

# Picky Eater vs PFD vs ARFID

Differential Diagnosis Decision Tree



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



**Picky Eater** or **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 Registered Dietitian consultation may be required to verify appropriate/inappropriate nutrition.
- Children with micro nutrients deficiencies frequently have adequate height and weight gain, but inadequate nutrition.

**Picky Eater** (15-30 foods) or **Typical** (>30)



**Is this child's chronological or cognitive/developmental age < 3 years?**

- Children < 3 years don't have anticipatory anxiety/Theory of Mind



**Picky Eater** or **PFD** or **ARFID**



**Picky Eater** or **PFD**

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

- 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?



**Picky Eater** or **PFD** or **ARFID**



**Picky Eater** or **PFD**

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

1 month to 23 months

≥ 2 years

**Picky Eater** or **PFD** or **ARFID**

**PFD/Unresolved 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.



**Picky Eater** or **PFD** or **ARFID**



**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?**



**Picky Eater** or **PFD**



**ARFID**

**Does this child have chronic PFD that is not resolving with appropriate medical, nutritional and/or skills-based treatment and mental health support for the family?**



**Picky Eater** or **PFD**



**ARFID**

- May need to add other therapies and/or a different treatment approach may be needed if child is already in therapy)