MEET YOUR LIVER
Check Out Our Animated Kids Videos!
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Meet Your Liver

Fiber Is Our Friend

Friends Help Each Other

Kids Teaching Parents

Too Much Sugar

NASH kNOWledge
nash-now.org
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.
MOST KIDS EAT TOO MUCH SUGAR
A LITTLE BIT IS OK AND ON SPECIAL OCCASIONS BUT TRY TO EAT AND DRINK LESS SUGAR.

GOOD!
- ONE CUP: 200g
- HALF CUP: 100g
- 24g (or 6 TSPS)

TOO MUCH!
- ONE CUP: 200g
- HALF CUP: 100g
- 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!

NO

YES!
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.

'Healthy'

'Unhealthy'
THE CRISIS OF CHILDHOOD FATTY LIVER DISEASE

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