

IS IT MORE THAN PICKY EATING?

WHEN TO SUSPECT ARFID

CORE FEATURES OF ARFID

Inadequate intake not due to body dissatisfaction

Persistent low appetite, early satiety, or apparent disinterest in food

Food avoidance based on sensory characteristics (taste, texture, smell, appearance)

Fear of aversive consequences of eating (e.g., choking, vomiting, GI distress)

Avoidant
Restrictive
Food
Intake
Disorder

Eating disorder characterized by a persistent failure to meet nutritional needs, not driven by concerns about body shape or weight.

RED FLAGS FOR REFERRAL

Failure to gain weight or grow as expected

Nutritional deficiency

Dependency on supplements or nutritional drinks for adequate intake

Significant interference with social functioning

Extreme food restriction to <20 accepted foods

TALK TO US

Adolescent Medicine and Eating Disorders Clinic

717-531-7235

905 W. Governor Road, Suite 200,
Hershey, PA 17033

MEDICAL AND PSYCHOLOGICAL IMPACT

Weight loss or failure to thrive

Fatigue, dizziness, or poor concentration

GI symptoms not explained by organic disease

Comorbid anxiety, sensory processing issues, or autism spectrum traits



PennState Health
Children's Hospital

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