

# 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)

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