CLÍNICA VIVALDI · FREE SHEET · EATING DISORDERS

Avoidant/restrictive food intake disorder (ARFID)

Restriction of food due to disinterest, aversion to textures or odors or fear of choking or vomiting, without concern for weight. It can cause weight loss or deficiencies.

COMMON SIGNS

- Eats very few foods
- Fear of choking or vomiting
- Low weight or growth problems

TIPS FOR YOU

1. Medical and nutritional assessment
2. Gradual exposure to new foods
3. Meals without pressure or punishment

FOR FAMILY AND FRIENDS

1. Offer new foods without pressure, alongside familiar ones
2. Avoid using food as punishment or reward

WHEN TO ASK FOR HELP

1. If there is weight loss or growth problems
2. If eating is almost completely avoided

TO OBSERVE AND NOTE DOWN

☐ I eat very few kinds of food

☐ I refuse foods because of their texture, smell or colour

☐ I'm afraid of choking or vomiting

☐ I have little interest in food

☐ I have lost weight without meaning to

☐ I find it hard to eat away from home

☐ Meals make me anxious

☐ I'm not worried about gaining weight: the problem is the food itself

FREE RESOURCES

- Online test and tips: clinicavivaldi.com/en/trastorno/trastorno-de-evitacion-restriccion-de-la-ingesta-de-alimento
- ADANER: Spanish association for anorexia and bulimia care: https://adaner.org/
- In Spain: 024 suicide crisis line (24 h) · Emergencies 112