

Picky Eater vs PFD vs ARFID

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?

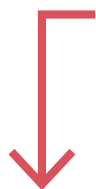
YES

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

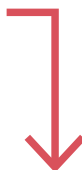
PFD

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)

NO

Picky, PFD or ARFID



YES

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