

Types of ARFID



Avoidant Restrictive Food Intake Disorder (ARFID) can be divided into several types. Here are the main ways it can affect children, young people and adults:

Research suggests that up to 30% of those with ADHD also have ARFID.



Food Avoidance

The person avoids certain foods due to sensory issues like texture, taste, smell, or appearance.

2

Restriction

The person restricts their food intake due to fear of negative consequences like choking, vomiting, or weight gain.





3

Lack of Interest

The person has no interest in food or eating, often leading to significant weight loss.

4

Atypical

The person's symptoms don't fit neatly into any of the other categories.



ARFID Types

ARFID can manifest in various ways, including food avoidance, restriction, lack of interest in eating, or atypical symptoms. If you or someone you know may be experiencing these symptoms, contact your doctor.

