

HEALTHY FAMILY NUTRITION

Good Nutrition Leads to Good Health

DID YOU KNOW?

About **74%** of all Americans and **40%** of children are overweight.

1/3 of calories are consumed outside the home.

More than **1/2** of adults have one or more diet-related chronic diseases.

The average American consumes about **3X** the recommended amount of sugar.

Nutrition Facts

8 servings per container	
Serving size 8 fl oz (240mL)	
Amount per serving	
Calories	110
<small>% Daily Value*</small>	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 27g	10%
Dietary Fiber 0g	0%
Total Sugars 25g	
Includes 23g Added Sugars	46%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 40mg	0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

WHAT YOU EAT

- Reduce sodium – The average person consumes **50%** more sodium than recommended.
- Replace fast foods and processed foods with fresh foods.
- Be Aware – Sugar, especially added sugar, is in foods you wouldn't suspect.
- Limit carbs, desserts, sweet snacks and candy; replace with fruits and nuts.
- Eat more fruits and vegetables – most people don't get enough fiber.

WHAT YOU DRINK

- Reduce sweetened drinks – they are the greatest source of added sugar.
- Drink water instead of soft drinks or energy drinks.
- Limit consumption of fruit juices and drinks – even **100%** fruit juice is loaded with sugar.
- Eat fruit, don't drink it.
- Drink milk, it contains plenty of nutrients.

SOURCES OF ADDED SUGAR

- Sugar-Sweetened Beverages – **24%**
- Desserts & Sweet Snacks – **19%**
- Coffee & Tea – **11%**
- Candy – **9%**
- Breakfast Cereals & Bars – **7%**
- All other – **30%** (sandwiches, yogurt, sweetened milk, etc.)

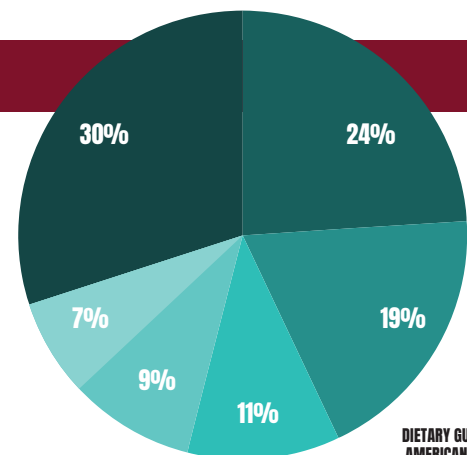


WHAT YOU DO

- Increase physical activity – it's an important element of good health.
- Find physical activities you enjoy.
- Target at least **150 minutes** of physical activity a week.
- Incorporate physical activity into your normal routine (steps vs. elevator).

WHAT YOU THINK

- Small changes can make a big difference.
- Perfection is the enemy of good – you will have days you won't be perfect.
- Be mindful of what goes into your body – read nutrition labels.



SOURCE: DIETARY GUIDELINES FOR AMERICANS 2020-2025



NASH knowledge

FOR MORE INFORMATION GO TO love-your-liver.org

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