

# CT Children's CLASP Guideline Family Handout

## Steatotic Liver Disease (SLD)

### FAMILY HANDOUT: HEALTHY EATING TIPS FOR SLD

#### WAYS TO LOWER THE RISK OF NAFLD

- **Cut Back on Sugar Sweetened Beverages**

Cut out sugary beverages such as sweetened fruit drinks, soda, Gatorade, iced teas and fruit juices from your child's diet. Most of these drinks have no nutritional benefit. They can be high in a sugar known as fructose which is bad for your child. Encourage drinking mostly plain water and eating fresh fruit instead of the fruit juice.

**Did you know?** Fructose and High Fructose Corn Syrup are shown to increase the risk of SLD and cause worsening disease.

*Tip:* You can add Crystal Light to water to add some flavor or buy flavored, unsweetened seltzer.

- **Include More Foods Rich in Omega 3 Fatty Acids**

Omega 3 Fatty Acids have been found to protect against SLD. Foods high in omega 3 include fish such as salmon, tuna and mackerel, walnuts, soybeans, kidney beans, and edamame. Try having fish for dinner at least once a week.

- **Fiber, Fiber, Fiber!**

Encourage foods that are high in fiber such as vegetables, legumes (chickpeas, beans, peas, peanuts, lentils) and fresh fruits. These foods help increase the feeling of fullness, help decrease insulin resistance and increase fat break down.

*Tip:* Pre-cut vegetables or unsalted peanuts is an easy and quick snack between meals.

- **Learn to Read Food Labels**

When shopping at the grocery store try making it a routine to read food labels. Avoid foods that are high in *saturated fat* and try to pick foods with less *total carbohydrates*. If your child is old enough, bring them shopping with you. Make reading food labels a fun family activity!

- **Healthy Snack Tips**

Small snacks with water to drink, between meals are an important part of your child's day. Snacks help keep hunger at bay and prevent overeating when going long periods between meals times. Some healthy options for your child include:

- Plain yogurt with fresh fruit
- Plain oatmeal with cinnamon and fruit
- 1 tbsp of peanut butter with sliced celery
- Baby carrots with hummus
- A banana for a snack
- A serving of unsalted nuts

- **Plan Family Dinner!**

Encourage family meal times as many times per week as possible. These are perfect times to model healthy behavior by loading up your plate with vegetables and fruits. It also helps make family bonds stronger and saves money!

- **Limit Sitting!**

Sedentary (lots of sitting) behavior has been shown to play a possible role in the development of SLD. To stop this from happening, encourage daily physical activity for at least 60 minutes. This can include dancing, running, walking, bicycling, swimming, and jumping rope. Sports are also a great way to keep kids involved and active.

*Tip:* For older kids, use free exercise apps to stay active during winter without having to leave your house.

Also limit screen time to less than 2 hours daily and make sure not to put a TV in your child's bedroom. This will encourage them to seek other active ways to have fun and can help them get better sleep.

## References:

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