



# NutritionMatters

Nutrition Services | Health Services Department

## Caution!!...Choking Hazards

When it comes to choking, even everyday foods need to be watched. Foods that are hard, small and round, smooth and sticky or hard to chew, or do not melt quickly can choke a baby or small child. These foods can get stuck in their throat and stop air from getting into their lungs.

### Food choking hazards for children under four years

- ☺ Whole nuts or seeds (alone or in foods)
- ☺ Hard pieces of raw fruit or vegetables, tough skins or pits
- ☺ Small hard candies, popcorn, nacho chips, raisins
- ☺ Round foods like whole grapes and olives
- ☺ Peanut butter in large globs, i.e. on a spoon
- ☺ Globes of nut butters i.e. cashew butter
- ☺ Cough drops or hard biscuits
- ☺ Bones in fish
- ☺ Gum, jujube-type candies, mini-cup jelly products
- ☺ Snacks that use toothpicks or skewers
- ☺ Crispy rice cereals which can be inhaled
- ☺ Fruit leathers



### Feed these foods safely by:

- ✓ Supervising children while they eat
- ✓ Making sure children are sitting upright, not walking running or lying down while eating
- ✓ Not feeding children in the car
- ✓ Cutting grapes in half or quarters
- ✓ Cutting wieners into long pieces or dicing them
- ✓ Grating or cooking carrots and other hard vegetables or fruits
- ✓ Spreading peanut and nut butters **thinly** on toast or crackers
- ✓ Softening raisins
- ✓ Offering hard, raw fruit or vegetables without skins or pits
- ✓ **Learning how to help a choking child**