Impact of Soymilk on Liver Disease Severity of Children With Non-alcoholic Fatty Liver Disease (NAFLD)

Status: RECRUITING

Eligibility Criteria

Sex: ALL
Age: 5 years to 12 years old
Healthy Volunteers: This study is NOT accepting healthy volunteers
Inclusion Criteria:

- Children with overweight/obesity
- Non-alcoholic fatty liver disease (NAFLD) and an MRI PDFF >10%
- Known NAFLD or elevated ALT for sex (>22 for females and >26 for males)

Exclusion Criteria:

- MRI-PDFF <10%
- Baseline habitual (>3 days per week) consumption of soy foods
- Allergy to soy or cow's milk protein
- Inability to undergo MRI
- Recent (past 8 weeks) antibiotic exposure
- Treatment for existing endocrine disorders

Conditions & Interventions

Interventions:
DRUG: Standard Soy Milk, DRUG: 2% Fat Cow's Milk
Conditions:
Non-Alcoholic Fatty Liver Disease
Keywords:
NAFLD

More Information

Description:
A randomized, controlled study of standard soy milk consumption compared to 2% fat cow's milk consumption in children with Non-alcoholic Fatty Liver Disease (NAFLD). The investigators hypothesize that the daily consumption of soy isoflavones found in the soy milk will be beneficial in reducing NAFLD and other obesity-related comorbidities. The investigators do not expect any adverse endocrine or metabolomic effects from the consumption of soy isoflavones.

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