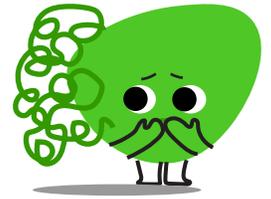
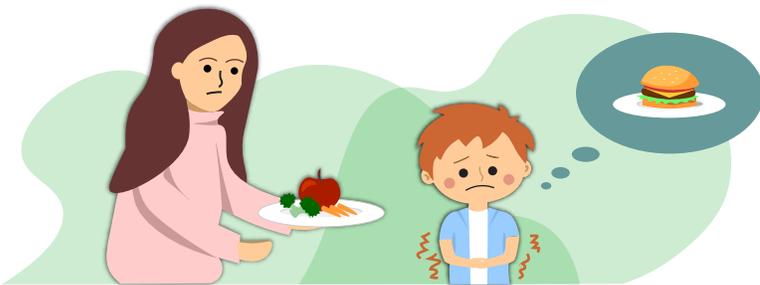


# ARFID *At a Glance*



## What is ARFID?

Avoidant/Restrictive Food Intake Disorder (ARFID) is a feeding problem where a person consistently does not eat enough to meet their nutritional or energy needs. This may include little interest in food, avoiding foods because of their taste, texture, or smell, or fear of negative effects from eating (choking, vomiting, stomach ache). At least one or more of the following are present: noticeable weight loss or poor growth in children, nutritional deficiencies, reliance on feeding tubes or nutritional supplements or significant problems in daily life, social activities, or emotional functioning. The problem is *not* caused by: lack of access to food or cultural eating practices, anorexia nervosa, bulimia nervosa, a medical condition, or another mental disorder.



## Onset & Causes

ARFID is believed to stem from a complex interplay of biological, psychological, and sociocultural issues. Symptoms often begin in childhood. Children who don't outgrow normal picky eating, or for whom picky eating is more severe may develop ARFID. Certain medical or psychological conditions may be associated with ARFID such as autism or other mood disorders.

## How is ARFID diagnosed?

Diagnosis requires a clinical evaluation including a physical exam, eating history, nutrition assessment, lab studies, and psychological evaluation.

## Treatment

Treatment may include ARFID-based cognitive behavioral therapy, family therapy and feeding therapy. Nutritional support and medical stabilization are also important.

## Who diagnoses and treats ARFID?

ARFID is best diagnosed and treated by a team of ARFID-trained feeding specialists including pediatricians, psychologists, psychiatrists, dietitians, and other eating-disorder (OT and SLP) specialists.

## Questions to ask your doctor:

- What type of therapy is recommended?
- Does my child need a feeding evaluation?
- Are nutritional supplements necessary?

## Diet & Supplements

Individual diet and supplement recommendations are made with physician consultation.

Scan QR codes to explore resources.

National Eating Disorders Association (NEDA)



HealthyChildren.org



Duke Health

