

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.