

# Food Choking Dangers

## Follow the tips below to help protect your child from choking:

- **These foods are the ones that cause the most choking in children under the age of three or four:** nuts, seeds, popcorn, hot dogs, whole grapes, hard candy, raw carrots, cough drops, chips, chewing gum, peanut butter, marshmallows, pretzels, raisins, cherries with pits, chunks of meat and raw celery
- **Some favorite foods can be offered if properly prepared:** Cook hard vegetables like carrots until slightly soft and cut into thin strips. Cut hotdogs lengthwise into thin strips. Cut grapes into small pieces. Spread peanut butter thin.
- **When toddlers are eating keep a close eye on them. Have them sit down and don't let them walk or run away from you while they are eating.**
- **Avoid laughing and talking when your child is chewing and swallowing.**
- **Keep a close eye on what siblings or other relatives may give your child.** Your child may not be ready for some foods an older brother or sister may give them.
- **Offer "finger foods" such as:** graham crackers, pieces of banana, or strips of soft cheese.

