

# Branz Nutrition

FOR THE WHOLE FAMILY

## Is it ARFID?

Avoidant Restrictive Food Intake Disorder, ARFID, is an eating disorder where an individual struggles with eating enough food, enough variety of foods, or both. ARFID can have serious consequences on both mental and physical health.



## WARNING SIGNS AND SYMPTOMS

1

### Extreme sensitivity to properties of food

The taste, texture, temperature, smell, or look of a food may cause avoidance for an individual with ARFID.

2

### Fear of a negative outcome

Choking, vomiting, allergic reactions, and pain are all potential food fears.

3

### Lack of interest in food or poor appetite

Eating may feel like a burden or a chore for someone struggling with ARFID.

## How is ARFID Treated?

ARFID will not resolve on its own; treatment is a key step in the recovery process. Family-based treatment for ARFID, or FBT-ARFID and cognitive behavioral therapy for ARFID (CBT-ARFID) are the two leading treatments for ARFID. These treatments are effective for school-aged children, teens, and adults, with high-quality research supporting their efficacy.

## Potential Risks of ARFID

- Dangerous weight loss
- Stunted growth
- Low heart rate
- Poor bone density
- Nutritional deficiencies (e.g. Scurvy or Rickets)
- Comorbidities such as depression or anxiety



### Concerned about yourself or a loved one?

Scan the QR code or contact us to seek help.  
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