

# TEENS AND FATTY LIVER

**DID YOU KNOW?**

**ABOUT ONE IN FIVE TEENS HAS A FATTY LIVER**

## WHAT IS FATTY LIVER?

A condition where there is excess fat in the liver

## WHY YOU SHOULD CARE

A fatty liver can lead to more serious diseases including diabetes, high blood pressure, cirrhosis and cardiac issues

Leading cause of chronic liver disease among children

## WHO IS AT RISK

Those who consume too much sugar, even normal weight teens

Those who are overweight

Boys more often than girls

Hispanics/Latinos are most at risk

## THE GOOD NEWS

The liver is a very forgiving organ and fatty liver can be reversed through improved diet and more physical activity, reducing screen time and getting enough sleep

## EXCESS SUGAR CONSUMPTION CAN CAUSE A FATTY LIVER

According to the American Heart Association, the average teen consumes about **FIVE TIMES** the recommended daily consumption (24 grams or 6 teaspoons). More than half of all foods contain added sugars. Make a habit of reading nutrition labels.

## Start Today to Reverse or Prevent Fatty Liver

- Set achievable goals
- Reduce sugar consumption
- Stop gaining weight
- 30 minutes of aerobic exercise 3-5 days per week
- Avoid binge drinking
- Don't let one bad day discourage you: start over the next day

## It Takes a Team

- Your family and friends can help
- Family eating habits carryover from adults to their children



## SOME DIET 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 and Other Salty Snacks
Vegetables	Frozen Food
Fish and Poultry	Deli Meats
Eggs, Oatmeal	Sweetened Cereal, Bagels, Doughnuts

