

What happens when you eat a limited variety of food?



- *Flavor preferences are partly genetic

- *You may even be a “supertaster” - meaning you could have been born with a high concentration of taste buds on your tongue and dislike bitter foods, like vegetables



- *There may be evolutionary advantages to food preferences

- *Foods like fruits, vegetables, and meats were those most likely to be poisonous when our ancestors were hunting and gathering

How does a limited diet keep ARFID going?

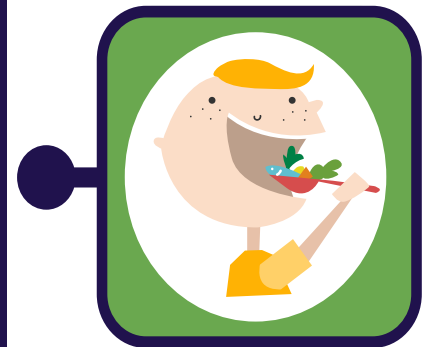
- *Eating the same foods all the time makes new foods taste even more different

- *Certain nutrition deficiencies can change the way food tastes, making new food even less appealing

- *Eating a particular food over and over may also make you tired of that food and stop eating it, further limiting your diet

- *Eating a very limited diet can also cause serious health problems. Eating preferred foods high in sugar and fat has been associated with diabetes and heart disease. Avoiding non-preferred foods, like fruits and vegetables, is associated with certain cancers

- *It may be hard to eat with others, causing you to miss out on opportunities to learn about new foods



What happens when you become more careful about your eating after a negative experience with food?



*Negative experiences with food such as choking, vomiting, an allergic reaction, or pain after eating can be traumatic



*These experiences might cause you to limit your diet to prevent further trauma

*You might even avoid any food that reminds you of the traumatic experience or stop eating altogether

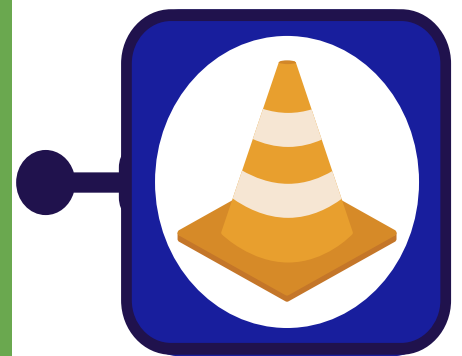
How does avoiding foods or eating altogether keep ARFID going?

*You may be using "safety behaviors" to try and prevent another traumatic experience from happening

- Taking very small bites
- Chewing for much longer than needed
- Only eating at familiar restaurants
- Not eating at all

*Safety behaviors prevent you from testing negative predictions about eating

*The more you avoid eating, the scarier it becomes!

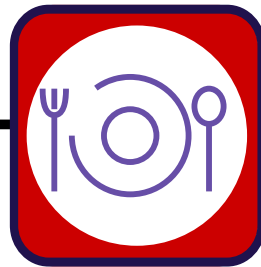


What happens when you eat a limited volume of food?



*How hungry you feel and how much pleasure you get from eating is partly due to your genes

*Eating very little can cause you to feel full quickly, even though you are not getting enough nutrients



*Eating without a regular schedule of meals and snacks can dull hunger cues, especially if you go long periods without eating

*Eating too little can promote excessive fullness when you do eat an adequate amount because your stomach capacity decreases with chronic food restriction

How does eating very little keep ARFID going?

*Even if you are born with a smaller appetite than others, eating very little may further reduce your appetite. This is particularly true if you also limit food variety

*Eating a limited variety can decrease your ability to eat a sufficient volume of food because you get bored of eating the same things and then eat less of them

*You may experience low mood, irritability, anxiety, apathy, difficulty concentrating, or social isolation

*You may also experience significant weight loss, osteoporosis, loss of menses, muscle wasting, decreased heart rate, or other medical problems.

