

# AVOIDANT RESTRICTIVE FOOD INTAKE DISORDER (ARFID)

## *What is it?*

- **Persistent failure to meet nutritional needs (for example significant weight loss, nutritional deficiency, dependence on supplements)**
- **Not due to lack of available food**
- **No fear of weight gain or body image disturbance**
- **Not accounted for by other medical/psychiatric condition**

## **3 TYPICAL FORMS OF PRESENTATION**

1. Selective food choices due to sensory sensitivity (high number of food groups missing)
2. Lack of interest in food or eating (thought of as a chore)
3. Fear of aversive consequences from eating (such as vomiting, choking, stomach upset)

# HOW CAN A DIETITIAN HELP?

*Some examples include:*

- Help you and/or your family to understand your diagnosis
- Help you and/or your family to identify what your presentation type is (it might be all 3 as above)
- Support with restoring weight
- Support with reintroducing foods that might have been cut out
- Learn about new foods and how to introduce these in a gentle way
- Decrease fears about certain foods
- Support to approach new foods in a non-judgmental way through sensory based activities
- Correct any nutritional deficiencies
- Understand what hunger and fullness feels like

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**Food restriction is the core problem that needs to be addressed in therapy.**

@thebrainhealthdietitian

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