

# Food Allergies

## EATING DISORDER

### Avoidant/Restrictive Food Intake Disorder (ARFID)

## WHAT IS A FOOD ALLERGY?

Your immune system has an abnormal reaction when you eat a certain food.

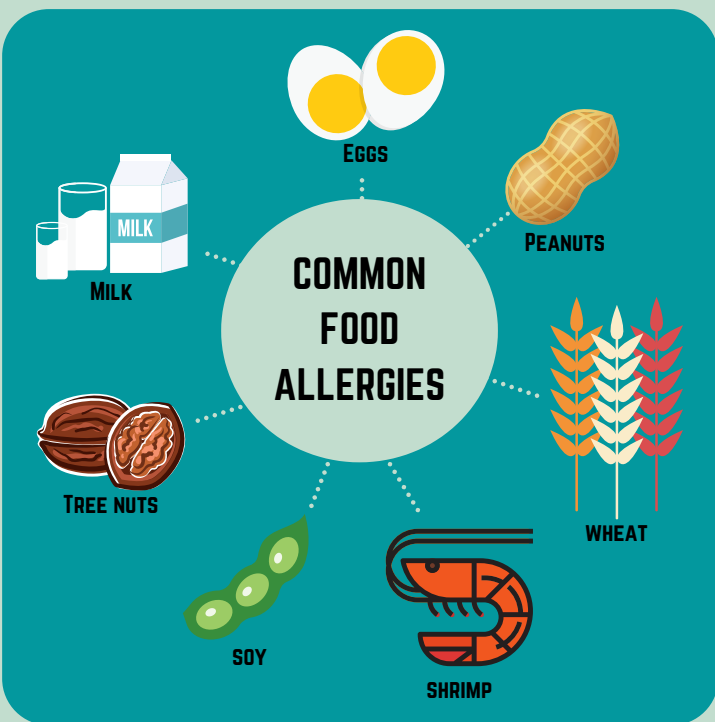


## WHAT IS A FOOD INTOLERANCE?

Your digestive system can't properly digest a food, or a food irritates your digestive system. It's not an immune response.

## HOW DO THESE RELATE TO AN EATING DISORDER?

Studies show that just the perception of food allergies is enough to influence eating behaviors, which can increase the likelihood of developing an eating disorder.



## ARFID FAST FACTS

### ARFID

- First recognized as a diagnosis in **DSM-5**
- Formerly called "**Selective Eating Disorder**"
- Those diagnosed with ARFID eat significantly **reduced amounts and/or varieties of food**:
  - **Sensory issues** such as taste, texture, smell
  - **Fear of physical reactions** such as choking, vomiting, pain
  - Lack of interest in food or eating results in **medical, nutritional issues, and/or interferes with work, school, relationships, self-care, other important life activities.**
- **As common as anorexia nervosa and bulimia nervosa** except:
  - **No distress about body shape, size, or fears of fatness**
- **Usually begins in childhood, can persist into adulthood**

## EVALUATION

- ARFID is often **misdiagnosed**
- **Look for:**
  - **Food avoidance**
  - **Diet restrictions**
  - Medications that alter appetite
  - **Fear of negative consequences** related to eating:
    - choking, vomiting & GI pain
  - ARFID **diet** is often:
    - **↑ refined carbs, processed foods, added sugar**
    - **↓ in protein & vegetables**
- Often have **inadequate nutrition intake, esp Vit K & B12, electrolyte imbalance**
- **Difficulties in activities of daily life**

## STATISTICS

### FOOD ALLERGY

**50%**  
of  
Females  
with  
food  
allergies  
Reported  
ED

**> 20%**  
Adults &  
Children  
Alter their  
Diets due to  
allergies or  
intolerance

**74%** Of Individuals with a Food Allergy who developed an Eating Disorder used the

## Elimination Diet

## TREATMENT

- **Formal diagnosis of ARFID**
  - **Includes determination of actual food allergy**
- **Treatment**
  - **Multidisciplinary team**
  - **Outpatient or inpatient**
  - **Nutrition therapy**
    - Supplementation of vitamins & minerals
    - Improving **diet diversity**
  - Therapeutic intervention
    - **Food exposure**
    - **Cognitive Behavioral Therapy (CBT)**

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