

Table 5.1 Common nutritional deficiencies associated with ARFID

Deficiency	Signs and symptoms	Possible treatments your doctor may prescribe	Foods rich in this nutrient (in order of nutrient density)
Calcium	Weak or broken bones (even when blood levels may be normal)	Pills, chews, wafers	Milk, cheese, yogurt, canned sardines, fortified fruit juices or cereals, milk substitutes (e.g., soy milk, almond milk), tofu, collard greens, kale, ice cream, blackstrap molasses
Folate	Persistent exhaustion or weakness, poor concentration, increased irritability, heart palpitations, shortness of breath, headaches, mouth soreness or ulcers, pale appearance, increased risk of birth defects, weight loss	Pills	Beef liver, boiled spinach, black eyed peas, asparagus, Brussels sprouts, romaine lettuce, avocado, cooked broccoli, mustard greens, green peas, kidney beans, peanuts, wheat germ, fortified breads, cereals, orange juice, flour, pasta, rice and other grains
Iron	Difficulty thinking clearly or paying attention, sleepiness/low energy, increased irritability, mood changes, headaches, trouble maintaining body temperature, decreased endurance, pale appearance, weakened immune system	Pills, liquid drops (possibly intravenous but this is rare) <i>Tip:</i> Calcium supplements may interfere with iron absorption Take pills or eat calcium and iron dense foods at different times	Animal sources: clams, oysters, liver (beef), sardines, beef, and chicken Non-animal sources: Breakfast cereals fortified with 100% of daily value for iron, black strap molasses, lentils, dark chocolate (45–69% cacao solids), cooked spinach, tofu (firm), kidney beans, chickpeas, cashews <i>Tip:</i> More iron is needed for vegetarians or vegans as non-animal sources of iron are not as well absorbed

Table 5.1 (cont.)

Deficiency	Signs and symptoms	Possible treatments your doctor may prescribe	Foods rich in this nutrient (in order of nutrient density)
			as animal sources; vegetarians and vegans need almost twice the amount of iron of those who consume meat <i>Tip:</i> A source of vitamin C helps the body better absorb non-animal sources of iron better (see below for good sources of vitamin C)
Protein	Loss of lean body mass, decreased energy	Oral supplements (e.g., high-energy nutritional drinks), protein powder	Beef, chicken, turkey, pork, fish, eggs, beans/legumes (e.g., lentils), nuts, nut butter (e.g., peanut butter, almond butter), seeds, milk, yogurt, cheese, tofu, quinoa, oats, peas, meat substitutes with $\geq 14$ g of protein in your chosen serving size
Riboflavin (vitamin B2)	Low energy, poor growth, dry skin/skin problems, hair loss, dry cracked lips or cracks at the corners of mouth, swollen magenta-colored tongue, itchy and/or red eyes, sore throat, anemia, and cataracts	Pills	Liver, fortified breakfast cereals, oats, yogurt, dairy, meat, clams, mushrooms, almonds, chicken, salmon, eggs, quinoa <i>Tip:</i> A diet low in dairy and animal products is more likely to be deficient in riboflavin
Vitamin A	Night blindness or inability to see when it is dim or dark; decreased immunity	Pills	Sweet potato, beef liver, fish oil, spinach, raw carrots, pumpkin pie or canned pumpkin,

Table 5.1 (cont.)

Deficiency	Signs and symptoms	Possible treatments your doctor may prescribe	Foods rich in this nutrient (in order of nutrient density)
			cantaloupe melon, red peppers (raw), mango, dried apricots, broccoli, milk fortified with vitamin A
Vitamin B12	Low energy, weakness, loss of appetite and/or weight, constipation, difficulty thinking clearly and/or remembering, mood changes, mouth and tongue discomfort, tingling or numbness, feeling unsteady or having trouble walking	Pills, sublingual tablet injection	Liver (all types), fish, meat, poultry, eggs, milk, yogurt, cheese; foods fortified with B12 such as cereal, nutritional yeast, or milk substitutes; please read individual labels for more information. <i>Tip:</i> Vitamin B12 is typically found in animal products and not plant-based foods
Vitamin C	Can cause easy bruising or bleeding, low appetite, bleeding and/or swollen gums, feeling unwell, pain in muscles and joints, weakness and mood changes	Pills, chews, lozenges, powder packets	Bell peppers, orange juice, oranges, grapefruit juice, kiwi, broccoli, strawberries, Brussels sprouts, grapefruit
Vitamin D	Bone pain, muscle weakness, skeletal deformities (in growing children and adolescents), low mood	Pills, sunshine	Very few foods have vitamin D naturally, aside from fish liver oil and the flesh of fatty fish (tuna, salmon, and mackerel). Fortification also adds vitamin D to milk, breakfast cereals, yogurt, and soy beverages <i>Tip:</i> Read the label to know if a cereal, dairy product, or dairy substitute is fortified

Table 5.1 (cont.)

Deficiency	Signs and symptoms	Possible treatments your doctor may prescribe	Foods rich in this nutrient (in order of nutrient density)
Vitamin K	Bruising, excessive bleeding, decreased bone health	Pills	Leafy green vegetables, broccoli, roasted or fermented soybeans, soy or canola oil, pomegranate juice, grapes, cashews, olive oil
Zinc	Poor growth and development, loss of appetite, taste and smell changes, difficulty seeing at night, hair loss, diarrhea, weakened immune function	Pills, lozenges	Oysters, crab, beef, lobster, pork, baked beans, chicken, yogurt, cashews, chickpeas, cheese, oatmeal, milk, fortified cereals <i>Tip:</i> Zinc is easier to absorb from animal sources

Note: Figure prepared by dietitian Laurie Manzo, RD and taken from Thomas, J. J. and Eddy K. T. (2019). *Cognitive–Behavioral Therapy for Avoidant/Restrictive Food Intake Disorder: Children, Adolescents, and Adults*. Cambridge: Cambridge University Press.