

Choking Hazards



before giving high risk foods to children who are under 4 years of age or have oral motor difficulties

UNSAFE FOOD:

INSTEAD, TRY:

Fresh apple slices	<ul style="list-style-type: none"> • Cooked or steamed apples or applesauce
Beans	<ul style="list-style-type: none"> • Mashed beans
Raw carrots	<ul style="list-style-type: none"> • Cooked or canned carrots
Popcorn and nuts	<ul style="list-style-type: none"> • Pirate's Booty or dissolvable crackers (graham or Ritz)
Whole grapes, olives, and cherry tomatoes	<ul style="list-style-type: none"> • Cut in 4 pieces
Fruit with pits	<ul style="list-style-type: none"> • Remove pits and slice
Hot dogs	<ul style="list-style-type: none"> • Cut in 4 long strips (not round pieces)
Chunks of meat	<ul style="list-style-type: none"> • Finely minced, chopped or shredded with bones removed
Peanut butter spoonfuls	<ul style="list-style-type: none"> • Thinly spread peanut butter
Hard candy, gummy candy, marshmallows, and chewing gum	<ul style="list-style-type: none"> • Cotton candy, pudding, or cake (in moderation)

50%
OF PEDIATRIC
CHOKING
EPISODES*

 **Have your child sit up while eating.**

Avoid eating in the car or stroller. 

Don't let children walk, run, or play with food in their mouth. 

For a complete list of safe and unsafe foods, visit the CDC website at:
<https://bit.ly/2UAuD2L>

*American Academy of Pediatrics, 2010; <https://pediatrics/aappublications.org/contnet/125/3/601>