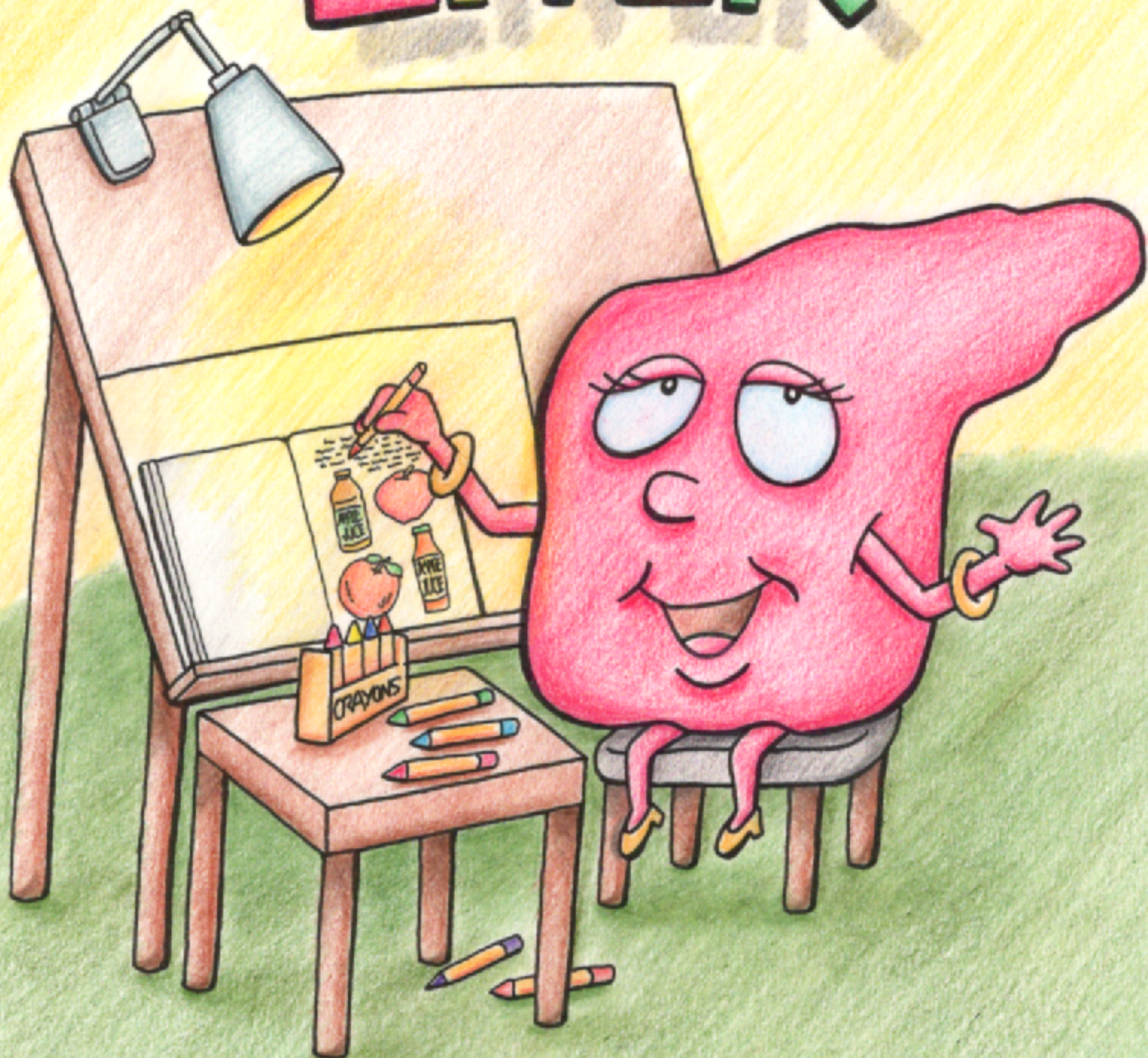


# MEET YOUR LIVER

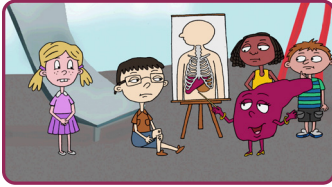




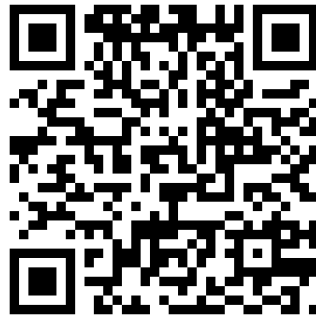
# Check Out Our Animated Kids Videos!

Use The QR Codes To View The Videos

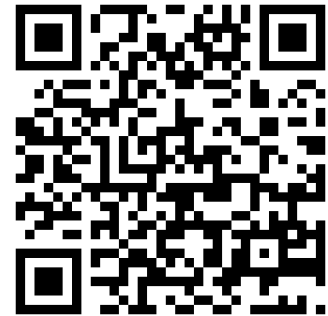
## Meet Your Liver



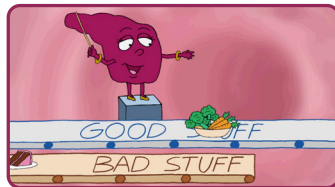
## Fiber Is Our Friend



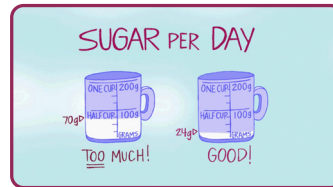
## Friends Help Each Other



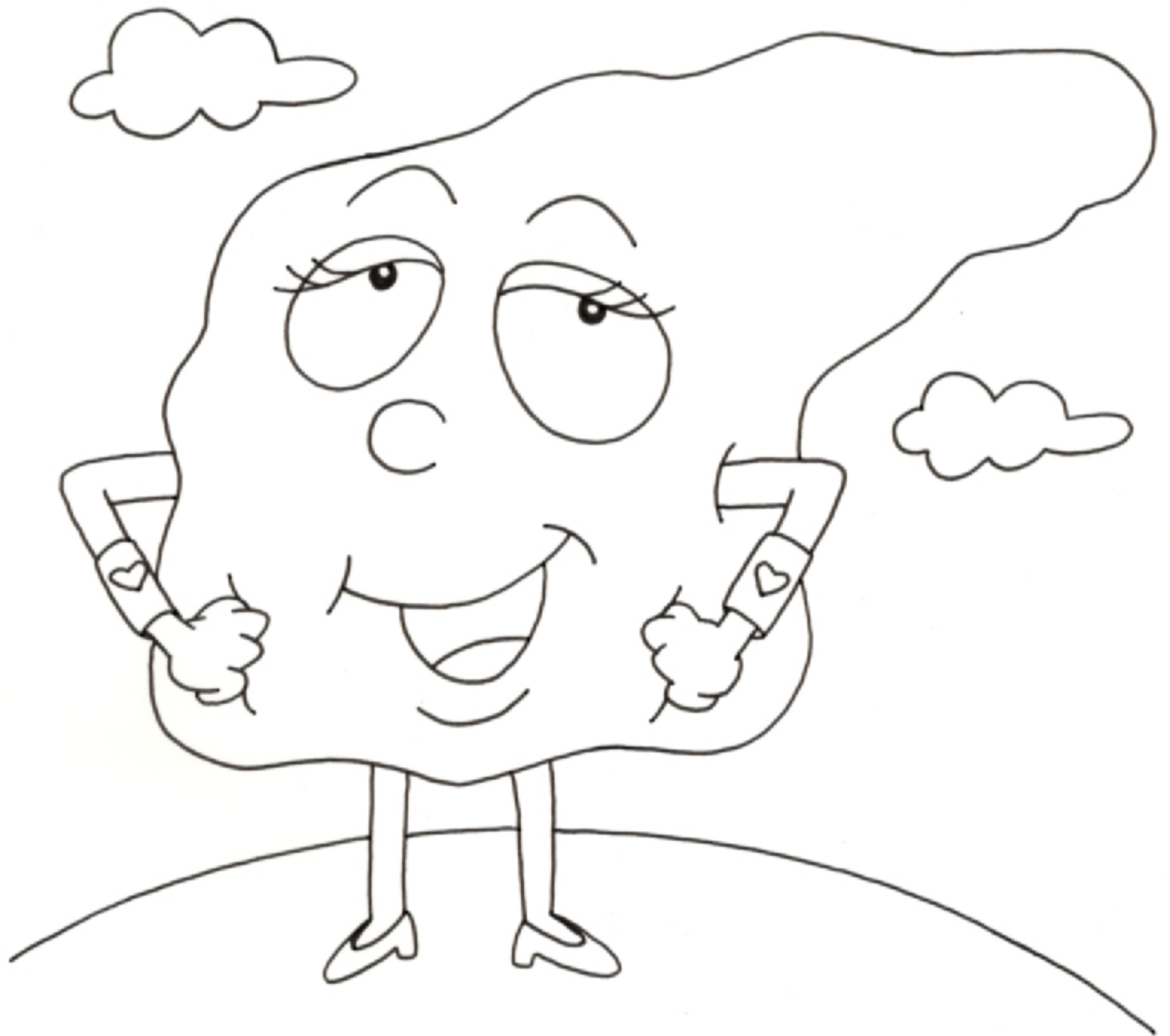
## Kids Teaching Parents

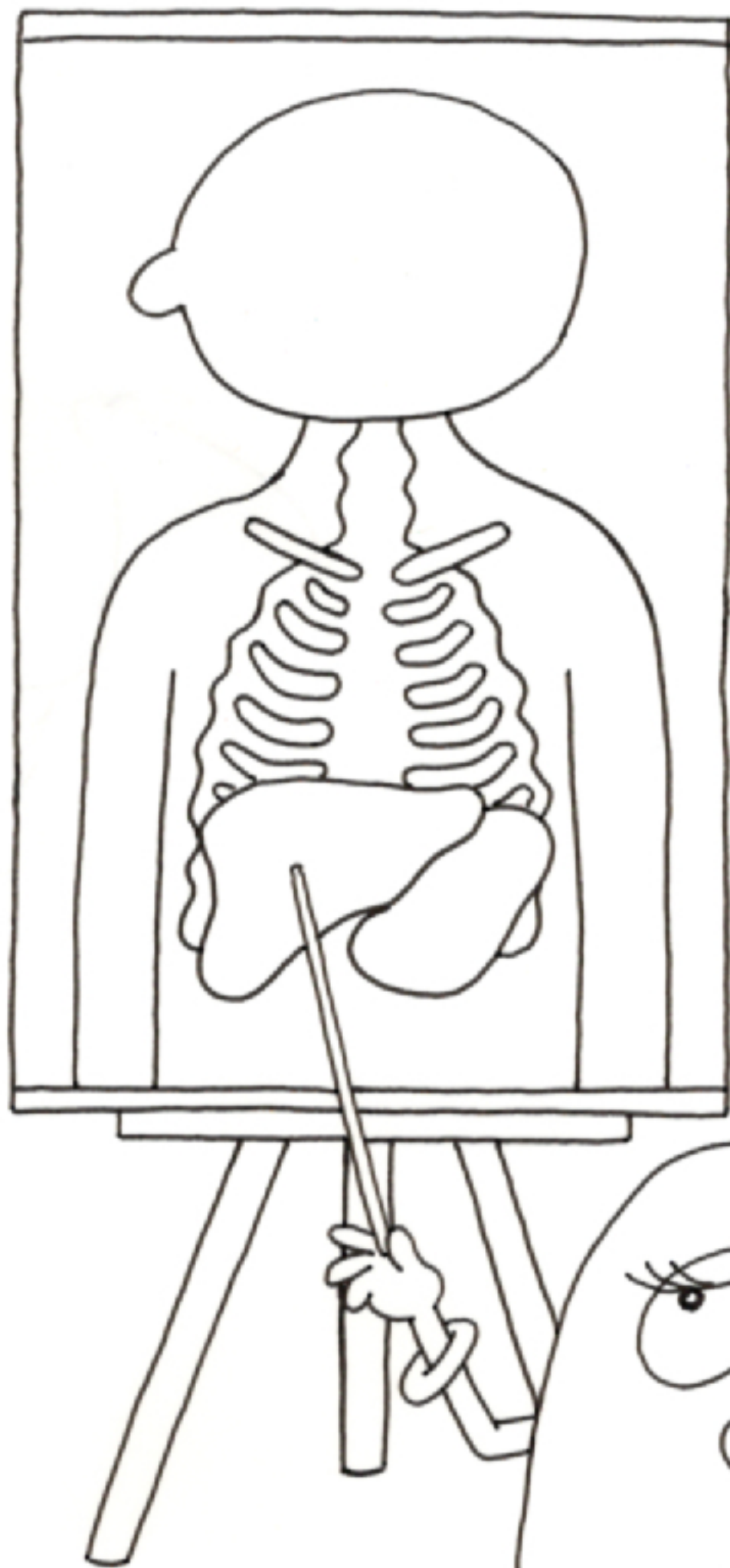


## Too Much Sugar

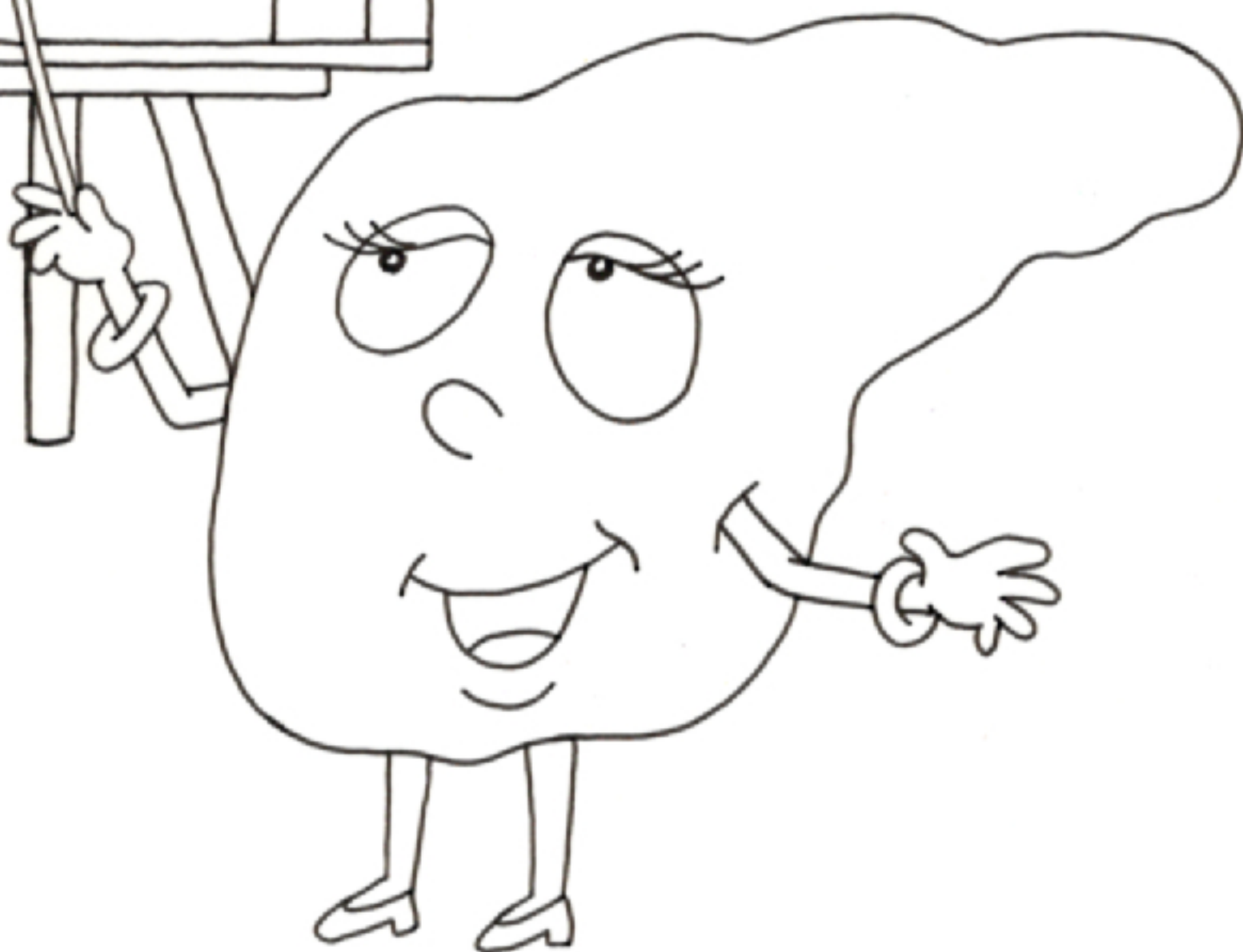


HI, I'M LIVVY THE LIVER.  
WHEN YOU GET TO KNOW ME YOU  
WILL KNOW I AM ONE OF YOUR  
BEST FRIENDS.



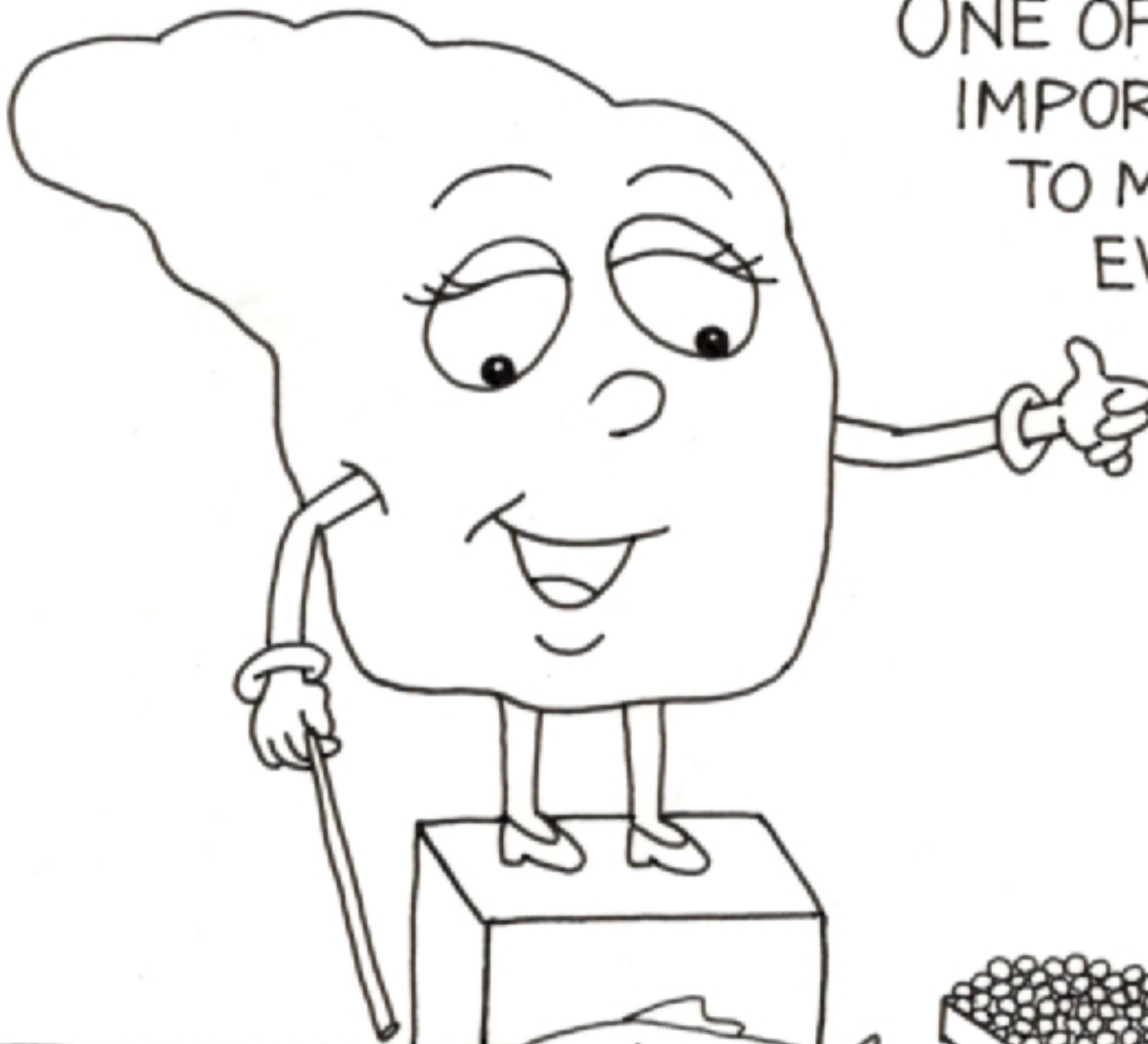


WHERE IS  
YOUR LIVER?  
HERE'S WHERE I  
AM IN YOUR BODY.  
ON YOUR RIGHT  
SIDE NEAR YOUR  
STOMACH AND  
BEHIND YOUR  
RIBS.





ONE OF THE MOST  
IMPORTANT JOBS IS  
TO MAKE SURE  
EVERYTHING  
HEALTHY STAYS  
IN YOUR BODY  
AND EVERYTHING  
UNHEALTHY  
LEAVES  
YOUR BODY.



◎ HEALTHY ◎ STUFF ◎



◎ UNHEALTHY ◎ STUFF ◎



MOST KIDS EAT TOO MUCH SUGAR  
A LITTLE BIT IS OK AND ON SPECIAL  
OCCASIONS BUT TRY TO EAT AND  
DRINK LESS SUGAR.

GOOD!

24g  
OR 6 TSPS



TOO  
MUCH!

70g  
OR 12 TSPS





ONE WAY TO DRINK LESS SUGAR  
IS TO DRINK WATER WHENEVER  
YOU CAN. WATER IS  
VERY GOOD FOR YOU.



DRINK  
MORE!

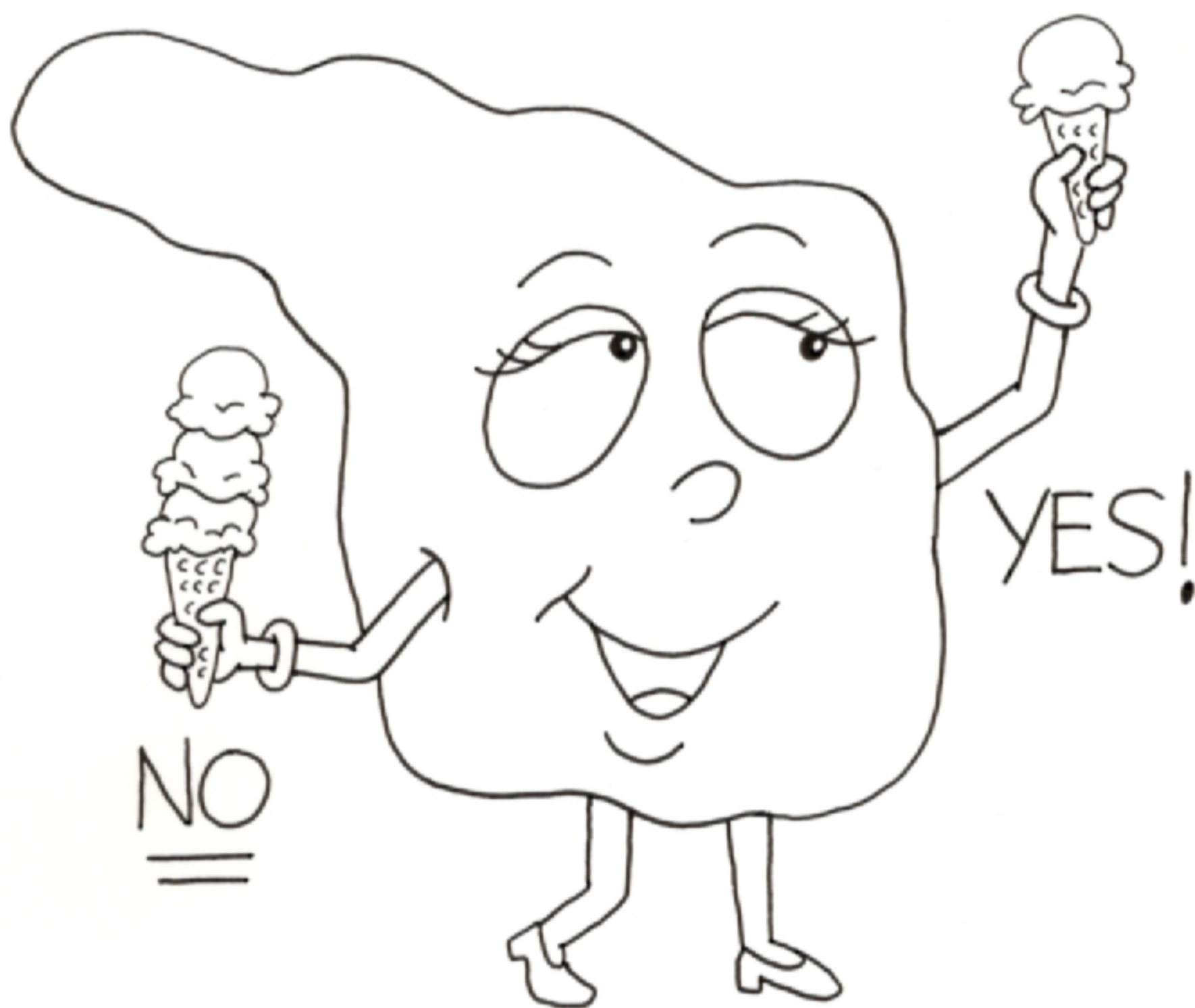


DRINK  
LESS



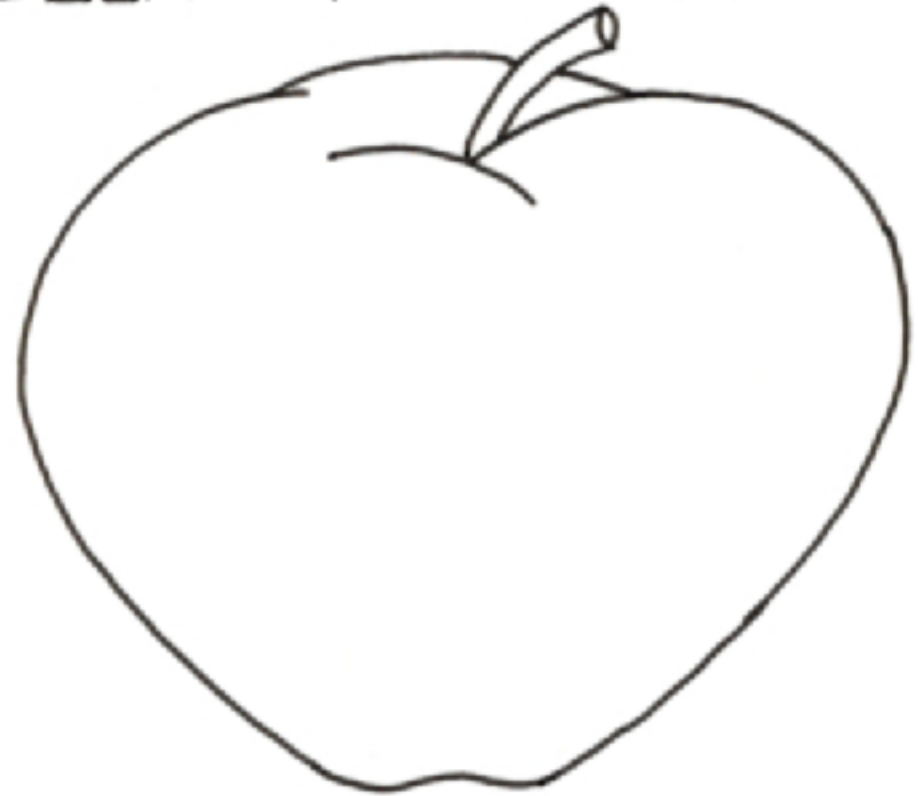
MAKE HEALTHY CHOICES

YOU DON'T HAVE TO BE  
PERFECT. A LITTLE BIT IS  
OK!



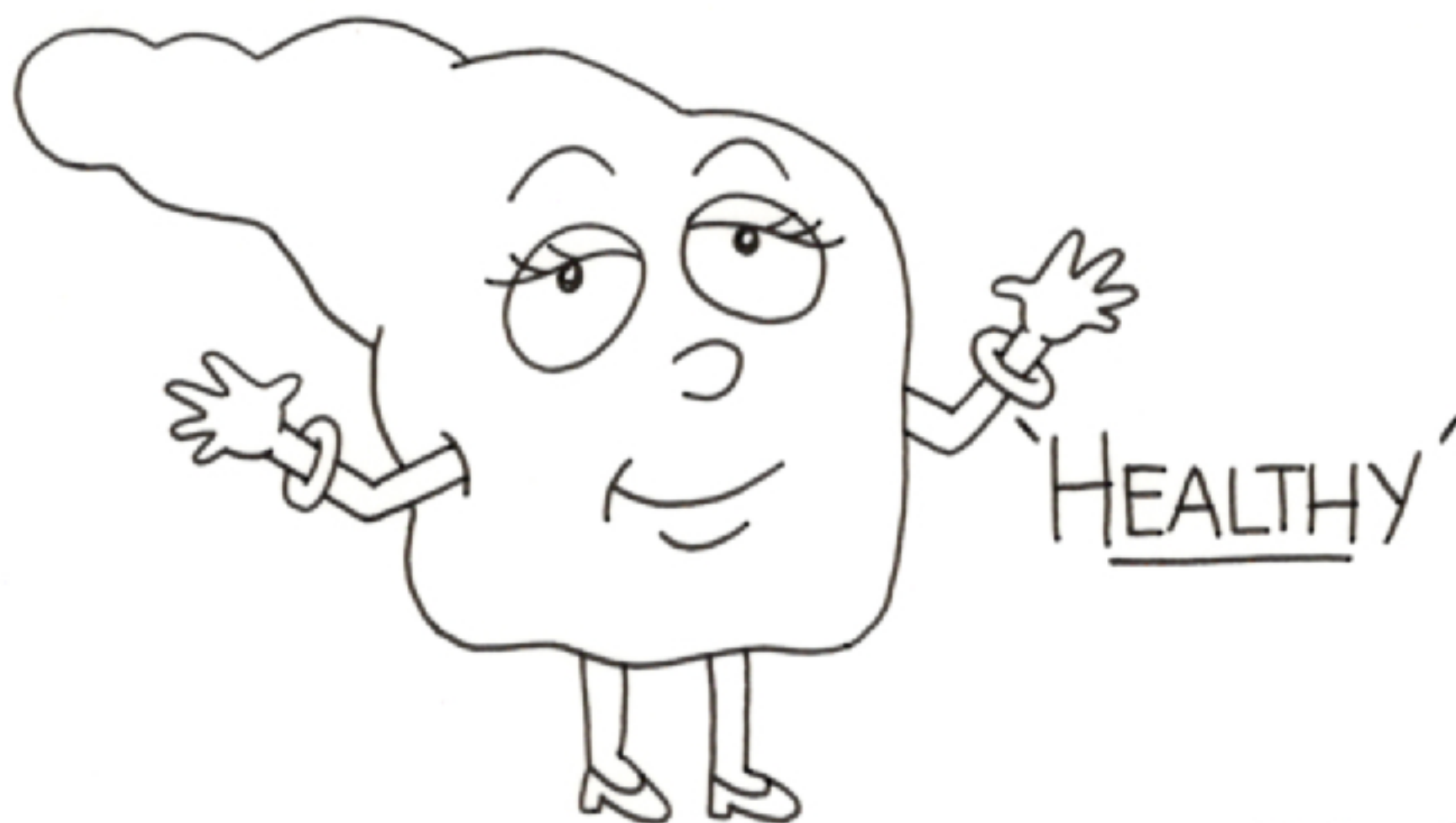


EAT FRUIT, DON'T DRINK IT  
FIBER HELPS ME DO MY JOB.  
WHEN YOU EAT FRUIT YOU GET LOTS  
OF FIBER. WHEN YOU DRINK IT,  
THE FIBER HAS MOSTLY  
BEEN TAKEN OUT.





I CAN DO MY JOB BEST WHEN YOU  
KEEP ME HEALTHY. PLEASE KEEP ME  
HEALTHY SO I CAN WORK HARD TO  
KEEP YOU HEALTHY.





# 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



**NASH knowledge**

FOR MORE INFORMATION GO TO [nash-now.org/childrens-health](http://nash-now.org/childrens-health)



# **NASH KNOWledge**

## THE SILENT EPIDEMIC

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Email us at [info@nash-now.org](mailto:info@nash-now.org)

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**Illustrations by Michael Schwab/Kensington Falls Animation**

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