



SYEDA

SOUTH YORKSHIRE EATING DISORDERS ASSOCIATION

Managing ARFID workbook

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

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...

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.

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

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

3) *Is there anything about the environment you eat in that can help you? Think about lighting, temperature, noise smell?*

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

Activity four

Setting goals

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 achievable 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 achievable goals can help you to see your progress more easily. Seeing progress can keep up your motivation to make changes.

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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?

ACHIEVEABLE: 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:

Activity five

What do you eat and what will you try?

- The first column provides a list of common foods such as various fruits, vegetables, protein sources, dairy and grain.
- In the second column, place a 'Y' (yes) if you are consistently eating this food right now, or a 'N' (no) if you are not.
- In the third column, place a 'Y' (yes) if you are willing to learn about/try this food and a 'N' (no) if you are not.
- Use the fourth column to track how many times you have tasted that food since you have started the programme.

	I eat this (Y/N)	Willing to learn about this (Y/N)	Number of tastes since starting this programme:												
FRUITS															
Fruit Juice															
Apple juice															
Cranberry juice															
Orange juice															
Pineapple juice															
Prune juice															
Apples															
Apricots															
Bananas															
Blackberries															
Cherries															
Figs															
Grapefruit															
Grapes															
Honeydew melon															

	I eat this (Y/N)	Willing to learn about this (Y/N)	Number of tastes since starting this programme:											
Kiwis														
Lemons														
Limes														
Mangoes														
Nectarines														
Oranges														
Peaches														
Pears														
Pineapples														
Plums														
Pomegranate														
Raspberries														
Strawberries														
Tomatoes														
Watermelon														
Any other fruit you can think of?														
VEGETABLES														
Asparagus														
Aubergine														
Avocado														
Bean sprouts														
Beetroot														
Broccoli														
Butternut squash														

	I eat this (Y/N)	Willing to learn about this (Y/N)	Number of tastes since starting this programme:											
Cabbage														
Carrots														
Cauliflower														
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														

	I eat this (Y/N)	Willing to learn about this (Y/N)	Number of tastes since starting this programme:																	
PROTEINS																				
Bacon																				
Bean burgers																				
Beans and peas																				
Beef																				
Black beans																				
Chicken																				
Chickpeas																				
Chorizo																				
Duck																				
Edamame																				
Falafel																				
Gammon																				
Ham																				
Hummus																				
Kidney beans																				
Lamb																				
Lentils																				
Pork																				
Salami																				
Sausage																				
Turkey																				
NUTS																				
Almonds																				

	I eat this (Y/N)	Willing to learn about this (Y/N)	Number of tastes since starting this programme:											
Cashews														
Hazelnuts														
Nut butter (any type)														
Peanuts														
Pecans														
Pistachios														
Walnuts														
FISH & SEAFOOD														
Clams														
Cod														
Crab														
Haddock														
Halibut														
Lobster														
Mackerel														
Mussels														
Octopus														
Oysters														
Pollock														
Prawns														
Salmon														
Scallops														
Sea bass														
Squid/calamari														
Sushi														

	I eat this (Y/N)	Willing to learn about this (Y/N)	Number of tastes since starting this programme:											
Swordfish														
Trout														
Tuna - fresh														
Tuna - tinned														
SOY/VEGGIE														
Eggs														
Quorn/meat alternatives														
Tempeh														
Tofu														
Veggie burgers														
Any other protein sources you can think of?														
DAIRY & ALTERNATIVES														
Brie														
Camembert														
Cheddar														
Cheese spread														
Cottage cheese														
Feta														
Gouda														
Halloumi														
Mozzarella														
Parmesan														
Ricotta														
Cream														
Flavoured milk														

	I eat this (Y/N)	Willing to learn about this (Y/N)	Number of tastes since starting this programme:											
Ice cream														
Milk														
Semi-skimmed milk														
Skimmed milk														
Whole milk														
Yoghurt														
Almond milk														
Alternative yoghurt														
Coconut milk														
Oat milk														
Soy milk														
BREADS, CAKES & GRAINS														
Pie (any)														
Bagels														
Biscuits														
Brown rice														
Bulgar wheat														
Cakes														
Cereal														
Cookies														
Couscous														
Crackers														
English muffins														
French bread														
Muesli														

	I eat this (Y/N)	Willing to learn about this (Y/N)	Number of tastes since starting this programme:											
Naan														
Noodles														
Oats														
Pancakes														
Pastry														
Pitta bread														
Popcorn														
Porridge														
Quinoa														
Rice cakes														
Tortillas/wraps														
White bread														
White pasta														
White rice														
Wholewheat bread														
Wholewheat pasta														
Any other grain sources you can think of?														
Add any other food not included above here														

Activity six

What does your Eat Well plate look like?

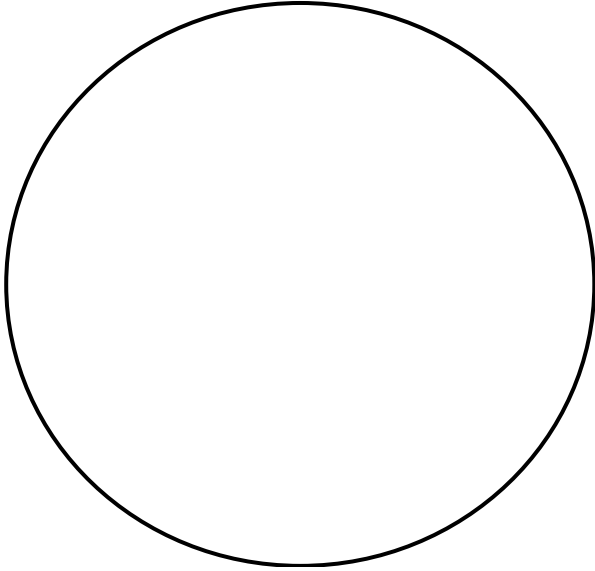
Using the my plate diagram as a reference, draw the proportion of fruits, vegetables, protein, dairy, and grains you eat during a typical breakfast, lunch and dinner on the next page.



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

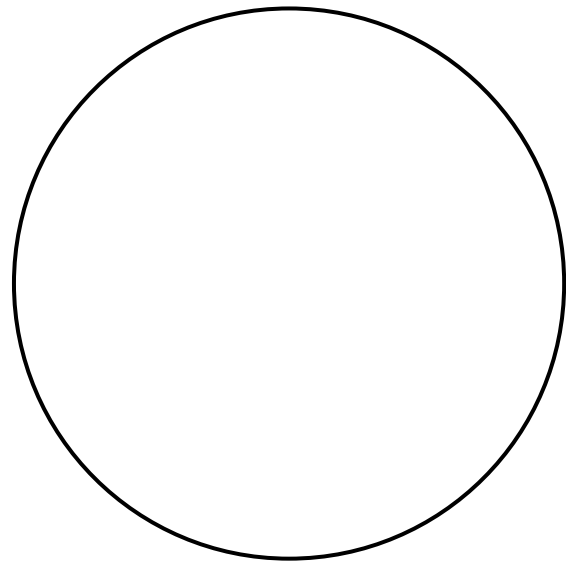
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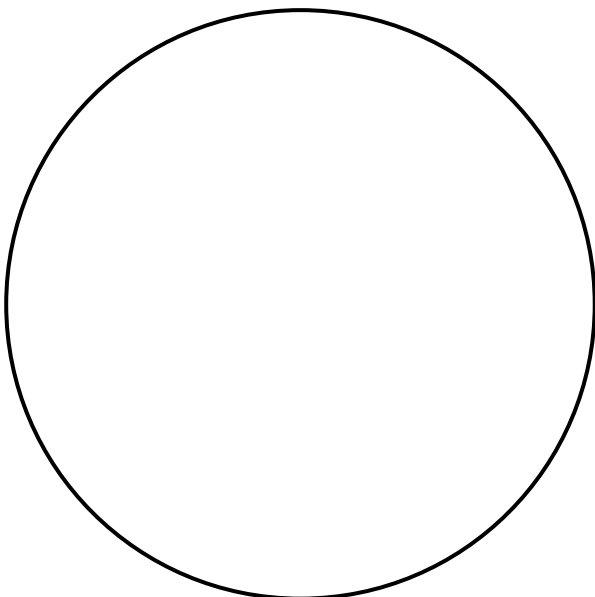
BREAKFAST

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



LUNCH

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



DINNER

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

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, link about and write down how you feel before and after you've attempted to tackle that fear.

My worst fear:

BEFORE		AFTER	
Starting fear score (from 1 to 100)		Ending fear score (from 1 to 100)	
% confidence you had to make that change		% confidence you have to make that change again	

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:

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 a Food Journal (see activity 11) 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.

Activity nine

Introducing new foods at home

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

Activity ten

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

Activity eleven

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

Activity twelve

Looking back and moving forward

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 achievement 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?

Well done !

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.

The SYEDA team

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