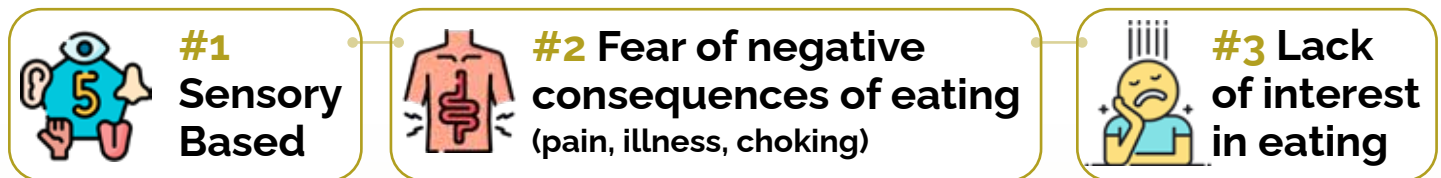


ARFID

(Avoidant/Restrictive Food Intake Disorder)

3 types of ARFID (1 or more main symptoms):



An eating disorder often comorbid with autism, anxiety disorders, ADHD, digestive disorders or food allergies.

Symptoms leading to diagnosis:

- 1) significant weight loss, or in children, lack of expected weight gain
- 2) significant nutritional deficiency
- 3) dependence on nutritional supplements or tube-feeding
- 4) marked interference with psychosocial, and potentially physical, functioning.

Note: a diagnosis of ARFID requires:

- inadequate food intake is not better explained by limited access to food or a medical condition,
- is not related to negative body image or fear of weight gain,
- and that the avoidance or restriction is not a cultural practice.



Start the discussion with your pediatrician or family doctor. Occupational therapists, speech language pathologists, psychologists, and pediatricians may become a part of your working team to support your family and child.



Watch and Learn

[What is ARFID? | Child Mind Institute](#)

Watch and Learn

[What is ARFID? Young influencer shares her journey with rare eating disorder](#)

Regional Supports for Eating Disorders

Victoria (serves all of BC):

- [Little Spuds Nutrition](#) - Pediatrics, Family and Eating Disorder Nutrition Counselling
- Responsive Feeding Centre of BC: Building Mealtime Success (responsivefeedingbc.ca)

Vancouver (serves all of BC)


- One Bite at a Time (obaatfeeding.com)

Provincial support

- Locate Programs & Treatment Centres - [Kelty Eating Disorders](#)

Online Supports for ARFID or related ED's:

- NEDIC | [home](#)
- NEDIC | [Avoidant and Restrictive Food Intake Disorder](#)
- [Not just picky eating: avoidant/restrictive food intake disorder explained](#) (nedic.ca)
- Avoidant/Restrictive Food Intake Disorder (ARFID): Information for Families : British Columbia : [eMentalHealth.ca](#)
- Primary Food Group Building Blocks-1-13-18 (keltyeatingdisorders.ca)

 [What is ARFID?
A Guide for Parents
and Caregivers](#)

