

# ARFID is not picky eating

## What is ARFID?



Avoidant/Restrictive Food Intake Disorder is a newly recognised psychiatric disorder characterised by a pattern of eating that avoids certain foods or food groups entirely and/or eating small amounts due to feelings of fear and anxiety around food.



It differs from other eating disorders in that people with ARFID don't restrict their food intake for the specific purpose of losing weight.



The exact causes of ARFID are unknown. It is thought that people who develop ARFID do so because of sensory sensitivity, fear of negative consequences or a lack of interest in eating.



They might be very sensitive to the taste, texture or appearance of certain types of food; or have had a distressing experience with food such as choking, vomiting, infant acid reflux or other gastrointestinal conditions.



ARFID doesn't discriminate and can affect anyone of any age, including babies, and can be diagnosed in children as young as 2 years-old.



For more information on ARFID, speak to your GP and visit [www.arfidawarenessuk.org](http://www.arfidawarenessuk.org)