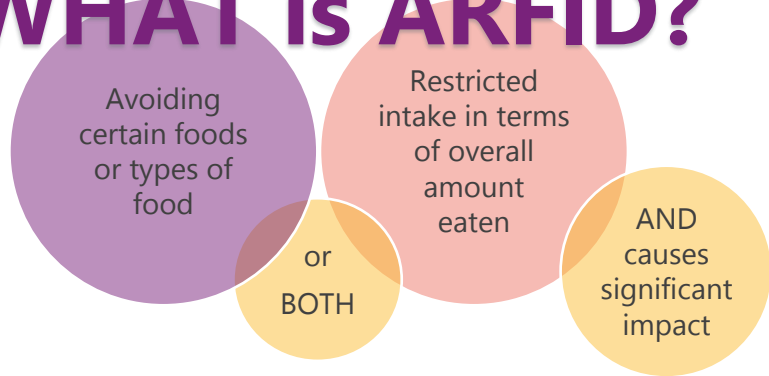


WHAT is ARFID?



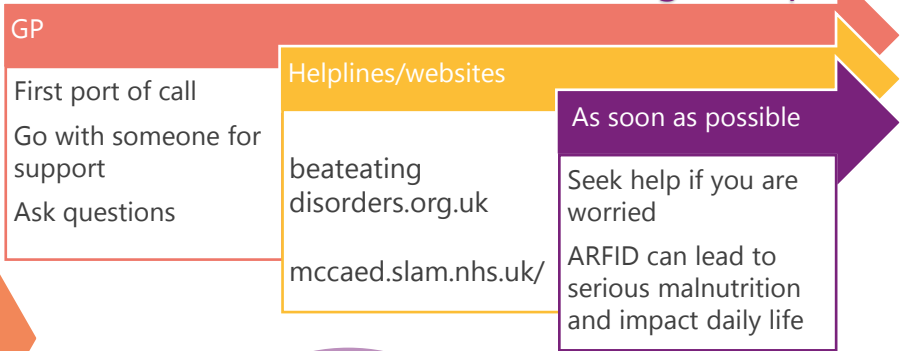
ARFID



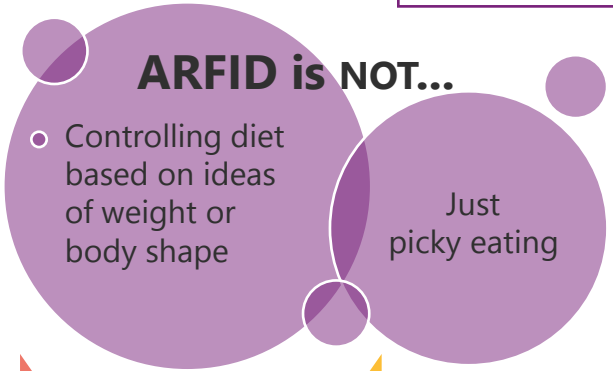
WHY the problem with eating?

Sensory	Concern about consequences	Low interest
<ul style="list-style-type: none"> • Might be sensitive to the taste, texture, colour, temperature, or smell of food • It may not seem rational to others, but it makes sense to the person 	<ul style="list-style-type: none"> • Might have had a traumatic or distressing experience with food, causing anxiety around eating • Can mean sticking to 'safe' foods only 	<ul style="list-style-type: none"> • Might not recognise that they are hungry in the same way as most people • Eating is not enjoyable, more of a chore

WHERE and WHEN do I get help?



WHO can have ARFID?



HOW

