

Table 1. Daily dietary consumption of fructose and carbohydrate and anthropometric and biochemical parameters in children and adolescents with NAFLD, stratified by NAFLD Activity Score (NAS).

	NAS\geq5 (n=102)	NAS<5 (n=169)	<i>p</i>
Age (years)	11.4(10.4-13.3)	11.6 (9.8-13)	0.68
Sex (F/M %)	44/58(43/57)	56/103(33/67)	0.52
Weight (median; IQR)	68 (50-75)	66 (49-71)	0.55
BMI, Kg/mq (mean \pm SD)	27.2 (4.3)	26.1 (5.1)	0.61
WC, cm (mean \pm SD)	90.3 (9.1)	85.8 (11.6)	0.01
z-BMI (mean \pm SD)	2.8 (1.2)	2.2 (1.5)	0.66
AST, UI/L (median; IQR)	55(32-65)	42 (28-53)	0.001
ALT, UI/L (median; IQR)	65 (36-110)	58 (35-78)	0.02
Uric Acid, mg/dl (median; IQR)	6.6 (4-7.2)	5.1 (4.2-6.5)	0.05
Hyperuricemia, (uric acid>5.9 mg/dl) (%)	47%	29.5%	0.003
Total Cholesterol, mg/dl (median; IQR)	166(149-195)	156 (131-176)	0.02
LDL Cholesterol, mg/dl (median; IQR)	108(76-113)	90 (70-108)	0.22
HDL cholesterol, mg/dl (median; IQR)	43(33-48)	46 (38-49)	0.81
Triglycerides, mg/dl (median; IQR)	103 (78-146)	91 (70-110)	0.05
Fasting plasma glucose, mg/dl (median; IQR)	84 (75-92)	82 (76-87)	0.64
Fasting plasma gluc-120' (median; IQR)	113 (100-130)	112(101-127)	0.85
Fasting Insulin, mU/L (median; IQR)	16 (9-19)	14 (10-20)	0.61
Insulin -120 minute mU/L(median; IQR)	104 (44-139)	93 (76-136)	0.09
HOMA-IR(mean \pm SD)	2.99(2.1)	2.7 (1.67)	0.81
SBP, mmHg (mean \pm SD)	112 (11.9)	111.4 (10.3)	0.65
DBP, mmHg (mean \pm SD)	69.5 (8.2)	67.2 (9.6)	0.32
Fructose, grammes/day (median; IQR)	70.4(53-85)	52.6(38-73)	0.002
Carbohydrates, grammes/day (median; IQR)	234(123-432)	227(128-370)	0.62
TNF- α , (ng/ml) (median; IQR)	59.8 (10-112)	43.4 (12-91)	0.04
IL-6, (pg/ml) (median; IQR)	29.3(13-55)	26.2(8-49)	0.22
IL-1 β , (pg/ml) (median; IQR)	14.3 (7-22)	13 (6- 21)	0.76

BMI = body mass index; WC= waist circumference; AST = aspartate aminotransferase; ALT = alanine aminotransferase; HOMA-IR = homeostasis model assessment of insulin resistance; SBP = systolic blood pressure; DBP = diastolic blood pressure; TNF- α = Tumor necrosis factor- α ; IL= interleukin.