

YOUR YOUNG CHILD: ADDED SUGAR & FATTY LIVER

DID YOU KNOW?

ADDED SUGAR & ALCOHOL ARE EQUALLY HARMFUL TO THE LIVER

EXPERT RECOMMENDATIONS

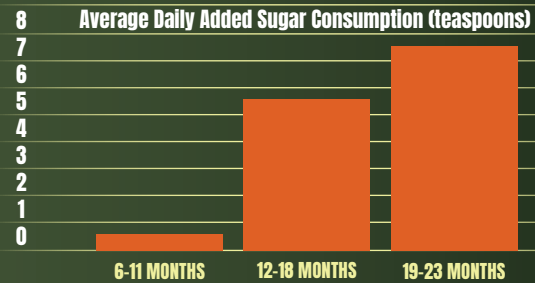
**CHILDREN UNDER 2
NO ADDED SUGAR**

**CHILDREN 2-4
NO MORE THAN 6
TEASPOONS PER DAY
(25 GRAMS)**



THE REALITY

**99% OF TODDLERS &
60% OF BABIES
CONSUME ADDED SUGAR**



Source: 2020 Dietary Guidelines Advisory Committee

ADDED SUGAR IS HIDDEN IN FOODS & HAS CAUSED AN UPTICK IN FATTY LIVER DISEASE

FREQUENT SOURCES OF ADDED SUGAR

Baby Snacks

Candy

Flavored Milk

Flavored Yogurt



Fruit Drinks

Fruit Juice

Ice Cream

Sweet Baked Goods

WHY YOU SHOULD CARE

Fatty liver disease (excess fat in the liver) is rapidly increasing; can lead to serious liver disease, including cirrhosis

10% of children have fatty liver disease; it has even been seen in toddlers

A HEALTHY START

Taste preferences are established early in life

Limiting sweetened foods from infancy may help establish lifelong healthy eating habits

Sugar can be addictive

HELPFUL SUGGESTIONS

Follow the recommended guidelines for added sugar

Read nutrition labels for added sugar – it goes by over 50 names

Encourage eating fruits, vegetables and unsweetened food



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LEARN MORE! <https://nash-now.org/childrens-health>

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