

ARFID

Avoidant/ restricted food intake disorder



WHAT IS ARFID?

Avoidant restrictive food intake disorder (ARFID) is diagnosed when people avoid certain foods or types of food and consequently their food and nutritional intake is significantly reduced. There are a number of reasons why they may do this however the umbrella term ARFID is used when the common feature of avoidance is apparent. This includes both the amount of food or range of food or both.

This can have an impact on physical and mental health and well being. This results in school difficulties, home difficulties and day to day functioning is negatively impacted.

information with thanks to
beateatingdisorders.org.uk



POSSIBLE SIGNS & SYMPTOMS:

- * Eating a reasonable range of foods but overall having much less food than is needed to stay healthy.
- * Finding it difficult to recognise when hungry.
- * Feeling full after only a few mouthfuls and struggling to eat more.
- * Taking a long time over mealtimes/finding eating a 'chore'.
- * Missing meals completely, especially when busy with something else.
- * Sensitivity to aspects of some foods, such as the texture, smell, or temperature.
- * Appearing to be a "picky eater".
- * Always having the same meals.
- * Always eating something different to everyone else.
- * Only eating food of a similar colour (e.g. beige).
- * Attempting to avoid social events where food would be present.
- * Feeling very anxious at mealtimes, chewing food very carefully, taking small sips and bites, etc.
- * Weight loss (or in children, not gaining weight as expected).
- * Developing nutritional deficiencies, such as anaemia through not having enough iron in the diet.
- * Needing to take supplements to make sure nutritional and energy needs are met.