THE CRISIS OF CHILDHOOD FATTY LIVER DISEASE

DID YOU KNOW?

Up to 6 Million Children Have a Fatty Liver & It’s Getting Worse!

Excess liver fat is usually caused by poor diet & too little physical activity.

SUGAR IS TOXIC

Sugar affects the liver like alcohol
The average child consumes 5X the recommended daily amount (24 grams)
Sugary drinks are a major source

FATTY LIVER FACTS

Leading cause of childhood chronic liver disease
Can lead to NASH (nonalcoholic steatohepatitis) & cirrhosis
Occurs in 10% of children, increasing to 40% of obese children
8% of normal weight adolescents are also affected
Affects boys more than girls
Hispanics/Latinos are most at risk
No medical cures but reversible through lifestyle changes

WHAT YOU CAN DO

LIFESTYLE IS A FAMILY ISSUE, NOT A CHILDREN’S ISSUE

Eat whole foods, not processed foods
Read nutrition labels
Limit sugary foods & drinks, especially those with added sugar
Drink water, NOT energy drinks, fruit drinks, or soda pop
Eat more fruits and vegetables
Minimize fast food
Eat plenty of fiber
Eat a healthy breakfast - no sugary cereals
Be physically active 60 minutes per day
Eat healthy snacks - fruits, vegetables, and nuts

FOR MORE INFORMATION GO TO nash-now.org/childrens-health