SYEDA
SOUTH YORKSHIRE EATING DISORDERS ASSOCIATION

Managing ARFID Workbook

Helping you to understand and manage your challenges with avoidant & restrictive eating

INTRODUCTION & FEEDBACK

Welcome to the ARFID Workbook.

Thank you for completing the ‘Getting Started’ questionnaire.

To help SYEDA continue providing valuable ARFID support, we’d really appreciate your feedback on how useful you’ve found our resources.

At the end, you’ll be invited to complete a short feedback form. Your feedback is important to us and will help us understand what’s working well and where we can make improvements.

By sharing your experience, you’ll help us make sure this resource continues to support as many people as possible.

FOOD CHALLENGES

Activity one: What are your food and eating challenges?

Make a note of which of these challenges concerns you the most from the list below and aim to focus on that first. Trying to change everything at once can be overwhelming.

A Not eating enough for your energy needs?

B Not eating a balance of nutrients so you are not getting the nutrients you need?

C Not being able to eat socially?

D Something else?

My main food and eating challenges are...

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

SENSORY REACTIONS

Activity two: Do you have strong sensory reactions to food?

If you experience strong sensory reactions to food and the places you might eat in, try writing down the foods and places you like and don't like. What tastes, smells, textures and sounds are ok, and which are off-putting or really horrible.

My main food and eating challenges are...

1) I like food that is... (consider how it looks, tastes, smells, temperature etc.)

_____

_____

_____

2) I do not like food that is... (consider how it looks, tastes, smells, temperature etc.)

_____

_____

_____

3) Is there anything about the environment you eat in that can help you?
Think about lighting, temperature, noise smell?
What motivates you?
How can you make trying food fun to reduce anxiety?

_____

_____

_____

SENSORY REACTIONS

Activity two: Do you have strong sensory reactions to food?

Continued...

4) From what you have learnt so far, your ideal food and exploring scenario is...?

Food (such as crispy, dry food at room temperature)

_____

_____

_____

Environment (such as warm lighting with TV on in background)

_____

_____

_____

Motivational Prompts (such as eating with my partner with my dog to stroke)

_____

_____

_____

PROS & CONS

Activity three: Considering the pros & cons of changing what/how you eat

Consider the food or eating challenge you chose to focus on in Activity 1. Now consider the pros and cons of making changes to the way and what you eat.

Write the Pros: what would be a positive change, and the Cons: what would be something that worries you, in the columns below.

Pros	Cons

SMART GOAL APPROACH

Activity four: Consider the pros of changing your eating that you completed in Activity three. Use those to help you choose a goal or goals to work towards.

Make your goals clearer and more achieveable by using the SMART goal approach. Trying to reach a really ambitious goal can make you feel defeated if you feel like you aren't getting anywhere. Breaking goals down to a series of smaller, more achieveable goals can help you to see your progress more easily. Seeing progress can keep up your motivation to make changes.

SPECIFIC: Be specific about your goal - who will do it, where, when and how.

MEASURABLE: How are you going to track and measure your progress?

ACHIEVABLE: Will you be able to reach your goal in the time you have given yourself?

REALISTIC: Is your goal very ambitious? Reaching smaller goals can be more motivating.

TIME-BOUND: Give yourself a time limit - when do you want to achieve your goal by?

Try writing your own SMART goals below. Take a look at the examples first to see how you might put your goal together.

Example SMART goals for dealing with ARFID:

- I will try a taste of 2 different fruits by end of next week.
- I will sit with my Mum & eat at least 3 crisps that are a different flavour than I'm used to, by next Thursday By the end of the month,
- I will drink 3 different types of hot drink in a public place.

My SMART goals:

My SMART goals:

FOOD DIARY

Activity five: What do you eat and what will you try**? Also complete the food assessment on SYEDA website**

The first column provides a list of common foods such as various fruits, vegetables, protein sources, dairy and grain.

In the first two columns, place a 'Y' if your answer is 'yes', or a 'N' if your answer is 'no'.
Use the fourth column to track how many times you have tasted that food since you have started the programme.

Please download the food assessment separately from the web page which you can complete alongside. Please make this your own and make a version of it that works for you. For example, if you only eat Hovis bread, add in some columns for different varieties of bread.

	I eat this Y/N	Willing to learn Y/N	No of tastes since starting this programme											
Apple juice														
Cranberry juice														
Orange juice														
Pinapple juice														
Prune juice														
Apples Apricots														
Bananas														
Blackberries														
Cherries														
Figs														
Grapefuit														
Grapes														
Melon														
Honeydew melon														

	I eat this Y/N	Willing to learn Y/N	No of tastes since starting this programme											
Kiwis														
Lemons														
Limes														
Mangoes														
Nectarines														
Oranges														
Peaches														
Pears														
Pineapples														
Plums														
Pomegranate														
Raspberries														
Strawberries														
Tomatoes														
Watermelon														
Asparagus														
Aubergine														
Avacado														
Bean sprouts														
Beetroot														
Broccoli														
Butternut Squash														
Cabbage														
Carrots														
Cauliflower														

	I eat this Y/N	Willing to learn Y/N	No of tastes since starting this programme										
Celery													
Chilli peppers													
Courgette													
Cucumber													
Garlic													
Green Beans													
Kale													
Leeks													
Lettuce													
Mushrooms													
Onions													
Parsnips													
Peas													
Peppers													
Potatoes													
Radish													
Rocket salad													
Spinach													
Spring onions													
Sprouts													
Sweetcorn													
Watercress													
Bacon													
Bean burgers													
Beef													

	I eat this Y/N	Willing to learn Y/N	No of tastes since starting this programme											
Black beans														
Chicken														
Chickpeas														
Chorizo														
Duck														
Edamame														
Falafel														
Gammon														
Ham														
Hummus														
Kidney														
beans														
Lamb														
Lentils														
Pork														
Salami														
Sausage														
Turkey														
Almonds														
Cashews														
Hazelnuts														
Nut butter														
Peanuts														
Pecans														
Pistachios														
Walnuts														

	I eat this Y/N	Willing to learn Y/N	No of tastes since starting this programme											
Clams														
Cod														
Crab														
Haddock														
Halibut														
Lobster														
Mackerel														
Mussels														
Octopus														
Oyster														
Pollock														
Prawns														
Salamon														
Scallop														
Sea bass														
Squid														
Calamari														
Sushi														
Swordfish														
Trout														
Tuna -fresh														
Tuna - tinned														
Eggs														
Quorn														
Tempeh														

	I eat this Y/N	Willing to learn Y/N	No of tastes since starting this programme											
Tofu														
Brie														
Camembert														
Cheddar														
Cheese spread														
Cottage cheese														
Feta														
Gouda														
Halloumi														
Mozzarella														
Ricotta														
Parmesan														
Cream														
Flavoured milk														
Cow's milk														
Yoghurt														
Almond milk														
Coconut milk														
Soy milk														
Oat milk														
Coconut yoghurt														
Soy yoghurt														
Pie														
Bagels														
Biscuits														

	I eat this Y/N	Willing to learn Y/N	No of tastes since starting this programme											
Brown rice														
Bulgar wheat														
Cakes														
Cereals														
Cookies														
Cous cous														
Crackers														
English														
muffins														
French bread														
Muesli														
Naan														
Noodles														
Oats														
Pancakes														
Pastry														
Pitta bread														
Popcorn														
Porridge														
Quinoa														
Rice cakes														
Tortillas														
White bread														
White pasta														
Brown bread														
Brown pasta														

LEARNING FROM FOOD QUESTIONNAIRES

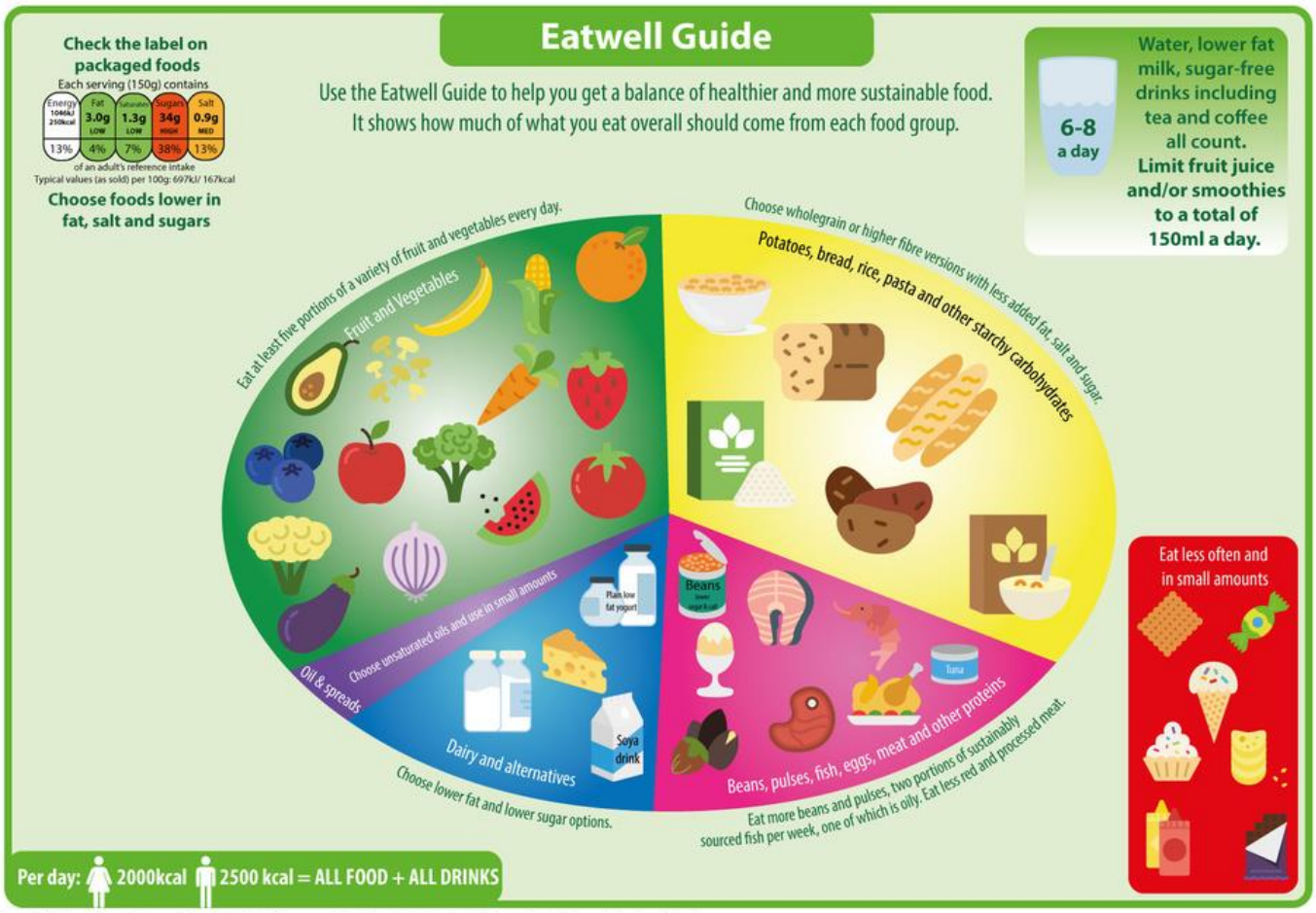
Activity five continued: After completing the questionnaires what have I learnt?

(eg. Food has to look the same and food cannot have sauce that is too runny etc)

EAT WELL PLATE

Activity six: What does your Eat Well plate look like?

Using the my plate diagram as a reference, draw the proportion of fruits, vegetables, protein, dairy, and grains you eat during a typical breakfast, lunch and dinner on the next page.



Source: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

Here is a link to an array of Eat Well Plates from different cultures: https://nhsforthvalley.com/health-services/health-promotion/nutrition/multi-cultural-nutrition/

Please refer to the restrictive eating tool on SYEDA webpage, for more information and guidance

What does your Eat Well plate look like?

Using the my plate diagram as a reference, show the proportion of fruits, vegetables, protein, dairy, and grains you eat during a typical breakfast, lunch and dinner

BREAKFAST
Show proportions of fruit & veg, carbohydrates, oils, dairy and proteins you ate for breakfast.

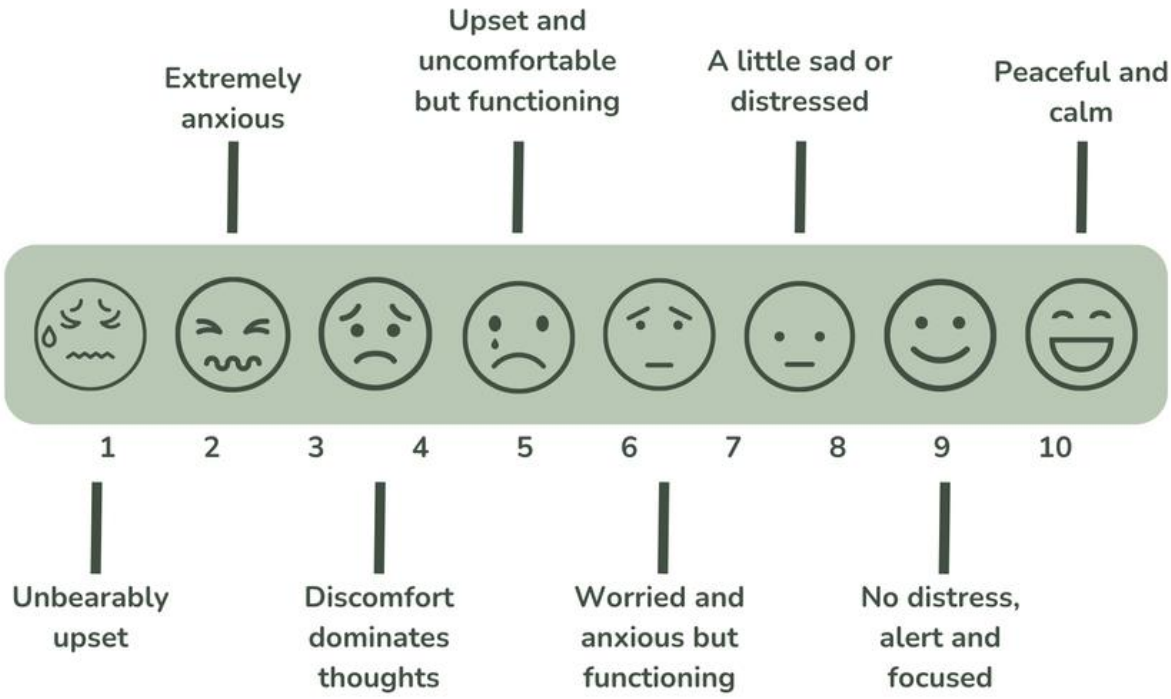
LUNCH
Show proportions of fruit & veg, carbohydrates, oils, dairy and proteins you ate for breakfast.

DINNER
Show proportions of fruit & veg, carbohydrates, oils, dairy and proteins you ate for breakfast.

FEAR FOODS

Activity seven: Complete this activity if you have problems with fear of food rather than sensory issues with food.

Consider your goals for dealing with ARFID. What is your worst fear about making that change? It might be eating a new food, eating in company, whatever it is, think about and write down how you feel before and after you've attempted to tackle that fear.

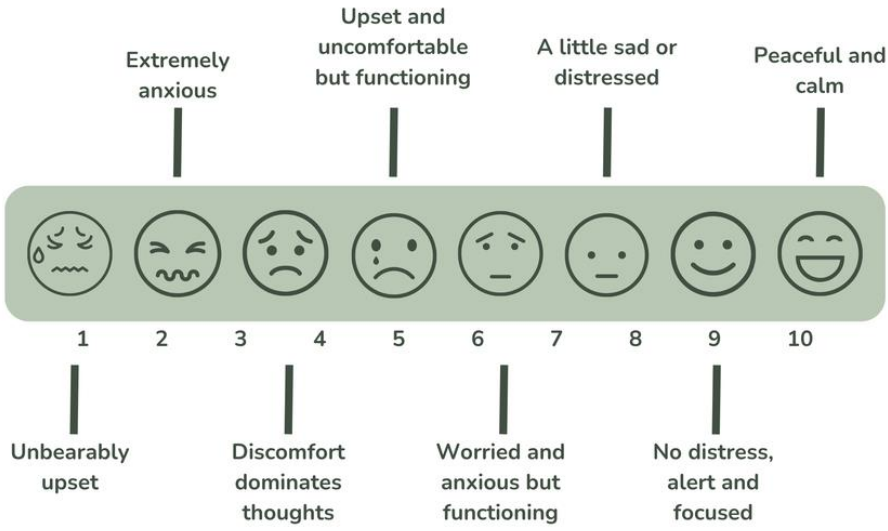


My worst fear:

Before	After

See next page for more before and after boxes.

Continued...



My worst fear:

Before	After

Did your worst fear come true? Write about what you thought would happen, and what actually happened. Then think about what you have learned, and write that below.

What I thought would happen, and what actually happened:

What I've learned:

EXPLORING NEW FOODS

Activity eight: Exploring new foods

Spending time actually holding, looking at and smelling food can help you feel more comfortable with it and make you less anxious about eating eat. If you are feeling quite comfortable around the food, give it a taste and see what the texture is like.

Focusing on your senses can also help you to reduce fear and anxiety by "grounding" you in your body, and taking you out of your head, where the anxious thoughts are.

Take a piece of food that you are considering trying...

LOOK What does the food look like?

SMELL What does the food smell like?

FEEL What does the food feel like?

TASTE What does the food taste like?

TEXTURE What is the food texture like?

Write down what you learned by exploring the food using your senses.

What I discovered about the food by using all my senses:

You might want to use the Food Map (see activity 9) or a Food Journal (see activity 10) to write down what you notice about the food you try, or to write about any of your experiences, feelings or thoughts, as you go through this workbook.

WHAT'S THE FOOD/ SNACK/ MEAL

Activity nine: What's the food/ snack/ meal

Rate the look. Anything you notice about the way it looks? eg. size, shape, colour. 	**Rate the smell.** Anything you notice about the way it smells? eg. strong, medium, barely any smell.
Rate the feel. Anything you notice about the way it feels? eg. hard, soft, wet, bumpy. 	**Rate the taste.** Anything you notice about the way it tastes? eg. salty, sweet, sour, spicy.

Is there anything else to note about when you're trying this, e.g. have you tried it before, who you're with, where you are, how were you feeling? what do I need to keep the same? what do I need to change for next trying?

TRYING NEW FOODS

Activity ten: Try some of these techniques to more easily try new foods at home.

FADE IT IN:

Start with a high portion of your preferred food & add a small portion of the new food. Gradually increase the portion of the new food while fading out the preferred food.

CHANGE SOMETHING:

Try different ways of preparing foods. Try cooked tomato instead of raw, try raw, grated carrot instead of cooked. Try cooking veg for more or less time.

ADD SOMETHING:

Using condiments/spices you like can help you to try new foods. e.g. add cheese to your broccoli, ketchup to meat.

FOOD CHAIN:

Use a food you like to link or chain to a new food e.g., if you like potato crisps, try vegetable crisps. If you like ham, try turkey ham.

TAKE IT APART:

If you have never tried a new food before, start by trying one component of the food first and then layering on individual components one-by-one. E.g. pizza – try the crust alone, then crust with cheese, then crust with sauce and cheese.

Write down what you learned by trying these different approaches
You can use your Food Journal (see activity 11) to do this if you prefer.

What I discovered about trying different approaches

WHAT FOODS WOULD I LIKE TO EXPLORE

Activity ten continued: Planning foods I want to explore

Please be specific such as warm roastedred pepper that has been pureed.

Least fearful

Most fearful

PLANNING & RECORDING

Activity ten continued: Planning & recording sheet

If your goal is to try different foods, you can use this sheet to plan your food tasting each week.

Week beginning date: __/__/__	Indicate with an 'X' which day(s) you will try each food. Put a tick next to your X if you managed to try a food on that day.						
Foods to taste this week - write food in this column	**Mon**	**Tue**	**Wed**	**Thu**	**Fri**	**Sat**	**Sun**

FOOD JOURNAL

Activity ten continued: FOOD JOURNAL

Try making a note of what you are eating and drinking in a food journal. Write down your thoughts on how the food looks, tastes, smells. Write down how it makes you feel. Every few days, look back at what you've learned about how you feel about different foods and see if there are any links between foods you liked, or didn't like.
Distractions can sometimes change your experience of food so make sure you make a note of what was going on around you. You can use a notepad and just use the headings as a reminder, or you can use the sheet below.

Date/ time	Food/ drink consumed	Thoughts & feelings	Physical sensations

LIST OF FOODS EXPLORED AND WILLING TO TRY AGAIN

FOOD	NOTES ABOUT THE FOOD

REFLECTION

Take a moment to think about how far you have come and what changes you have noticed. Think about the goals you set for yourself early on, and how you feel about those now. Have you achieved your goals? If not, what have you achieved instead? Every achievements deserves a celebration, so don't give yourself a hard time if you haven't reached your goals. Think about the progress you have made towards them. Write down your thoughts under each section to help you review your progress. You might want to do this with a friend or carer. Sometimes, other people can be more honest with us about what has happened, including how well we have done, than we can with ourselves.

What has gone well, and why?

What was a struggle, and why?

What can I try next?

Feedback

We value all feedback on this resource and make changes according to feedback. Please complete this short form:

ARFID Resource: Check-in & Reflection Questionnaires

https://forms.cloud.microsoft/e/0eA6CxdRNw

You have completed the Managing ARFID Workbook
We hope you found it useful and we wish you every success in your journey towards managing your eating.

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