

## FOOD HIERARCHY

SUBJECTIVE UNITS OF DISTRESS/ TEMPERATURE ON FEAR THERMOMETER	FOOD OR EATING SITUATION TO BE TRIED
100	
90	
80	
70	
60	
50	
40	
30	
20	
10	
1	

Thomas, J.J. and Eddy, K.T. (2019). Cognitive-Behavioral Therapy for Avoidant/Restrictive Food Intake Disorder: Children, Adolescents, & Adults. Cambridge: Cambridge University Press.