

What is ARFID?

Avoidant / Restrictive Food Intake Disorder

- People with ARFID eat a very limited variety or amount of food and it causes problems in their lives
- These problems may be health-related, like losing too much weight, or not getting enough nutrients
- These problems may be social, like not being able to eat meals with others

ARFID is different from other eating disorders, like anorexia nervosa, because people with ARFID do not worry much about how they look, or how much they weigh. Instead, people with ARFID might have one, two, or all three of these important concerns:



1. Some people with ARFID find that novel foods have strange or intense tastes, textures, or smells, and they feel safer eating foods that they know well



2. Others have had scary experiences with food, like throwing up, choking, or allergic reaction, so they may avoid the foods that made them sick, or stop eating altogether



3. Still others don't feel hungry very often, think eating is a chore, or get full very quickly

ARFID is a Psychiatric Disorder

It's important to understand that someone with ARFID is not just being "picky" or "stubborn"



People with ARFID have underlying biological traits that initially made their eating habits a logical choice

Once established, a pattern of food avoidance can become longstanding and highly resistant to change

GOOD NEWS!

There are helpful steps patients and families can take to interrupt these patterns of behavior