

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**

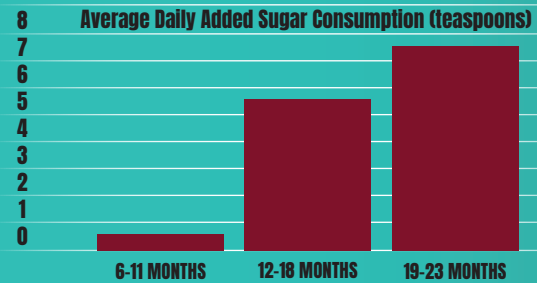


**CHILDREN 2-4
NO MORE THAN 6
TEASPOONS PER DAY
(25 GRAMS)**



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**



NASH knowledge

FOR MORE INFORMATION GO TO nash-now.org/childrens-health