

# The 3 types of ARFID



## 1. Sensory sensitivity/avoidant

Avoiding foods because certain textures, tastes, smells, colors, or appearances trigger strong sensory disgust.



## 2. Fear of aversive consequences

A fear of eating certain foods due to anxiety about choking, pain, nausea, or vomiting.



## 3. Lack of interest

Showing little interest in food, often missing hunger cues, forgetting to eat, or having a low appetite.