

The Restrictive Eating Tool July 2026

The simple, visual, user-friendly Restrictive Eating Tool has been designed by dietitians for use across all age groups, from toddlers to adults. It can be completed by anyone following a restrictive eating pattern, or by anyone supporting them, in any setting - at home, in childcare, education or healthcare services.

It helps identify potential nutritional risks associated with restrictive eating and can support clinical decision-making, prioritisation and referral or triage decisions. The tool is not intended to provide a diagnosis but may help to reassure or highlight areas that may require further assessment or intervention.

The tool also provides a structured way to gather information and facilitate discussions about foods eaten, helping individuals, families and professionals to identify concerns and monitor changes over time. In addition, it has an educational role, helping users to better understand food groups and the potential nutritional risks associated with restrictive eating.

Tool Development History and Acknowledgement

The Restrictive Eating Tool was **originally** conceived and developed within Hywel Dda University Health Board by Dietitians Sarah White, Janice Reed and Katie Jewell.

The **current version** reflects substantial review, enhancement and redevelopment undertaken by a dedicated working group comprising Mala Watts (Hywel Dda University Health Board), Julie Dutson (Cornwall Partnership NHS Foundation Trust) and Emma Jordan (Leicestershire Partnership NHS Trust), through collaboration with the BDA ARFID Committee.

Through extensive professional collaboration, consultation, content revision and quality improvement, the original resource was developed into its current form for wider clinical use. The revision and national dissemination work was undertaken voluntarily and without dedicated additional funding, reflecting the working groups' and BDA ARFID Committee's commitment to improving assessment and support for children and young people with restrictive eating difficulties, including ARFID.

The Restrictive Eating Tool will be reviewed towards the end of 2026. We therefore welcome feedback on its use (positive and potential for changes) via our subgroup email: arfid@bda.uk.com