

FATTY LIVER DISEASE: A FAMILY ISSUE

DID YOU KNOW?

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

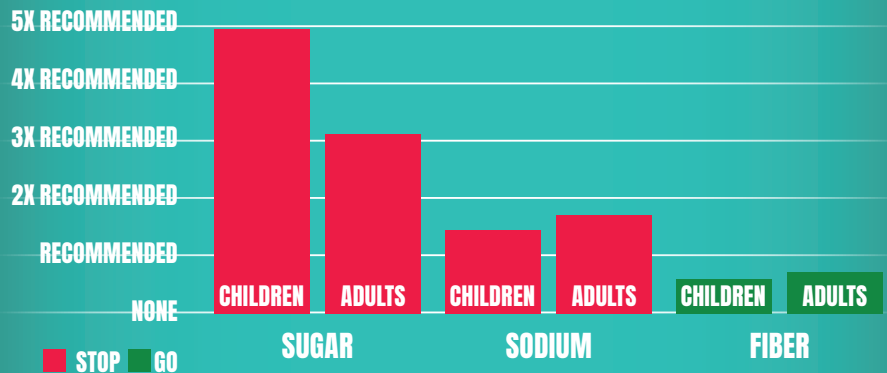
Affects boys more than girls

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



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

NUTRITION TIPS

MORE

Water

Wheat and Rye Bread: Brown Rice

Home-prepared Meals

Fruits

Almonds, Walnuts, Cashews

Vegetables

Fish and Poultry

Eggs, Oatmeal

LESS

Sugar Sweetened Drinks

White Bread, White Rice

Fast Food

Fruit Juice, Candy

Potato Chips & Other Salty Snacks

Frozen Food

Deli Meats

Sweetened Cereal, Bagels, Doughnuts

