TEENS AND FATTY LIVER

ABOUT ONE IN FIVE TEENS HAS A FATTY LIVER

Start Today to Reverse or Prevent Fatty Liver

- Set achievable goals
- Reduce sugar consumption
- Stop gaining weight
- 30 minutes of aerobic exercise 3-5 days per week
- Avoid binge drinking
- Don’t let one bad day discourage you; start over the next day

It Takes a Team

- Your family and friends can help
- Family eating habits carryover from adults to their children

WHAT IS FATTY LIVER?
A condition where there is excess fat in the liver

WHY YOU SHOULD CARE
A fatty liver can lead to more serious diseases including diabetes, high blood pressure, cirrhosis and cardiac issues

Leading cause of chronic liver disease among children

WHO IS AT RISK
Those who consume too much sugar, even normal weight teens
Those who are overweight
Boys more often than girls
Hispanics/Latinos are most at risk

THE GOOD NEWS
The liver is a very forgiving organ and fatty liver can be reversed through improved diet and more physical activity, reducing screen time and getting enough sleep

EXCESS SUGAR CONSUMPTION CAN CAUSE A FATTY LIVER
According to the American Heart Association, the average teen consumes about FIVE TIMES the recommended daily consumption (24 grams or 6 teaspoons). More than half of all foods contain added sugars. Make a habit of reading nutrition labels.

EXCESS SUGAR CONSUMPTION CAN CAUSE A FATTY LIVER

SOME DIET TIPS

<table>
<thead>
<tr>
<th>MORE</th>
<th>LESS</th>
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<tbody>
<tr>
<td>Water</td>
<td>Sugar Sweetened Drinks</td>
</tr>
<tr>
<td>Wheat and Rye Bread: Brown Rice</td>
<td>White Bread, White Rice</td>
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<tr>
<td>Home-prepared Meals</td>
<td>Fast Food</td>
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<tr>
<td>Fruits</td>
<td>Fruit Juice, Candy</td>
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<tr>
<td>Almonds, Walnuts, Cashews</td>
<td>Potato Chips and Other Salty Snacks</td>
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<tr>
<td>Vegetables</td>
<td>Frozen Food</td>
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<td>Fish and Poultry</td>
<td>Deli Meats</td>
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<tr>
<td>Eggs, Oatmeal</td>
<td>Sweetened Cereal, Bagels, Doughnuts</td>
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