
19th Annual Renfrew Center Foundation Conference for Professionals, **Feminist Perspectives and Beyond: The Art and Science of Eating Disorders Treatment**. Philadelphia Airport Marriott, Philadelphia, PA from November 12 - 15, 2009. For more information, please visit: www.renfrew.org

Monthly Support Group for Persons with Eating Disorders, Scarsdale Office. \$10 Call for details and reservation - 914 472-4019 For information about the group([click for details](#))

Monthly Support Group for Families of Eating Disorder Sufferers, Mt. Kisco Office. \$10 (\$15 per couple) Call for details and reservations - 914 244-1904, mailbox 2 For information about the group([click for details](#))

working with motivation in the treatment of eating and addictive disorders

with **Judy Scheel, PhD, LCSW / Jeff Foote, PhD**

Training for Professionals

Presented by
Cedar Associates & the Center for Motivation and Change

Date: **Friday, May 8, 11:00 am – 2:00 pm**

Cost: **\$25**

Location:

CMC Westchester – 235 Main Street, Suite 540, White Plains
Click [here](#) for more information

COMPULSIVE OVEREATERS
EMOTIONAL EATING GROUP
CEDAR Associates is proud to offer a Compulsive Overeaters Emotional Eating Group.

For women ages 30 –65
Thursday nights from 7:45-9pm
1075 Central Avenue,
Scarsdale, NY. Call 914-472-4019 for more information

Dear Readers: The following article, written by CEDAR nutritionist, Stacey Schulman, RD, and colleague, Stacey Rosenfeld, Ph.D., addresses the new laws regarding posting of nutritional content in fast food and chain restaurants. This article, in clear and lay language, is appropriate for you to pass on to your patients with eating disorders or students in your classrooms as it may help to reinforce healthy eating versus calorie counting.

What menu labeling laws really mean

By Stacey Rosenfeld, Ph.D., and Stacey Schulman, MS, RD, CDN

Chances are, if you've dined out in New York City recently, you've noticed a new addition to the menus of your favorite spots. Chains like Starbucks, Cusi, Subway, and other Mecca's of quick, affordable food, now post caloric content on their in-store menu boards. Your morning grande mocha? 330 calories. The six-inch, turkey sandwich popularized by Subway's Jared? 280 calories.

Caloric labeling is the result of a citywide health department regulation that took effect on March 31, 2008. Restaurants with 15 or more outposts nationwide are required to include calorie counts of all menu items. Restaurants not in compliance risk financial penalty.

While nutritional information has long been available online, in supermarkets and restaurant pamphlets, the new regulation of in-store posting is rigorously aimed at combating obesity. The hope is that if customers are faced with caloric information head on, they'll make lower calorie, lower fat food choices, ultimately leading to weight loss and better health.

Unfortunately, caloric labeling relies on several assumptions and may have specific

Please click [here](#) to read more of this letter on our web site.