

MIND • BODY • FOOD

Make One Safe Food More Nourishing

Keep the familiar food and explore an acceptable addition

Sensory needs, anxiety, low appetite, overwhelm or ARFID can make familiar foods essential. Supporting nourishment does not have to begin by removing or replacing a safe food. A gentler starting point is to preserve what already works and consider whether anything tolerable could sit alongside it.

Space to Breathe Therapy

Understanding the idea

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Why this may help

- Safe foods provide predictability in flavour, texture, smell, temperature and appearance.
- Pressure to change a trusted food can increase anxiety and make eating less possible.
- A small addition can widen nourishment while protecting familiarity and autonomy.

Keep the experiment gentle

Use this as an invitation to notice what supports you. There is no correct outcome, and you can stop, simplify or adapt the exercise whenever it increases pressure or makes eating less possible.

Try this in your own way

A practical approach

- 1 Choose one food that currently feels dependable.
- 2 List additions you already tolerate, even if they seem small or repetitive.
- 3 Select one addition with an acceptable texture, smell and level of preparation.
- 4 Try it alongside the safe food, separately if preferred, without requiring yourself to finish it.

Pause and notice

What felt easier? What felt difficult? Did the change affect energy, comfort, hunger, satisfaction or stress? Treat every answer as information rather than evidence of success or failure.

Your reflection worksheet

My safe food

What makes it feel safe

An acceptable food or drink alongside it

How I want it served or kept separate

What I noticed afterwards

A supportive reminder

Your safe food does not need to disappear for your meal to offer more. "More nourishing" is personal and may mean more energy, greater satisfaction, added variety or simply enough food.