100 Million Americans of All Ages Have A Fatty Liver

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

**HOW DOES IT HAPPEN?**
Usually related to poor nutritional choices
Genetics can be a factor

**WHY YOU SHOULD CARE**
A fatty liver is linked to more serious diseases including diabetes, high blood pressure, cirrhosis and cardiac issues
Leading cause of chronic liver disease among children

**A FAMILY ACTION PLAN**
Include the whole family in grocery shopping, meal planning and cooking
Start with small measurable changes (e.g., decrease your sugar intake by cutting back on soft drinks/candy every week)
Plan family outings that involve physical activity
Read nutrition labels as a family
Make sugary foods and drinks a treat, not part of the regular diet

**FATTY LIVER FACTS**
6 million children have a fatty liver
Affects boys more than girls
Hispanics/Latinx are most at risk
No medical cures but reversible through lifestyle changes

**Our Diet: A Source of the Problem**
Actual Consumption Compared to Recommended

**NUTRITION TIPS**

<table>
<thead>
<tr>
<th>MORE</th>
<th>LESS</th>
</tr>
</thead>
<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>
</tr>
<tr>
<td>Home-prepared Meals</td>
<td>Fast Food</td>
</tr>
<tr>
<td>Fruits</td>
<td>Fruit Juice, Candy</td>
</tr>
<tr>
<td>Almonds, Walnuts, Cashews</td>
<td>Potato Chips &amp; Other Salty Snacks</td>
</tr>
<tr>
<td>Vegetables</td>
<td>Frozen Food</td>
</tr>
<tr>
<td>Fish and Poultry</td>
<td>Deli Meats</td>
</tr>
<tr>
<td>Eggs, Oatmeal</td>
<td>Sweetened Cereal, Bagels, Doughnuts</td>
</tr>
</tbody>
</table>

Source: Data derived from “What We Eat in America/National Health and Nutrition Examination Survey 2017-2018”