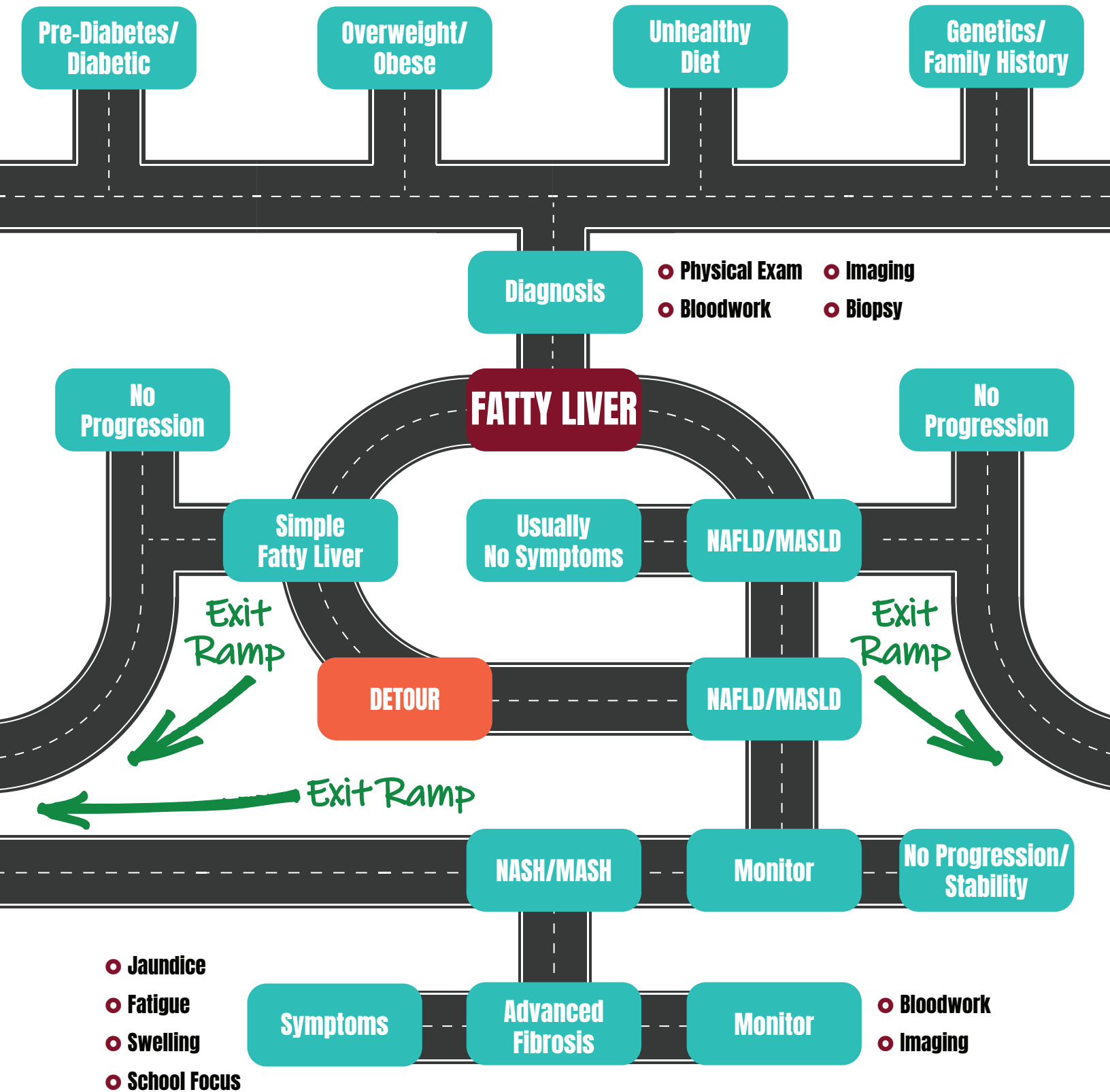


PEDIATRIC FATTY LIVER ROADMAP



PEDIATRIC FATTY LIVER ROADMAP



FATTY LIVER FACTS

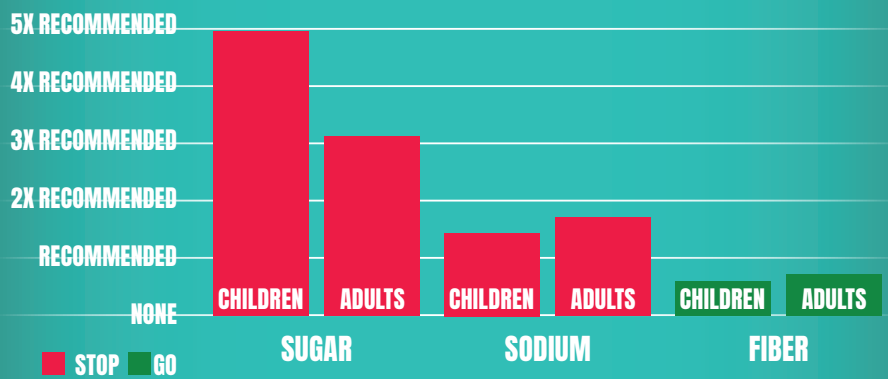
- 6 million children have a fatty liver
- Affects boys more than girls
- Hispanics/Latinx have highest risk
- No medical cures but reversible through lifestyle changes

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

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	LESS
Water	Sugar Sweetened Drinks
Wheat and Rye Bread; Brown Rice	White Bread, White Rice
Home-prepared Meals	Fast Food
Fruits	Fruit Juice, Candy
Almonds, Walnuts, Cashews	Potato Chips & Other Salty Snacks
Vegetables	Frozen Food
Fish and Poultry	Deli Meats
Eggs, Oatmeal	Sweetened Cereal, Bagels, Doughnuts

