

# Picky Eater vs PFD vs AFRID

Differential Diagnosis Decision Tree

**Is this child's nutrition inappropriate for his/her chronological age?**

YES

NO

Picky Eater or typical eater

## Picky, PFD or ARFID

- Inappropriate for chronological (vs developmental) age would include reliance on a nutritional supplement, an NG or G-tube and/or being only bottle or puree fed in a child older than 12 months.
- A consultation with a Registered Dietitian may be required to verify appropriate or inappropriate nutrition.
- Children with micro nutrients deficiencies frequently have adequate height and weight gain, but inadequate nutrition.

**Did this child have Infant Feeding Problems?**

YES

Picky Eater or PFD

- E.g. unable to accept bottle; difficulties gaining weight; repeated arching and/or crying during meals; fussy eater; irritable eater; problems transitioning to purees, finger foods, or table foods; difficulties transitioning to a cup)?

NO

Picky, PFD or ARFID

**How long ago did this problem start?**

PFD or ARFID or Picky/Fussy Eater

1 month to 23 months

≥ 2 years

PFD

**Does this child have a skill deficit?**

- To diagnose ARFID, a multidisciplinary evaluation of this child's feeding skills is required because skill deficits are an EXCLUSIONARY criteria for ARFID)

YES

PFD

NO

Picky/Fussy Eater or PFD

**Did this child USED TO eat normally and now has an extreme worry about germs, vomiting or choking OR recently had a physical trauma around the face/mouth to where they now cannot eat with their family or peers**

YES

ARFID

NO

Picky/Fussy Eater or PFD