

For more information, visit the AAUK website:

www.arfidawarenessuk.org



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ARFID

Avoidant/Restrictive
Food Intake Disorder

All Food is
Good Food

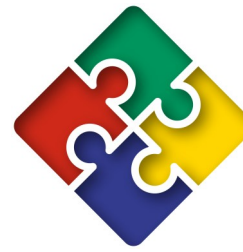


Where ARFID (Avoidant/Restrictive Food Intake Disorder) is concerned, people have foods referred to as either 'safe' or 'preferred' that they feel comfortable eating. These foods, which sometimes fall into categories wrongfully deemed "bad" or "unhealthy," are essential for individuals managing ARFID.

ARFID is a complex eating disorder that makes it highly challenging, and even distressing, to consume certain foods due to sensory sensitivities or fear-based associations with eating. At AAUK, alongside the medical community and the broader ARFID community, we champion the message:

All Food is Good Food.

Any food someone with ARFID feels comfortable eating is valid. The priority is to create a shame-free environment where individuals feel supported in their food choices, fostering positive associations with eating and promoting a respectful approach to their specific needs.



What are ARFID “preferred/safe” foods?

Typical preferred/safe foods often focus on texture and predictability and may include:

Plain carbohydrates: White bread, crackers, pasta, and plain rice are commonly accepted due to their consistent textures, mild flavours, ease and reliability.

Simple proteins: Chicken nuggets, plain cheese, and scrambled eggs are familiar choices for many.

Snacks and sweets: Crisps, fries, sweet snacks and certain types of breakfast cereals are often tolerable because they offer familiar textures and flavours without unexpected changes.

Familiar brands: Brands and packaging can play an integral role in providing reliability and predictability for people with ARFID.

