



Avoidant/ Restrictive Food Intake Disorder (ARFID)

Understanding, Identifying, and
Supporting Individuals with ARFID

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What is ARFID?

ARFID is an eating disorder characterized by restrictive eating behaviors that lead to significant nutritional deficiencies, weight loss, or psychosocial impairments, without concerns about body image.

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Causes and Risk Factors

- Sensory sensitivities (e.g., texture, smell)
- Fear of aversive consequences (e.g., choking, vomiting)
- Lack of interest in eating
- Co-occurring conditions: Autism Spectrum Disorder, ADHD, anxiety disorders



ARFID in Children and Adolescents

- Early signs and symptoms often dismissed
- Significant impact on growth and development
- Challenges in diagnosis and differentiation from picky eating



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ARFID in Adults

- Eating the same few foods repeatedly/avoiding new ones
- Avoiding eating in social settings or restaurants
- High anxiety around food preparation or contamination
- Fatigue, dizziness, cold sensitivity, or GI distress



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Treatment Approaches

- Cognitive Behavioral Therapy (CBT)
- Exposure therapy
- Treating anxiety and OCD
- Nutritional counseling
- Family-based interventions

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Ready to Learn More About ARFID?

If you or someone you know is
struggling with Avoidant/Restrictive
Food Intake Disorder (ARFID),
we're here to help.

📞 949-992-3585

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