

AVOIDANT RESTRICTIVE FOOD INTAKE DISORDER (ARFID)

ARFID is a serious eating disorder characterised by avoidance and aversion to food and eating. The restriction is NOT due to a body image disturbance, but a result of anxiety or phobia of food and/or eating, a heightened sensitivity to sensory aspects of food such as texture, taste or smell, or a lack of interest in food/eating secondary to low appetite

Dislikes eating

May be hungry but
"nothing sounds
good"

Not
aware
they are
hungry



Commonly occurs
with Autism and
ADHD

May only eat "safe"
foods

Avoidance caused
by sensory input
(ie. texture or
smell)

Aversion due to fear
(ie. allergy, choking)