

Understanding ARFID



What does
ARFID
stand for?

Avoidant **R**estrictive **F**ood **I**ntake **D**isorder



What is
ARFID?

An ongoing disruption to usual eating behaviours that can cause a person to:

- Eat a very limited variety of food
- Eat very small amounts of food



What
ARFID is
NOT

ARFID is **not** someone who is just being picky or stubborn – it is a condition that requires help and support from people who understand it



Why do
some
people
have
ARFID?

People with ARFID might experience **one or more** of the following concerns:

- New foods might have a **strange taste/texture/smell** so they feel safer eating the foods they know well
- Some people may have had **nasty or scary experiences with food** (like choking/being sick /allergic reaction) so they find it difficult to eat
- Some are **too stressed to eat, or just don't feel hungry, some find eating boring**, or when they do eat they **feel full very quickly**



Why do
people
with
ARFID
need
help?

People with ARFID may experience some problems with their health, for example:

- They may lose a lot of weight
- They may not get the nutrients they need to grow or stay healthy
- It may affect how social they are with friends and family, or make it difficult for them to join in and enjoy activities



Good news!!!!

There are helpful steps people with ARFID and their families can take to better manage and support their eating. *These steps will never force you to eat foods you don't like, but are designed to help you feel more comfortable and in control when interacting with food*