

ARFID

-The eating disorder you probably haven't heard of-

by badger for ARFID awareness month 2025

ARFID stands for...

AVOIDANT
(eating only certain foods)

RESTRICTIVE
(eating very little food)

FOOD
(What you eat)

INTAKE
(how or how much you eat)

(Disorder)

RESOURCES

arfidcollaborative.com
youngadultsarfid.com
nationaleatingdisorders.org

I also like @arfid.dietician on Instagram



a zine by
moveimbadger.com

There's 3 subtypes of ARFID presentation

People may have one or more types

SENSORY/AVOIDANT
Eating only certain foods to avoid certain textures/temps/sensations/etc

AVERSIVE/FEAR
Eating in a way to avoid real or perceived harm to you

LOW INTEREST
Not eating due to disinterest or low appetite

How to support people with ARFID?

Let them know the menu ahead of time if possible

Allow them to bring safe foods along with them

Be kind if they choose to eat before/after an event instead

Include them in food-based events, even if they are not going to eat during it.

Overall, respect their dietary needs in the same way you should respect an allergy or other dietary preference.

EXPERIENCE



I was diagnosed in 2017 with EDNOS, which would later be classified as ARFID. I tend to have FEAR/LOW INTEREST type ARFID, which is exacerbated whenever I am under a lot of stress. I feel like eating will make me sick, which makes me less interested in eating. It is probably part of my OCD experience.

MY SAFE FOODS

Safe foods are foods that a person with ARFID can usually eat without issue. Safe foods can change, often without reason. Losing access to a safe food can be very distressing.



What NOT to do as an ally to people with ARFID?

DON'T restrict access to safe foods

DON'T tease/berate them for being picky

DON'T force new foods on them

DON'T assume their ARFID has anything to do with nothing! (if!)

weight/body image